

# Administration Instructions

## INTRAMUSCULAR INJECTION



For this type of injection, medication is administered using a short needle to penetrate the tissue layer between the skin and muscle.

This type of injection should be administered in the outer portion of the thigh, so the needle can penetrate the muscle layer. The site should be free of skin lesions, infection, scars or marks, protruding bone, visible veins and nerves. To ease discomfort of this type of injection the site can be iced before cleaning with the alcohol wipe.

### 1. PREPARE THE NEEDLE

Prepare your syringe by pushing the plunger down to release any remaining air from the syringe. Next hold the medication vial upside down to move any air bubbles to the top and insert the needle into the rubber bung. Draw back the amount prescribed to you using the measuring information on the syringe then remove the needle from the vial. If the syringe is pre-filled, simply attach the needle.

### 2. PREPARE THE INJECTION SITE

Prepare the injection site by swabbing the outer thigh with one of the alcohol wipes provided.

### 3. ADMINISTER INJECTION

Hold the needle like a dart and insert it into the muscle at a 90-degree angle, in a quick, but controlled manner. Push the plunger slowly to inject the medication into the muscle, remove the needle swiftly. Use a piece of gauze to apply light pressure to the injection site to help stop any light bleeding.

### 4. DISPOSE OF SHARPS

Withdraw the needle in one quick movement and dispose of responsibly. Used needles are a biological hazard and need to be disposed of safely. Please use an official sharps container or sealed hard plastic container to store your used needles. When full you can then dispose of the container at an approved location such as select pharmacies or hospital. You must not put loose needles in your regular rubbish bin. We sell sharps containers separately to help you to safely store your used needles.

## DOSING INSTRUCTIONS

You should have received your own personal dosing information sent to your nominated email address by the Medical Team. It is essential that you follow these dosing instructions from your prescribing Doctor.

If you have not received your individual dosing instructions or have any questions please contact the Patient Care Team.

## SAFETY INFORMATION

To prevent infection, always wash your hands with soap and warm water thoroughly before administering the injection. Make sure to clean the injection site beforehand with the alcohol swabs provided. Dispose of responsibly after use and do not re use or share needles. Keep out of reach of children.

## MEDICAL ASSISTANCE

If you are having any issues with dosage or administration please contact us for assistance.

If you have a reaction, mild or otherwise please inform our Patient Care Team as soon as possible and they can assist you. It is essential that you contact us to inform us of any reaction so we can ensure your safety and update your medical history.

**If it is an emergency or you are having trouble breathing please contact emergency services by calling 000.**

## We're here to help!

Our Patient Care Team is available weekdays 8am - 4pm (AEST).  
For queries outside these hours please email us.

☎ 1300 100 490

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