

## Intramuscular Injection

Certain medicines are given by intramuscular injection—or a shot into the muscle. This puts the medicine in the tissue of a large muscle where the medicine can be soaked up by the body. A shot needs to be given in the thigh, buttock, or upper arm.

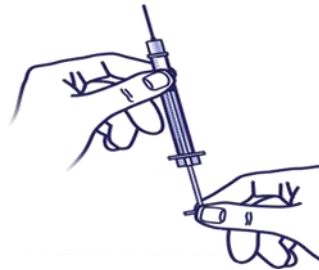
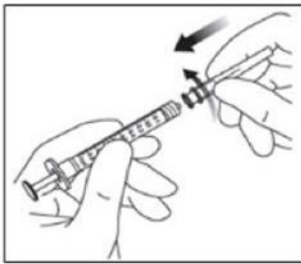
Check your child's medicine to make sure it is the right medicine, dose, and is not past the expiration date. Mix the medicine if needed.

Medicine to be given by intramuscular injection (dose and frequency):

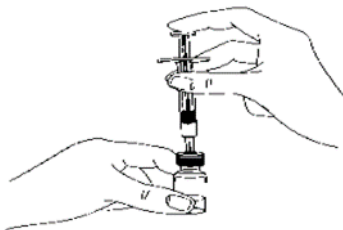
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### Before giving an Intramuscular Injection:

1. Gather Supplies
  - Medicine
  - Syringe and needle
  - Alcohol Wipes
  - Gauze and/or Band-Aid
  - Proper Disposal container, such as a needle-proof disposal container or a thick plastic bottle with a secure lid (bleach bottle, detergent bottle)
2. Wash your hands with soap and water.
3. Clean the rubber stopper on the medicine bottle with an alcohol wipe.
4. Attach the needle to the syringe. Pull air into the syringe (same amount as the medicine you will be giving).

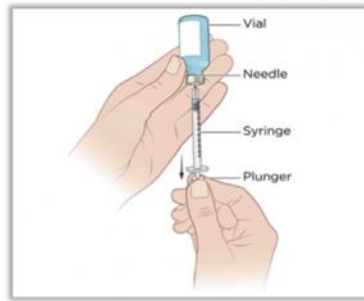


5. Hold the medicine bottle straight up. Put the needle into the medicine bottle and push the air into the bottle by pushing down on the plunger.

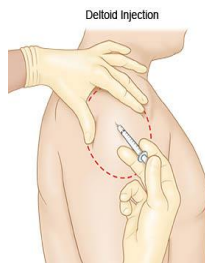


## IN CARE OF KIDS

- Turn the medicine bottle upside down with the needle still in the rubber stopper and slowly pull back on the plunger to the exact amount of medicine that you need to draw up.



- If there are any air bubbles seen in the syringe:
  - Keep needle in the rubber stopper with the medicine bottle upside down
  - Tap gently on the syringe for air bubbles to rise to the top
  - Slowly push the air bubbles back into the medicine bottle and then pull back the plunger to the exact medicine dose that is ordered.
- Choose the site for injection.
  - It is important to choose a different area to give the injection each time; this is called rotating sites. (Note: You may want to write down where you gave the injection each time so that you can choose a different place each time.)
  - Choose a site that is not red, swollen, or bruised.**
  - The best places to give an intramuscular injection are:
    - The Upper Arm**— feel for the bone that goes across the top of the upper arm, called the acromion process. The correct area to give the injection is 1-2 inches below the acromion process. This site should **not** be used for a small child less than 3 years old.



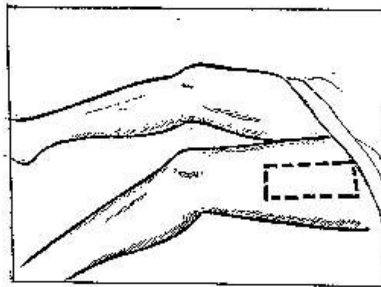
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**Author: Endocrinology | Approved by Patient Education Committee | Valid through 2026**

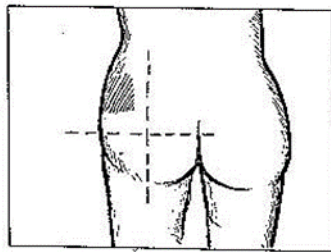
The information presented is intended for educational purposes only. It is not intended to take the place of your personal doctor's advice and is not intended to diagnose, treat, cure or prevent any disease. The information should not be used in place of a visit, call or consultation or advice of your doctor or other health care provider.

## IN CARE OF KIDS

- **Thigh** – the middle third of the leg is where the injection should go. This is a good spot for children younger than 3 years old.



- **The Buttock**—**don't** use this site for infants or children younger than 3 years old, as this muscle is not yet developed.



## Giving the Injection

1. Wipe the skin off with an alcohol wipe. Let the skin dry for a few seconds.
2. Take the cover off the needle. Hold the syringe like a dart or pencil.
3. Use your non-dominant hand and firmly hold the skin around the site.
4. While holding the skin, quickly push the needle straight through the skin at a 90-degree angle and deep into the muscle.
5. Hold the syringe firmly with your hand. Let go of the skin and slowly push the plunger until there is no more medicine in the syringe.
6. Take the needle out and firmly cover the site with a dry cotton ball or sterile gauze for a few seconds.
7. Do not recap the syringe. Put the used syringe with needle in a container with a lid. When the container is full, put the container in the trash.