

Intramuscular Injections (≥ PL1)

Clinical Indications:

1. Route indicated by guideline when rate of absorption needs to be slower and/or prolonged in action.
2. When other administration routes are unsuccessful, unsafe, or unavailable.

Contraindications:

1. No absolute contraindications

Notes & Precautions:

1. Prepare appropriate equipment:
 - a. Needle size & length – ½ to 1 inch for deltoid, 1 to 1.5 inch for larger muscles
 - b. 25 g for aqueous medications, 21 gauge for oily or thicker medications.
 - c. Appropriately sized syringe to measure the administration volume.
 - d. Chlorohexidine wipe and band aids
2. Appropriate injection sites:
 - a. Posterior deltoid for injections of up to 2 mL in adults contingent upon muscle mass development.
 - b. Vastus Lateralis for injections of 2 mL or less in children and adults.
 - c. Ventrogluteal site for injections of 2 to 5 mL in adults, or 2 mL or less in children.

Procedure:

1. Prepare equipment, inspect medication, perform medication cross check – Right: patient, drug, dose, route, indication, time

2. Locate appropriate injection site:
 - a. Deltoid: Identify the bony portion of the shoulder where the clavicle and scapula meet (acromioclavicular joint), then measure 3-4 fingers down the arm from the acromioclavicular joint, slide 1-2 fingers posteriorly on the arm.
 - b. Vastus Lateralis: Locate on the anterior and lateral aspects of the thigh, then divide the area into thirds between the greater trochanter of the femur and the lateral femoral condyle, injection is given into the middle third.
 - c. Vantrogluteal: Place heel of palm on patient's greater trochanter of the femur, then place index finger on the anterior superior iliac spine and spread other fingers posteriorly, injection is given in the V formed between the index finger and the second finger.

3. Cleanse site with Chlorohexidine
4. Stretch or flatten the skin over the selected site to allow for smoother entry of the needle.
5. Hold the syringe like a dart and quickly insert the needle into the tissue and muscle at a 90-degree angle.
6. Slowly inject the medication, once injected then quickly withdraw the syringe and properly dispose.
7. Gently massage the injection site to increase absorption and distribution.
8. Apply firm pressure and place band aid over site.

