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SELF ADMINISTRATION I.M. INJECTION

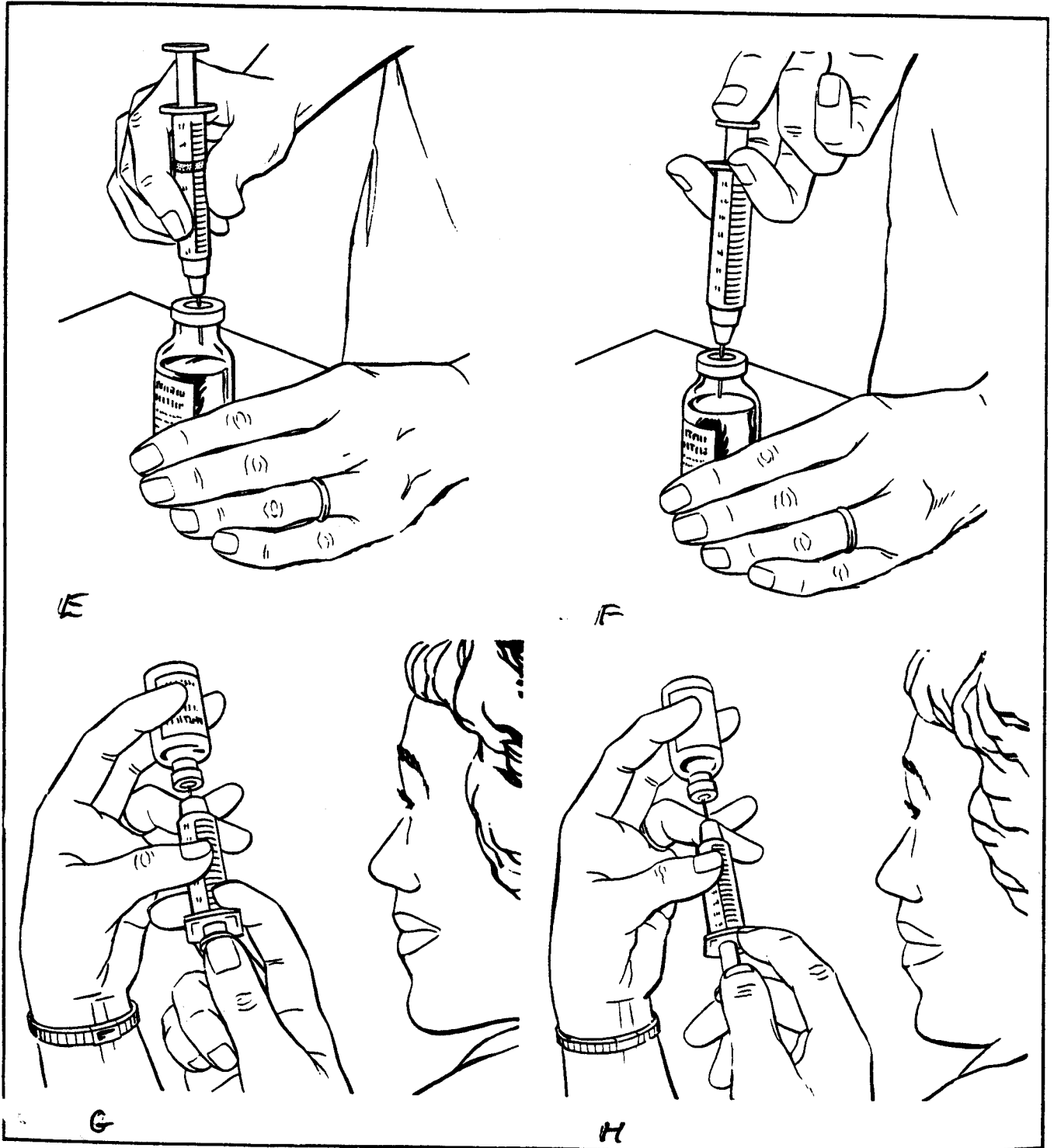
EQUIPMENT

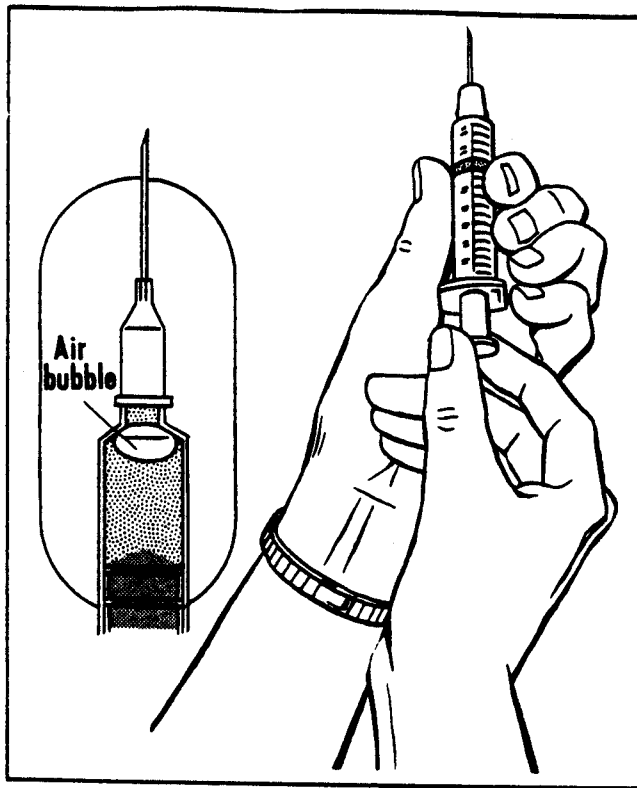
Syringe
needle
alcohol prep
medication
needle disposal

PROCEDURE

1. wash hands.
2. open syringe package without contaminating syringe hub and needle.
3. TO WITHDRAW MEDICATION:
 - A. remove metal cap
 - B. cleanse rubber diaphragm with fresh alcohol prep.
 - C. remove needle sheath and place it in a clean dry place.
 - D. hold syringe at eye level in nondominant hand and withdraw a volume of air equal to the desired amount of medication.
 - E. stabilize up right vial on a solid surface and insert needle through the diaphragm but not into the solution.
 - F. inject premeasured air into vial.
 - G. invert vial and syringe . hold the vial between nondominant index and middle fingers .hold syringe with thumb and third and middle finger of the same hand.
 - H. withdraw medication..

See diagram on page 2.





REMOVING THE AIR BUBBLE.

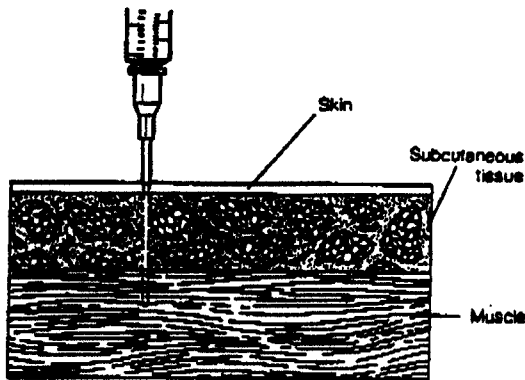
To remove the air bubble from a syringe, hold it upright and stabilize your hands against each other to avoid inadvertent loss of medication. In this position, the air bubble rises to the top of the solution, ready to be expelled.

PREPARING TO GIVE THE INJECTION;

1. WASH YOUR HANDS.
2. Gather all your equipment.
3. PREPARE THE SITE:
 - A. Check the skin to ensure that it is free of bruises.
 - B. Clean the skin with alcohol
4. DRAW UP THE MEDICATION .
 - A. Check the amount.
 - B. invert the syringe and expel any air that may have accidentally entered the syringe.

5. GIVING THE INJECTIONS;

- A. Use the nondominant hand to spread the skin at the site.
- B. Holding the syringe between the thumb and fore finger , pierce the skin quickly at a 90degree angle ,and insert the needle into the muscle.



- C. Aspirate by holding the barrel of the syringe steady with your nondominant hand and by pulling back on the plunger with your dominant hand. If blood appears in the syringe withdraw the needle, discard the syringe and prepare a new injection.
- D. If blood does not appear , inject the medication.
- E. Withdraw the needle and massage the site.

F DISPOSAL OF NEEDLES;

- A. you may put needles in to a bottle with a cap and discard in the garbage
- B. You may purchase a sharp container from the drugstore and return it to them for disposal. ASK YOUR PHARMACIST ABOUT THIS SERVICE.

Giving an intramuscular injection

Dear Patient or Caregiver,

Use these instructions to review how to give an intramuscular injection.

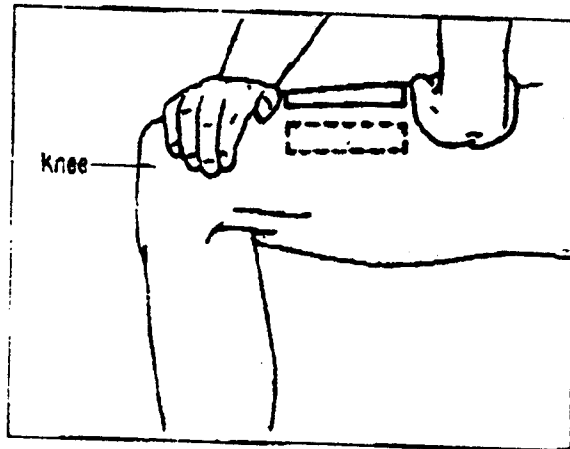
Selecting the injection site

First choose the injection site. You can use the thigh, hip, buttock, or upper arm. If you're giving yourself the injection, use the front or side of the thigh. If someone else is giving you the injection, he can use the hip, buttock, or upper arm. If possible, though, he should avoid using the upper arm because the muscle there is small and very close to the brachial nerve.

If a series of injections is necessary, rotate the sites. To reduce pain and improve drug absorption, don't use the same site twice in a row.

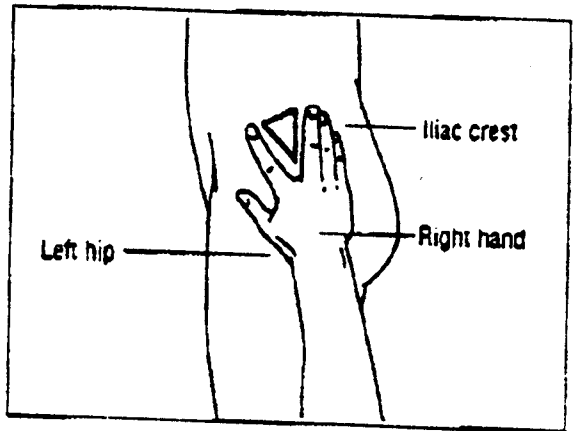
* Thigh

To find the target, place one hand at your knee and your other hand at your groin. As shown below, use the area marked by solid lines for adult injections. Or use the area marked by dotted lines for injections for infants and children.



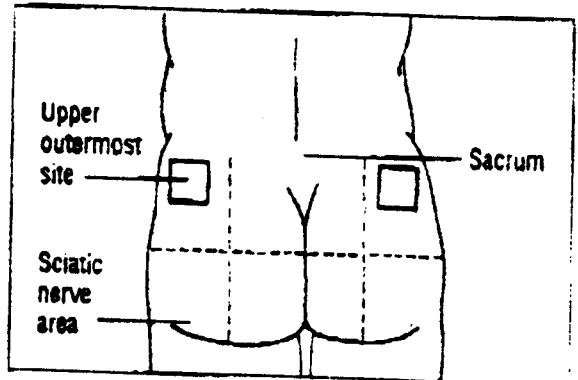
Hip

To find this site, place your right hand on the patient's left hip (or your left hand on the patient's right hip). Then spread your index and middle fingers to form a V. Your middle finger should be on the highest point of the pelvis, known as the iliac crest. The triangular area shown in the illustration below is the injection site.



Buttock

Imagine lines dividing each buttock into four equal parts. Give the injection in the upper outermost area near the iliac crest, as shown below. Don't give it in the sciatic nerve area.



(continued)