



Intramuscular Injection

Some medications are delivered by intramuscular injection. Careful site selection is an important safety consideration.



1 Preparing for the procedure

- Perform hand hygiene.
- Check order with approved clinician ensuring right patient, drug, dose, route, time, documentation and clinical indication.
- Explain procedure to patient and obtain verbal consent.
- Check 3 separate identifiers and confirm allergy status of patient.
- Perform hand hygiene (in non-routine circumstances wear non-sterile gloves).
- Select injection site.
- Clean skin thoroughly using alcohol wipe and allow to dry.
- Hold syringe and needle hub between thumb and forefinger and remove cap.



2 Performing the procedure

- Hold skin taut between thumb and index fingers.
- Hold syringe like a dart between thumb and forefinger.
- Quickly insert needle at 90 degree angle.
- Pull back on plunger to ensure needle has not entered bloodstream – if blood enters plunger, discard and prepare new injection.
- Push on plunger to slowly inject medication.
- Return syringe and needle to medication tray or immediately discard into sharps container.
- Dry area with cotton ball or gauze square.
- Perform hand hygiene.
- Ensure needle/syringe and ampoule safely discarded into sharps container.



3 Documentation

- Document date, time, route of administration and patient response.



4 Additional information

- Gloves are not required for routine administration of intramuscular injections.
- Grasping tissue may be required for pediatric and elderly patients to ensure medication administered into muscle belly.



References

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Equipment required

- Hand sanitiser
- Medication tray
- Alcohol swab
- Syringe of closest capacity to hold medication
- 21 -23 gauge needle
- Cotton ball or gauze square
- Non-sterile gloves (if required)
- Sharps container
- Medication ampoule
- Medication chart

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