



INSTRUCTIONS FOR INTRAMUSCULAR SELF-INJECTIONS

Step 1: Gather Supplies

Wash your hands with soap and water and assemble the following items:

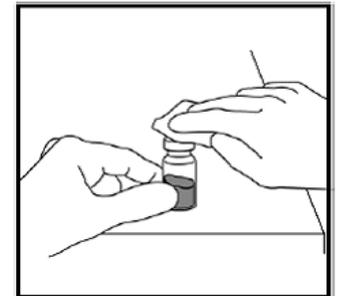
- 1 medication vial
- 2 alcohol prep pads
- 1 syringe
- Sharps container (TIP: You can also use an empty detergent or bleach container or a metal coffee can with a lid)



Step 2: Prepare the Syringe

Pull the tab on the center of the vial cap to expose the top of the rubber stopper. Use an alcohol pad to wipe the top of the vial (see image at **right**). This will kill any bacteria on the vial.

Take the syringe out of its package. Remove the cap from the needle. Be very careful not to let anything touch the needle. If anything touches the needle, throw the entire syringe away in the sharps container and use a new one.



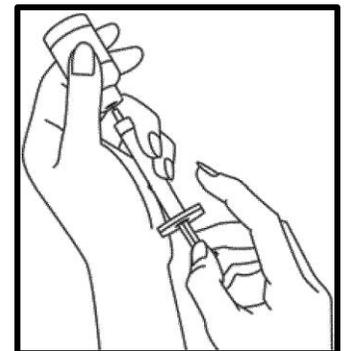
Pull the plunger of the syringe back **past** the dose you were told to inject. Next, push the plunger back up until the top of the plunger (the thin black line closest to the needle) is at the **exact dose** you were told to inject.

Holding the vial upright and the syringe downward, insert the needle through the circle in the center of the rubber stopper. Push the plunger down to inject the **air** into the vial. You do this because the vial is pressurized. You must replace the amount of medication you remove from the vial with air.

Turn the vial and syringe upside down (see image at **right**). Slowly pull the plunger down past your prescribed dose. This will help remove any air bubbles. Slowly push the plunger back up to your prescribed dose. Check the amount of medication in the syringe to make sure it's the correct dose.

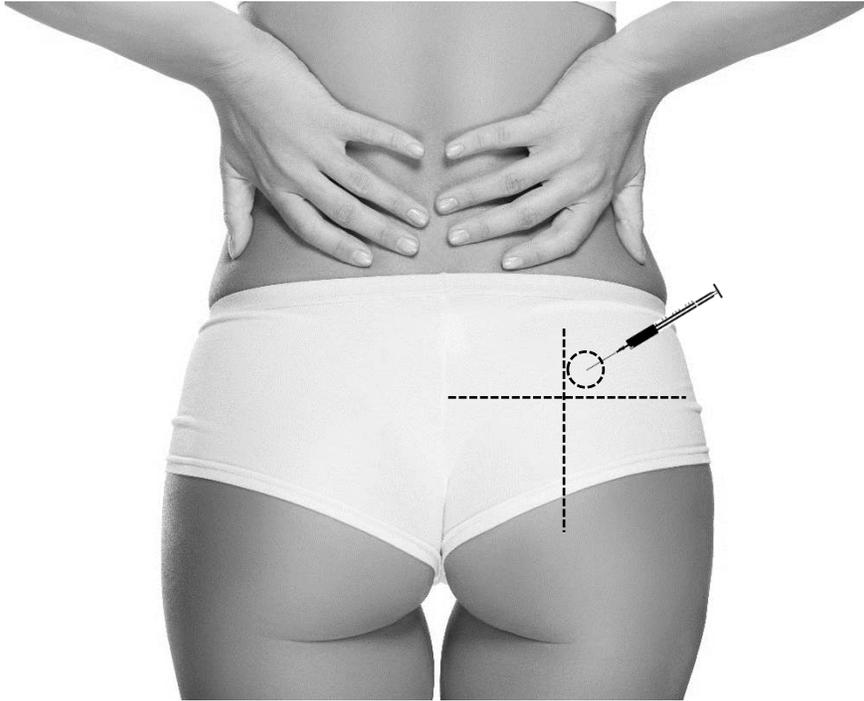
Tap the side of the syringe to release any air bubbles.

Carefully remove the needle from the vial.



Step 3: Locate the Injection Site

For gluteal injections, expose one side of the buttocks. Draw a line from the top of the crack between the buttocks to the side of the body. Find the middle of that line and go up 3 inches. From that point, draw another line down and across the first line, ending about halfway down the buttock. You should have drawn a cross. In the **upper-outer square** you will feel a curved bone. The injection will go in the upper-outer square **below** the curved bone. Wipe site with an alcohol wipe.



Step 4: Inject the Medication

Hold the syringe between your thumb, index and middle fingers like a pen or a dart. Don't place your index finger or thumb on the plunger.

Touch the needle to your skin and quickly slide it into the muscle. Be sure to insert the **full length** of the needle. Quickly push down on the plunger to inject the medication. Be careful not to pull the syringe out as you're injecting the medication.

Once you have injected all of the medication, quickly pull the needle straight out of the muscle.

Step 5: Dispose of Needle

Place the syringe in the sharps container for safe disposal.

Watch a short video at <https://bit.ly/39PzGkd> or click on the QR code.

If you have any questions about the self-injection process, please call WeCare Pharmacy at (540) 428-7002.

