

Name of Child: _____ Date: _____

How to Give a Shot Into a Muscle

Intramuscular Injections or IM Injections

Some medicines work best when they are put into a muscle. The best way to do this is by **injection** or shot. With practice, many parents learn to give their children medicine this way.

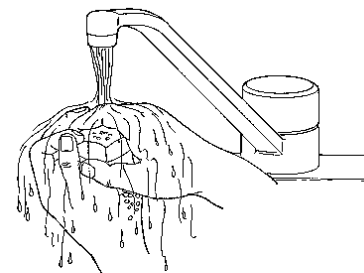
How to inject medicine into a muscle:

1. yes no Take the bottle of medicine out of the refrigerator. Warm it by gently rolling the bottle between your hands. Do not shake the bottle.
 yes no You may wait fifteen minutes for the medicine to warm up.

2. Wash your hands very well with soap and water. Dry them with a clean towel.

3. What you need:

- two alcohol prep pads
- cotton ball
- bottle of medicine
- syringe
- milk jug, coffee can or plastic soap bottle with lid, so you can throw out the syringe and needle safely.
- notebook and pen or pencil



**Wash your hands very well
with soap and water.**

4. Tear open one end of two alcohol prep pads. Put them down nearby, with the cotton ball.

5. Clean off the top of the medicine bottle with an alcohol prep pad. Stand the bottle on a table.

6. Hold the syringe in your hand. Take the cap off the needle by pulling it straight off.

7. How much medicine do you need to put into the syringe?
Pull up that much air into the syringe.

8. Put the needle into the bottle top. Push the air in. Keep the needle in the bottle.

9. Tilt the bottle and syringe upside down.
Pull out the right amount of medicine.

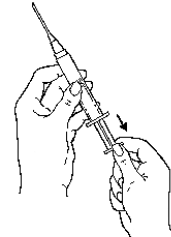
10. Pull the needle out of the bottle and put the bottle down.
Recap the needle carefully.

11. Find the spot on your child's thigh or arm where you will give the shot.

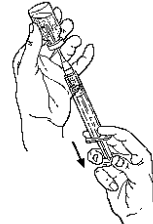
12. Clean the skin at that spot with an alcohol prep pad with your other hand. Let it dry.

13. Take the cap off the needle.

14. Take a good hold of the muscle around that spot with your thumb and index finger, making a bulge.



step 7



step 9



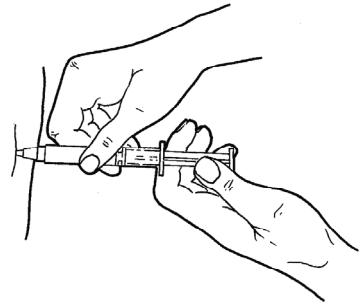
step 12

15. Put the needle into the muscle straight up and down, at a 90° angle. Push the needle in, firmly.



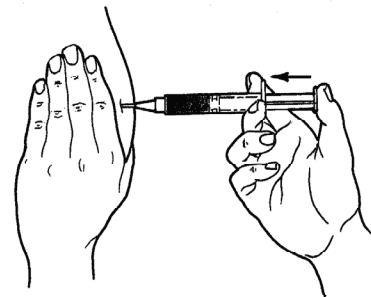
step 15

16. Pull back on the syringe plunger. If no blood comes into the syringe, inject the medicine.



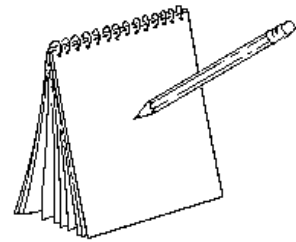
step 16

17. Pull the needle and syringe out. Press the spot with a cotton ball.



step 17

18. Thank your child for helping.
19. Throw out the needle and syringe in the milk jug, coffee can or plastic soap bottle with lid.
20. Write down the date, time, how much medicine you gave, which thigh you used and where you gave the shot.

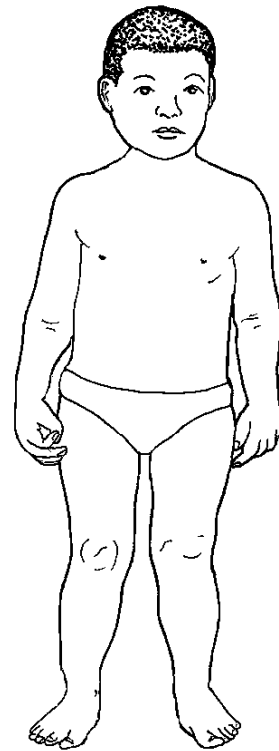


Step 19

Keep all medicines and supplies out of reach of children

Now that you've read this:

- Tell your nurse how you get your child ready before you give the shot. (Check when done.)
- Draw a circle on the picture of the boy on the right on the spot where you will give the shot. (Check when done.)
- Show your nurse how you would give a shot into a muscle. (Check when done.)



**Draw a circle
on the spot where
you will give the shot.**

What You Gave

Name of Medicine: _____ How Much to Give: _____

Date Time Right Thigh/Left Thigh Where Given



If you have any questions or concerns,
 call your child's doctor or call _____

If you want to know more about child health and illness,
visit our library at The Emily Center at Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016
602-546-1400
www.phoenixchildrenshospital.com

Disclaimer

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

Friday, October 6, 2006 • DRAFT in family review
#243 • Written by Melani Jaskowiak, RN, BSN, CNRN • Illustrated by Dennis Swain



Name of Health Care Provider: _____ Number: 243
For office use: Date returned: _____ db nb

Family Review of Handout

Health care providers: Please teach families with this handout.

Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? Yes No

easy to read? Yes No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? Yes No

Why or why not?

Would you do anything differently after reading
this handout? Yes No

If yes, what?

After reading this handout, do you have any
questions about the subject? Yes No

If yes, what?

Is there anything you don't like about the drawings?

Yes No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

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Thank you for helping us!