



**KAISER PERMANENTE®**

## Giving an Intramuscular Injection

Please click on the following link to listen to the podcast:

<http://www.kphealthcast.org/mp3files/vent/intramuscular%20podcast2.mp3>

# General Injection Instructions: Intramuscular (IM)

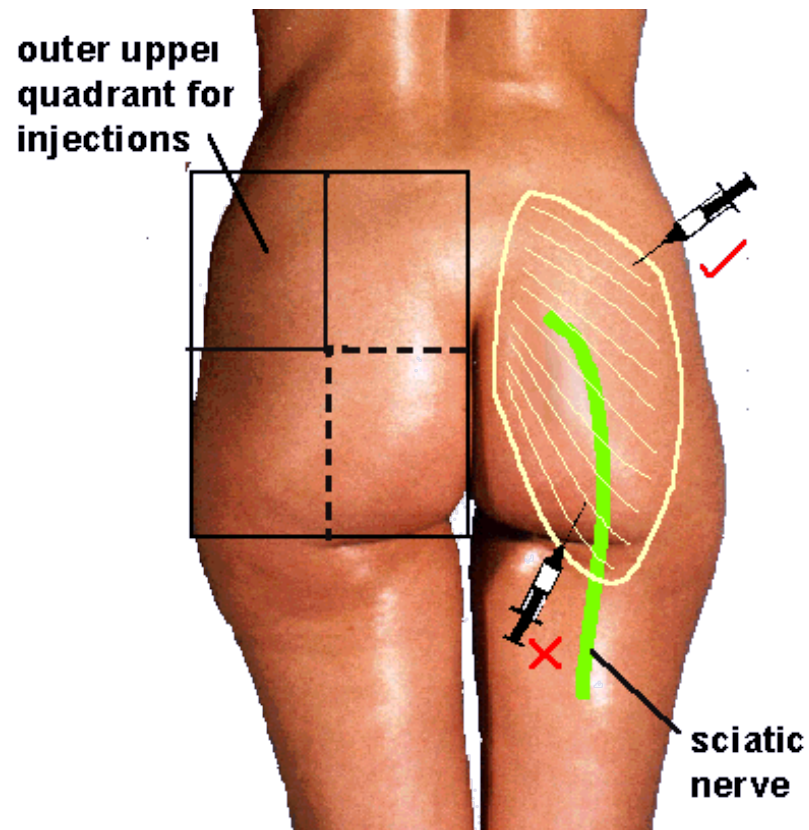
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## Getting Ready:

- ❑ Gather all medication, syringes, and additional supplies (if applicable)
- ❑ Choose a flat surface such as a kitchen or bathroom counter.
- ❑ Clean the flat surface with alcohol and let air dry.
- ❑ Wash your hands with antibacterial soap
- ❑ Set supplies on the flat surface.
- ❑ Distractions can occur during the process, so finding a quiet area in the house to perform the injection to eliminate the possibility of error

# Intramuscular Injection Technique

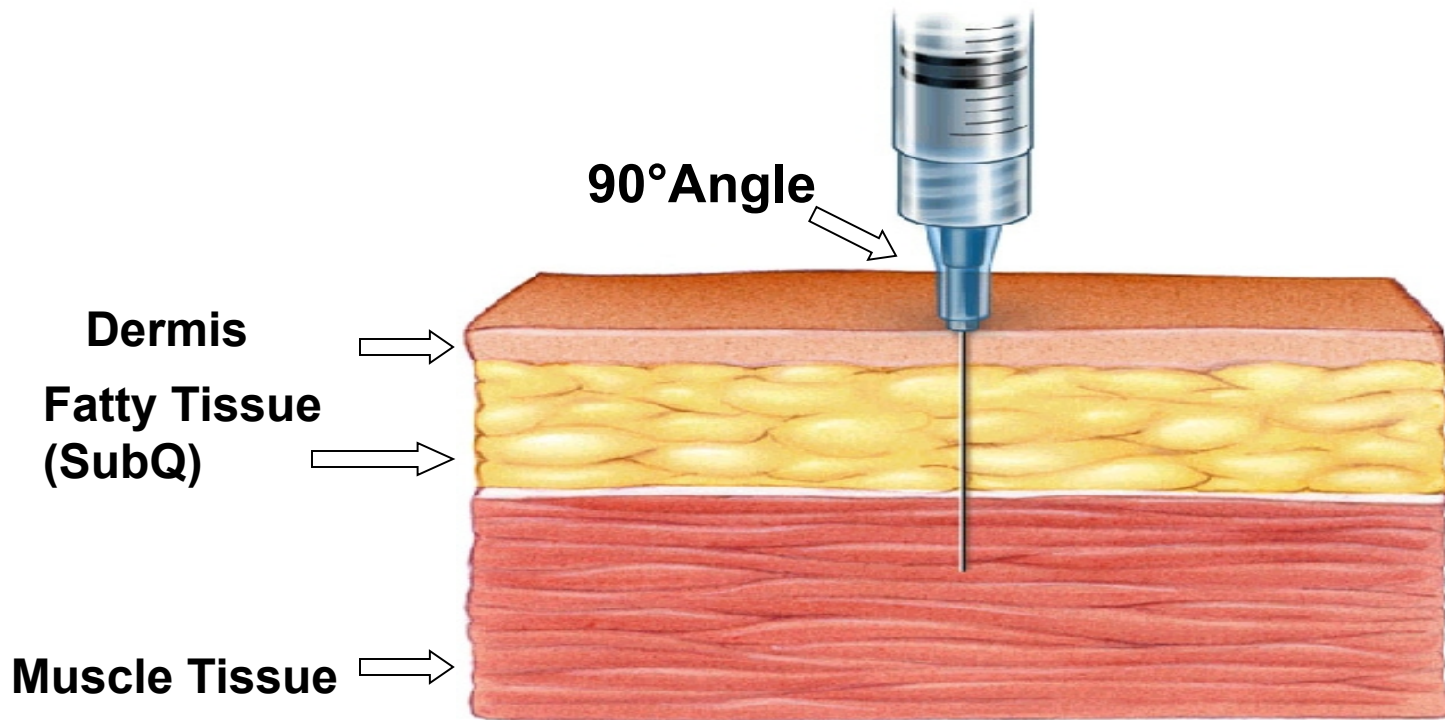
## Intramuscular Injections



Picture courtesy of Sacral Musings

# Intramuscular (IM) Tissue

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Slide courtesy of The Center for Disease Control

# Frequently Asked Questions

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- ❑ **Question:** Does the needle have to go in all the way into the injection site?
- ❑ **Answer:** Yes, the needle needs to go in all the way.
- ❑ **Question:** My partner will be out of town on business so can I come to the clinic and have the RN give me my injections?
- ❑ **Answer:** The clinic doesn't give daily injections to patients but we'd be happy to teach another family member or friend how to give you your injection.
- ❑ **Question:** My partner is unable to give me my injections, so I will have to give myself these injection. How do I reach my back end? Is there another area that I can give myself my IM injection?
- ❑ **Answer:** Of course. If there absolutely is no one else to give you your IM (Intramuscular) injection, these can also be given into your thigh muscle. Just let your IVF Case Manager RN or the REI / Infertility Advice RN know that you will need to be taught this technique and the RN can show you exactly where to inject the medication into your thigh.

# Frequently Asked Questions

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- **Question:** I'm really afraid of making a mistake when I get my HCG injection. Is there anything I can do to make sure I don't mess up?
- **Answer:** If you follow the steps that are discussed in the injection class or the one-on-one training, in addition to utilizing the injection manual, it is very straightforward. The podcast is an additional level of support for our patients as well.
- **Question:** I've dropped my needle on the floor, now what? Can I pick it up and use it?
- **Answer: NO** - Using dirty needles can cause an infection. Usually you will have received a few extra needles for emergency purposes in your medication package, so PLEASE CHECK THIS AHEAD OF TIME JUST IN CASE.  
BUT, if this happens, and if your medication package doesn't have any extra needles, you can call the clinic for a replacement **during business hours.** But, as both needles and syringes require a doctor's prescription, if you drop your needle after business hours, you will need to then, take your medication package with you to the emergency room to see a licensed physician to request a formal prescription for a replacement needle.

# Frequently Asked Questions

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- **Question:** I've mixed my medication as instructed and have changed the needle to give the injection and am in the process of injecting myself but find that the HCG medication appears to be leaking out between top of the syringe and the needle. What do I do?
- **Answer:** What you can do is to carefully withdraw the needle from the injection site. Re-cap the needle so you are not injured and re-tighten the needle on the syringe so the HCG doesn't continue to leak. (At this time, make note of how much medication is still in the syringe so you can inform the RN). Then, re-clean the injection site and re-inject the rest of the HCG medication. Inform the RN or your MD, the next business day.
- **Question:** I'm not sure if I injected all my medication. What do I do?
- **Answer:** It is possible that some small amount of fluid may be retained in the medication vial after you've drawn up the required amount of medication as you only need to inject the amount of medication that is drawn up in the syringe, not the full amount from the actual vial as the manufacturer adds extra for overfill.

# Frequently Asked Questions

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- **Question:** Does my HCG medication need to be refrigerated?
- **Answer:** No, per the manufacturer's instructions, HCG medication can be left at room temperature as long as the room temperature. As long as HCG is not reconstituted, it can be stored at room temperature between 68 degrees to 77 degrees Fahrenheit. Once HCG is reconstituted, it must be refrigerated and used within 60 days.
- *See the manufacturer's insert for additional information or check with the pharmacy for additional information on this medication.*