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## Instructions for Intramuscular Injections

Needle length used for intramuscular injections should not be less than one inch in length or more than 1 ½ inches long (20-22 gauge).

A volume medication of 2mL per injection or less is usually administered at one site to an adult.

1. Wash Hands
2. Check Expiration of medication
3. Draw up medication and place correct needle size on syringe
4. Select site, **upper outer quadrant of buttocks OR lateral thigh**
5. Clean site
6. Holding the syringe at a 90 degree angle, plunge the needle firmly and quickly into the muscle to the depth of the needle with steady straightforward motion.
7. Aspirate syringe- move the free hand to the plunger of syringe, pull back plunger until slight resistance if felt. If blood appears in syringe, do NOT administer the medication. Withdraw needle and chose different site.
8. If no blood appears in syringe with aspiration, inject the medication slowly
9. Withdraw needle, massage injection site

