



# HOW TO INJECT *INTRAMUSCULAR*



**Wash your hands with  
soap and warm water**



**Clean top of  
vial and your  
injection site  
with an  
alcohol wipe**



**Insert syringe needle  
at 90 degree angle**



**Hold vial tilted upwards,  
slowly pull back until you  
have reached your dosage**



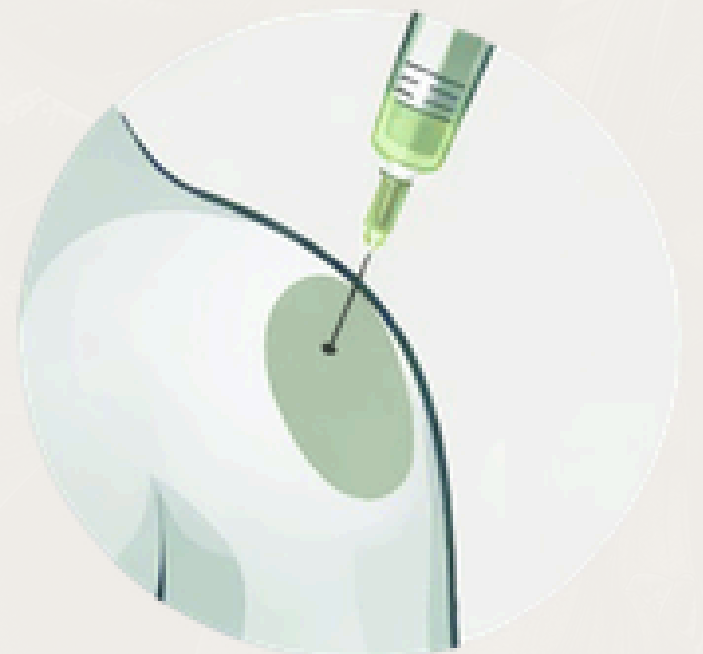
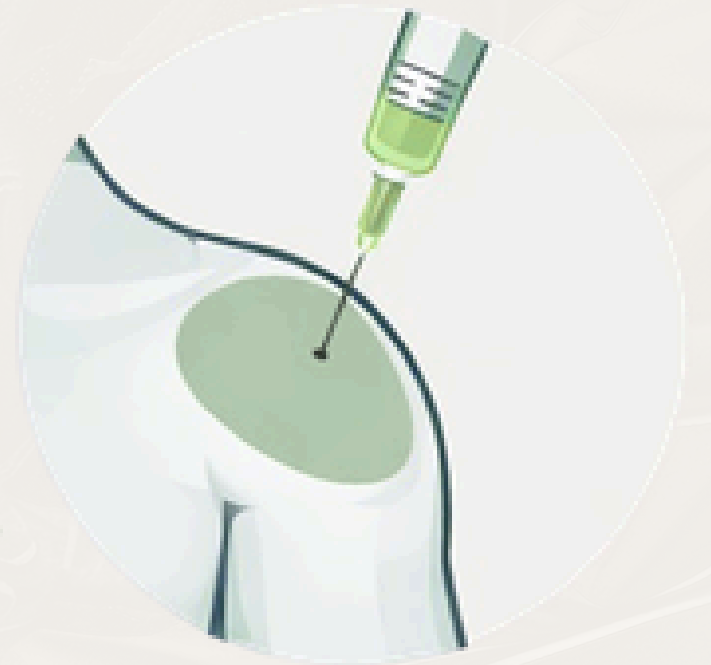
**Turn right side up, withdraw syringe & tap to bring air bubble to top of chamber**

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**Push plunger up slightly to expel air bubble from syringe until tiny droplet appears**



**Always rotate injection sites,  
alternate sides each time, and  
inject the medication slowly.**



*The best areas are the upper deltoid  
& outer upper thigh in the lean area.*

**Replace cap on syringe  
and dispose of needle  
in a sharps container**

