

## A GUIDE TO

# Self-administering IM or SC Injections

IM = intramuscular | SC = subcutaneous

## 01. Safety and preparation

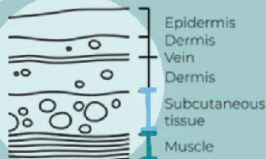


When medications are administered through the use of needles, prioritize using the appropriate sterile supplies, and having everything you require within reach should something unexpected happen. Always use new needles and syringes with each injection.



The hub of the needle tips and tip of the syringe are the most likely sites of contamination

### Follow Aseptic Technique



### Administration site options

**INTRAMUSCULAR:** A sterile needle is used to deliver medication to the muscle tissue underneath the skin and fatty tissue

**SUBCUTANEOUS:** A sterile needle is used to deliver medication to the fatty tissue underneath the skin

Many pharmacies have, or can order, appropriate supplies. Harm reduction centres are also an option.

To find a location near you visit:

[ohrdp.ca/find-supplies/](https://ohrdp.ca/find-supplies/)



### Needle selection

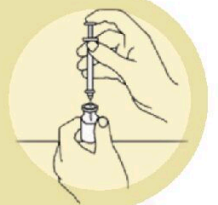
Drawing up: 18 g or 20 g any length  
Intramuscular: 22 g or 23 g 1 inch or 1.5 inch length  
Subcutaneous: 25 g or 26 g 1/2" or 5/8" length



## 02. Prepare the dose



Attach a drawing up needle to syringe. Pull in air equal to your dose of medication. Clean the vial's rubber stopper with an alcohol swab. Remove the needle cap, push the needle into the vial, and inject the air.



### Draw up medication



Flip everything upside down, keeping the needle in the vial. Make sure the tip of the needle is inside the liquid. Pull plunger to fill syringe with medication.

Gently tap the syringe to move any