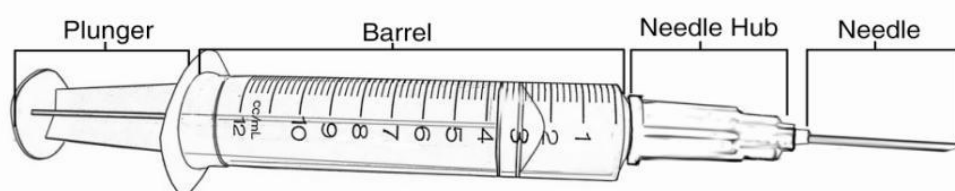


Injections: I.M. (Intramuscular)

Some medicine must be given by injection (“a shot”). One type of injection is called an I.M. (into the muscle) injection. Giving an injection to your child can be frightening for you and your child. You can practice giving the “shot” to an orange **before** giving the first injection to your child.



Parts of a Syringe

To Give the Injection You Will Need:

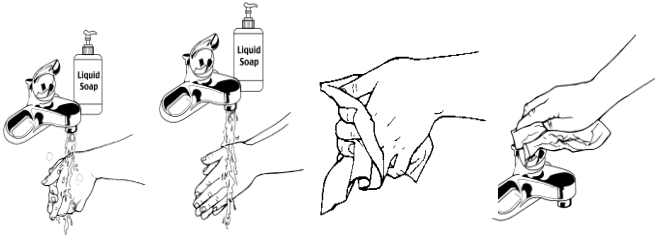
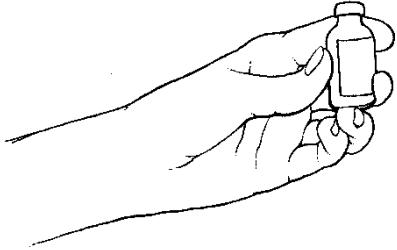
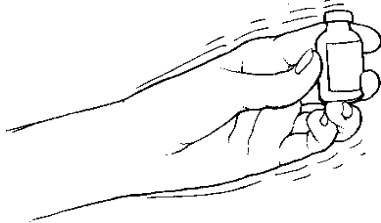
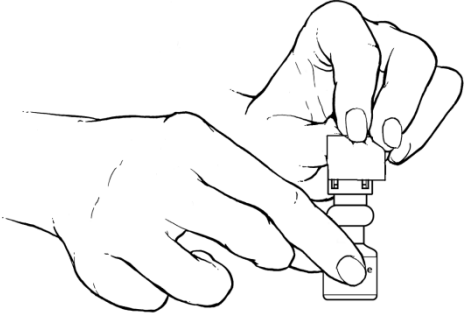
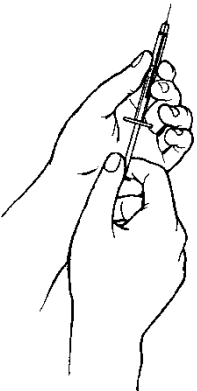
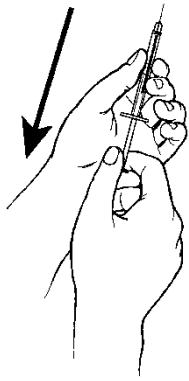
- ☐ Bottle of medicine
- ☐ Disposable 1 mL or 3 mL syringe
- ☐ Needle, size _____
- ☐ Alcohol swabs
- ☐ Band-Aid®
- ☐ Sharps Container or a hard plastic container with a screw-on cap for used needles and syringes. An empty bleach bottle or liquid laundry soap bottle works well. **DO NOT** use glass or thin plastic containers like milk jugs, water bottles or soda bottles.

Be sure to keep syringes and all supplies out of the reach of children.

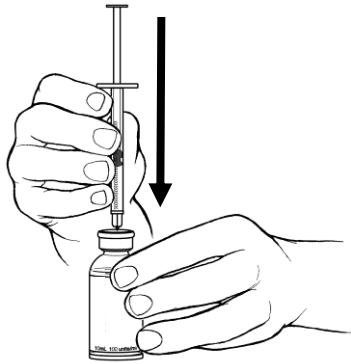
Practice giving an Injection:

- For practice, use a 10 mL vial of sterile water, **not the actual medicine**.
- Follow the instructions below to prepare the syringe.
- After the syringe is prepared, practice giving the shot by injecting an orange with the water.
- Repeat this until you feel comfortable handling the syringe.
- Throw away the needle and syringe in the hard plastic container

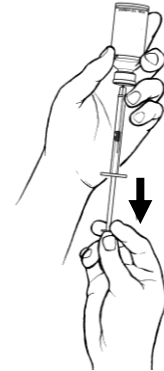
Preparing the Medicine and Syringe for Injection:

 <p>1. Wash your hands or use hand sanitizer.</p>	 <p>2. Check the medicine bottle for the correct name and the amount to give.</p>
 <p>3. Let medicine warm to room temperature if needed. Some medicines need to be gently shaken to mix. Follow the instructions on the medicine label.</p>	 <p>4. Clean the top of the bottle well with an alcohol swab.</p>
 <p>5. Remove the needle cap. Do not touch the needle or set the syringe down while the cap is off.</p>	 <p>6. Pull air into the syringe equal to the amount of medicine to be given.</p>

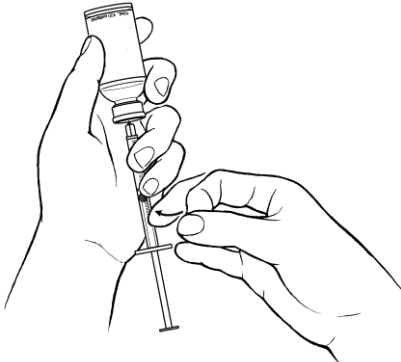
Preparing the Medicine and Syringe for Injection, continued



7. Push the needle through the top of the bottle at a 90 degree angle. Push the plunger to put the air into the bottle.



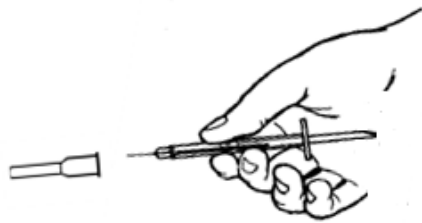
8. Turn the bottle upside down. Gently pull the plunger to fill the syringe with the amount of medicine to be given.



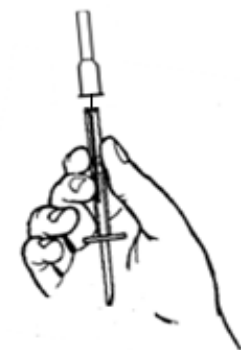
9. If there is a bubble in the syringe, fill the syringe with a little more medicine. Tap the side of the syringe to make the air bubbles go to the top. Push the plunger to get the air out of the syringe.



10. Check the syringe to make sure the dosage is correct.



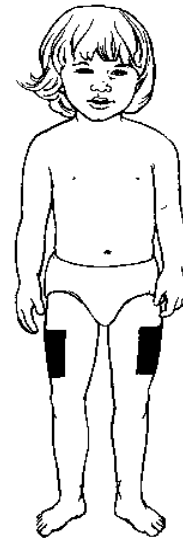
11. Once the medicine is in the syringe, place the needle cap on a flat surface. Remove the needle from the bottle. Using one hand, slowly guide the needle into the cap. Do not touch the needle.



12. Lift syringe and snap on needle cap.

Where to give the injection:

- Halfway between the hipbone and knee on the outer part of the thigh.
- This area is chosen because it does not have large blood vessels and nerves.
- This site can be used for a child of any age.
- Do not give the injection in the same spot every time. Write down the site you used and give the injection in a different spot the next time.



Preparing your child for the injection:

Infants and Toddlers

- Give your child something to hold such as a toy or a book or let him squeeze someone's hand.
- Hold him firmly between your elbow and body. You may need someone to help hold your child.

Older Children

- Explain what you are going to do and why.
- Be honest with your child, the shot will hurt for a short time.
- Give your child something to hold, such as a toy or a book, have him focus on watching TV, or let him squeeze someone's hand.
- Tell him it is okay to cry and he must keep still.
- Have your child lie on his side or his back and turn his foot inward to relax the thigh muscle.



How to Give the Injection

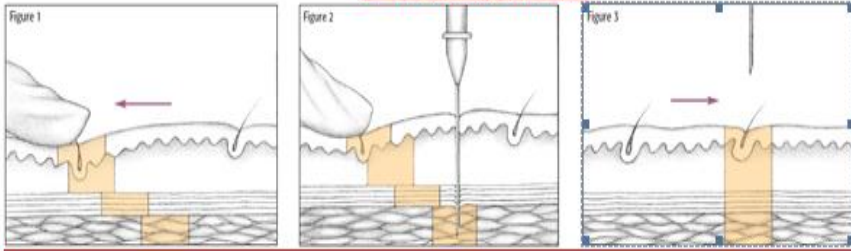
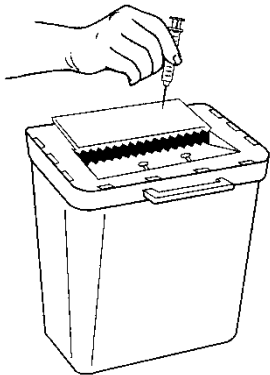
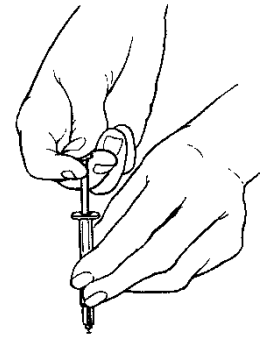


Illustration used with permission of Becky Thorne.

1. Clean the skin at the injection site with an alcohol swab. Allow site to dry. Hold the syringe barrel like a pencil and remove the cap. With your thumb, pull the skin back away from the spot where you are going to inject the medication. Hold the skin off to the side about 1 inch. This is called Z-Tracking and helps to keep the medication from seeping out onto the skin. Insert the needle quickly at a 90° angle.

2. After slowly pushing the plunger all the way in, remove the needle from the skin. Release your thumb that has been holding back the skin.



3. Do not put the cap back on the used needle. Place the used needle and syringe into the sharps box or hard plastic container. Hold a gauze pad or dry tissue over the injection site for a few seconds if needed.

4. Put a Band-Aid® on the injection site and give your child a hug. Wash your hands or use hand sanitizer.



Caution: If you accidentally poke your skin with the needle after the medicine has been given, wash your wound and call your doctor.

Used Needles and Syringes:

- ☐ **Do not re-use needles or syringes.**
- ☐ Keep the sharps container upright and out of the reach of children.
- ☐ Do not put needles in a container that will be recycled or returned to a store.
- ☐ When the container is almost full, use a new container.
- ☐ If you are using a hard plastic container, write on the side of it, "used needles and syringes".
- ☐ Ask your local trash or public health department if there are any special handling rules about throwing away the used needles and syringes container

If you have any questions, be sure to ask your doctor or nurse, or call_____.