This sheet is general guidance from Emerald Compounding Pharmacy and does not replace your prescriber's instructions or your prescription label.

Emerald Compounding PHARMACY

Questions? We're here to help.
321-321-3313
emeraldsrx.com · scan for how-to videos

YOUR GUIDE TO INTRAMUSCULAR SELF-INJECTIONS

What is an intramuscular injection?

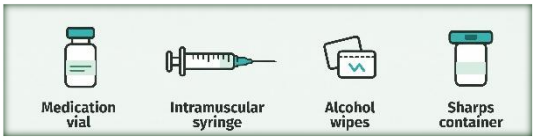
An intramuscular injection (IM) delivers medication deep into muscles, such as deltoids, quadriceps, and glutes, for effective absorption.

Before Getting Started

Before your first dose, read this whole sheet and set up a clean, well-lit workspace. Your prescriber's directions and your prescription label always take priority over this general guide.

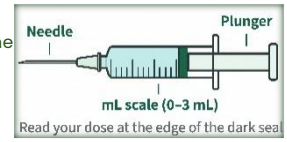
Step 1: Gather your medication and supplies

Gather your medication, syringes, needles, alcohol wipes, and a sharps or puncture-proof container (such as a detergent bottle). If using a powder medication, ensure you also have a mixing syringe/needle and the correct diluent.



Step 2: Needle and Syringe Essentials

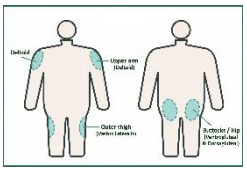
Your dose is measured with an intramuscular syringe, which is marked in milliliters (mL) so the volume can be drawn precisely. The attached needle is longer and thicker to ensure the medication reaches the muscle tissue.



Needle thickness is measured in gauge—where a higher number indicates a thinner needle—ranging from 18G–23G for drawing medication to 23G–25G for injecting, with length options including ½", 1", and 1.5" depending on preference and body fat. While some syringes come with a pre-attached needle, using separate needles for drawing and injecting is recommended to avoid dulling the needle before injection.

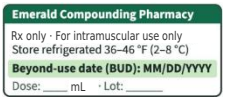
Step 3: Choose and clean the injection site

1. Wash your hands thoroughly.
2. Select an injection site (upper arm, outer thigh, buttock). Rotate sites from one injection to the next, and avoid skin that is bruised, scarred, red or tender.
3. Clean the chosen site with an alcohol wipe. Let it air dry. Do not blow on it or touch it again.



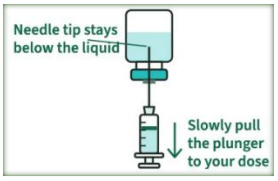
Step 4: Check and prepare your medication

1. If your medication is refrigerated, take it out 15–30 minutes before injecting — room temperature medication stings less.
2. Read the label: Confirm the medication name, your dose, and the beyond-use date (BUD). Never use medication past its BUD.
3. Confirm the dose in mL to draw on your prescription label.



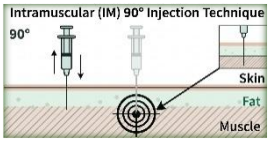
Step 5: Draw up your dose

1. Flip off the cap and wipe the rubber stopper with an alcohol swab.
2. Push the needle down through the stopper, then turn the vial upside down.
3. Keep the needle tip below the liquid and slowly pull the plunger back to your prescribed dose in mL.
4. Tap the barrel so any air bubbles rise, push them gently back into the vial, then readjust to your exact dose.
5. Re-check the dose, then withdraw the needle. Don't let it touch anything.



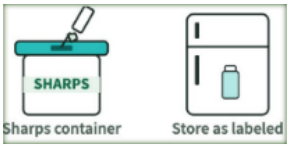
Step 6: Administer the injection

1. **Spread the skin:** With your free hand, use your thumb and index finger to pull the skin flat and taut over the cleaned injection site (rather than pinching).
2. **Insert the needle:** Hold the syringe like a dart and insert the needle completely into the muscle at a **90-degree angle** in one quick, smooth motion.
3. **Inject the medication:** Keep the syringe still and slowly press the plunger down at a steady pace until the full dose is delivered.
4. **Withdraw and apply pressure:** Pull the needle straight out at the same 90-degree angle and immediately press a clean alcohol swab or gauze pad over the site for a few seconds. Do not rub or massage the injection site.



Step 7: Clean up and store

1. Safely place the needle into a sharps container immediately after use.
2. Follow the specific storage instructions provided on your vial label for any unused medication.
3. Thoroughly wash hands with soap and water after handling any injection supplies.



Usually Normal
Mild redness, slight burning, a small bump or tenderness at the site for a day or two

Call your prescriber or our pharmacists if...
Redness, swelling or pain spreads, gets worse after a few days, the site feels hot or you see any drainage.

Call 911 or go to the ER if...
You have signs of a serious allergic reaction: Trouble breathing, wheezing, swelling of the face, lips, throat or hives spreading over your body.