

Giving an Intramuscular (IM) Injection

straight in at 90°

An **intramuscular** (IM) injection delivers medication deep into a muscle, where a rich blood supply absorbs it steadily. It's used for oil-based hormones, B12, and other medications your prescriber wants placed in muscle rather than under the skin. This guide covers where to inject, the right needle and angle, and how to give the shot safely. Follow your prescription label first.

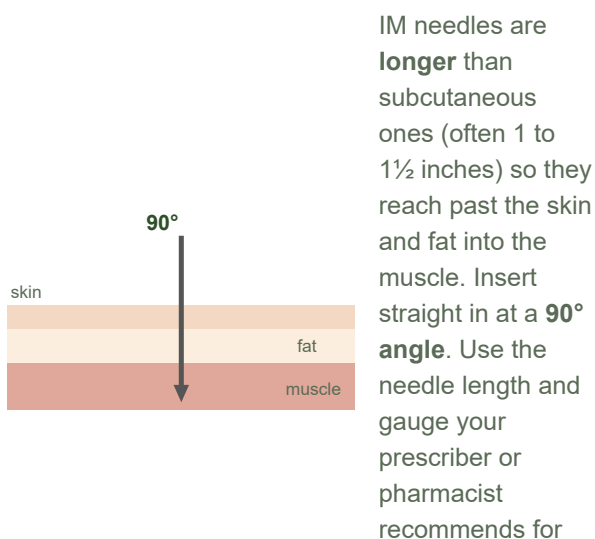
Where to inject

Three muscles are large enough for a safe IM shot. **Rotate between sites** to avoid soreness and scar tissue.

- **Thigh (vastus lateralis)** — outer front of the thigh, midway between hip and knee. Easiest for a self-injection.
- **Hip (ventrogluteal)** — the upper outer hip, a safe, muscular spot preferred by many clinicians. Easier with help.
- **Upper arm (deltoid)** — the rounded shoulder muscle, about two finger-widths below the top of the shoulder. Best for smaller volumes.

Avoid bony areas, veins, bruises, and the upper-inner buttock (nerve risk). When unsure, ask us.

Needle & angle



Giving the shot

1. **Wash your hands** well with soap and dry them completely.
2. **Clean the site** with an alcohol wipe and let it air-dry.
3. **Hold the muscle relaxed.** Insert the needle straight in at 90° with a quick, firm motion.
4. **If your prescriber instructs**, pull back slightly on the plunger to check for blood; if you see blood, withdraw and use a fresh site.
5. **Push the plunger slowly and steadily** until the syringe is empty.
6. **Withdraw the needle** at the same angle, then press gently with clean gauze (don't rub hard).
7. **Place the used syringe** straight into a Sharps container. Never reuse or share needles or syringes.

Comfort tips. Let oil-based medications reach room temperature, relax the muscle, and inject slowly. Mild soreness for a day or two is common; rotating sites helps reduce it.

This guide is educational and does not replace your prescription label or the guidance of your physician or pharmacist, which always take priority. **Always consult with your doctor or pharmacist** before starting, changing, or stopping any medication. Use only the dose, needle, and syringe prescribed for you, and never reuse or share needles. Stop and contact your prescriber or pharmacist if you have severe pain, swelling, bleeding, signs of infection, or any reaction that concerns you; for a medical emergency, call 911. By using this information you accept that Village Pharmacy & Compounding, its owners, and staff are not liable for any injury, loss, or damage arising from its use.

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