

# How to Give an Intramuscular Injection

Some types of medicine, like the hormone testosterone and certain fertility medicines, need to be injected into a muscle to work.

This video will show you the steps to giving yourself an intramuscular injection, or shot, at home.

There are several spots on the body that can be used for intramuscular shots.

Two common locations are the thigh and the side of the hip.

At first, you may feel a little nervous about giving yourself a shot.

But most people find that it gets easier after they do it a few times.

Here's how you do it.

First, have your supplies ready.

You'll need the syringe and an alcohol wipe, or a cotton ball and rubbing alcohol.

Wash your hands with soap and water, and dry them well.

Next, choose a spot on your thigh or on the side of your hip to give the shot.

Try to use a slightly different spot each time. This can make the shot more comfortable.

Clean that area of your skin using the alcohol wipe or a cotton ball dipped in rubbing alcohol, and let it dry.

Then remove the cap from the needle and hold the syringe like a dart, keeping your fingers off the plunger.

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Now stretch the skin flat.

Hold the syringe at a 90-degree angle to your skin so it's standing straight out— right above the place where you'll give the shot.

Quickly insert the needle all the way into the flattened skin.

Now, if your doctor told you to, you'll need to look for blood in the syringe before you inject the medicine.

Here's how.

Hold the syringe in place with one hand. Use the other hand to slowly pull back on the plunger.

Then look at the syringe. If you see blood in the syringe, you've hit a blood vessel.

If this happens, pull the needle out of the skin without injecting the medicine.

Discard the needle and syringe safely, such as in a special container for needles.

Then prepare a new syringe with a new dose of medicine.

Insert the new needle in a different spot, and check again to see if there is blood.

If there's no blood in the syringe— or if your doctor has said you don't need to check for blood—you're ready to give the medicine.

Slowly push the plunger of the syringe all the way in so the medicine goes into the muscle.

Take the needle out at the same angle you put it in. Then let go of your skin.

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If you bleed a little, put pressure on the spot with a cotton ball or a piece of gauze.

Don't rub the area since this can cause bruising.

Point the needle away from you, and dispose of the needle and syringe safely.

Never use the same needle more than once. And then wash your hands again.

Learning to give yourself a shot can take some practice.

But with time, it will get easier. And remember, you can call your care team if you have any questions.