

Steps to Giving an Injection

1. Mentally prepare by grounding yourself and your mind.
2. Check your medication vial for the expiration date and to confirm that it is the correct medication. If it is, go ahead and remove the top from the medication vial.
3. Remove the syringe from its packaging while maintaining sterility.
4. Remove the needle cover, pull back on the plunger, hold the vial upside down and insert the needle into the silicone circle at the center of the lid.
5. Once the needle is inserted, compress the plunger to remove the excess air from the barrel. This helps create some positive pressure in the vial that will assist in sucking all of the medication into the syringe.
6. Pull the plunger back and suck all of the medication into the barrel. Upon completion, hold the syringe with the needle facing upward and flick the barrel of the syringe to draw all air bubbles to the top of the barrel. Once they rise to the top, push them out of the barrel using the plunger until the medication is at the very top of the barrel.
7. Locate the location of where you will be injecting the medication.
8. With one hand, wipe the injection site down vigorously with an alcohol wipe and then hold the skin firmly with the skin spread taut.
9. In one quick motion, inject the needle into the skin 3-quarters of the way.
10. Draw back on the plunger to ensure that the needle did not enter a vein. If blood comes up, insert the needle in a small amount more and check again.
11. If clear, inject medication slowly, emptying the entire contents of the syringe.
12. Draw the needle out in a quick and steady motion. Take a piece of gauze and place pressure on the area of the skin where the injection took place. Hold pressure until the bleeding stops.
13. Dispose of the needle into a sharps container and all other garbage into a garbage can.