



TEXAS UROLOGY

DELATESTRYL INSTRUCTIONS HOME INJECTIONS

Intramuscular injections deposit medication deep into muscle tissue, where a large network of blood vessels can absorb it readily with delayed absorption over weeks. The site for an intramuscular (IM) injection must be chosen carefully, taking into account the patient's general physical status and the type and amount of medication to be injected. IM injections should not be administered at any inflamed or irritated sites or at those containing moles, birthmarks, scar tissue or other lesions. IM injections require sterile technique to prevent introducing a pathogen (bacteria) into the tissue, which could cause an infection.

You will need prepared medication in a syringe with an appropriate needle attached and one to two alcohol sponges.

Locate the injection site. This medication is best given in the hip, rotating injection sites from one side to the other. Visually divide the buttocks into quadrants and inject the outer upper quadrant, about 2-3" below the iliac crest (hip bone below your waist).

To cleanse the injection site, move the alcohol sponge from the center of the site outward in a circular motion, to a circumference of about 2" from the site. Allow the skin to dry, so that alcohol is not introduced into the skin as the needle is inserted.

Remove the protective needle cover. With the thumb and index finger of your non-dominant hand, press down and stretch the skin of the injection site. This reduces the thickness of skin tissue that must be pierced to reach the muscle. Position the syringe at a 90 degree angle to the skin surface, with the needle a couple of inches from the skin. Tell the patient that he will feel a prick as you insert the needle. Then, as you say this, quickly and firmly thrust the needle through the skin, deep into the muscle.

Hold the syringe with your non-dominant hand, pull back slightly on the plunger with the dominant hand. If no blood is aspirated back into the syringe, place your thumb on the plunger and slowly inject the medication into the muscle. A slow, steady injection rate allows the muscle to distend gradually and accept the medication under minimal pressure. You should feel little or no resistance against the force of the injection.

After injection, gently but rapidly remove the needle at a 90 degree angle. Cover the injection site immediately with alcohol sponge, apply gentle pressure to the site.

Replace the needle cover, being careful not to stick yourself with the contaminated needle.

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