

## Before getting started

### Medication Use & Guidance

Please ensure you are familiar with all the medications and supplies provided. Your healthcare provider may have given you training or reference materials to help you administer your medication correctly. If you have not received specific instructions, we offer a detailed step-by-step guide and an instructional video to assist you.

This resource is designed to help you navigate the process safely and effectively.

If you have additional questions, contact your prescriber, scan to visit our website, or email us at [support@glinpharma.com](mailto:support@glinpharma.com)

**Glin Pharma**

## YOUR GUIDE TO SELF-INJECTING MEDICATIONS

# Intramuscular Injections

## What is an intramuscular injection?

IM injections deliver medication deep into muscles, such as Deltoids, Quadriceps, and Glutes, for effective absorption. Figure 4

### Step 1

#### Gather your medication and supplies

Assemble your medication, syringes, needles, alcohol wipes, and a sharps container or a puncture proof container (like a plastic milk bottle). If your medication is in powder form, you'll need a mixing syringe/needle and the appropriate diluent. [Figure 1](#)

### Step 2

#### Needle and Syringe Insights

##### Syringes:

A 1 mL or 3 mL, with a luer lock (screw-on-off connection), ensures a secure needle connection. [Figure 2A](#)

##### Needles:

- The needle thickness is measured in gauge, varying by preference and/or body fat percentage. Thicker gauges (18G–23G) are for drawing out medication from the vial, while thinner gauges (23G–25G) are for injecting.
- Length varies based on preference and body fat percentage, with options like 5/8", 1", and 1.5".

**Note:** If your syringe comes with a pre-attached needle [Figure 2B](#), be aware of its gauge – either for drawing (18G–23G) or injecting (23G–25G). Using separate needles is advised for drawing and injecting to maintain sharpness as needles dull with multiple punctures.

### Step 3

#### Prepare Your Injection Site

- Wash your hands thoroughly.
- Select an injection site (abdomen, upper thigh, upper arm). [Figure 4](#)
- Clean the chosen site with an alcohol wipe.

### Step 4

#### Medication Preparation

- Ensure your medication reaches room temperature if refrigerated to minimize discomfort.
- Verify the correct medication and check the expiration date (Beyond Use Date - BUD). [Figure 5](#)
- If your medication is in powder form (lyophilized), you'll need a mixing syringe/needle and the provided diluent.
- Confirm dosing instructions on the prescription label.

### Step 5

#### Drawing Medication from an Ampoule

- Prepare the Ampoule** – Hold it upright, tap gently to move the liquid down, and clean the neck with an alcohol swab before snapping it open away from you.
  - Withdraw the Medication** – Insert a filter needle and carefully draw the solution, ensuring no air bubbles remain. Replace it with the appropriate injection needle.
  - Administer & Dispose** – Inject the medication as directed, then safely discard the ampoule and needles in a sharps container.
- Note:** Unlike vials, ampoules do not require flipping or puncturing. Always use a filter needle to prevent glass contamination.

### Step 6

#### Clean Up

- Wash hands.
- Follow the specific storage instructions provided on your label for any unused medication.
- Dispose of used needles in a sharps container.

Figure 1



Figure 2A

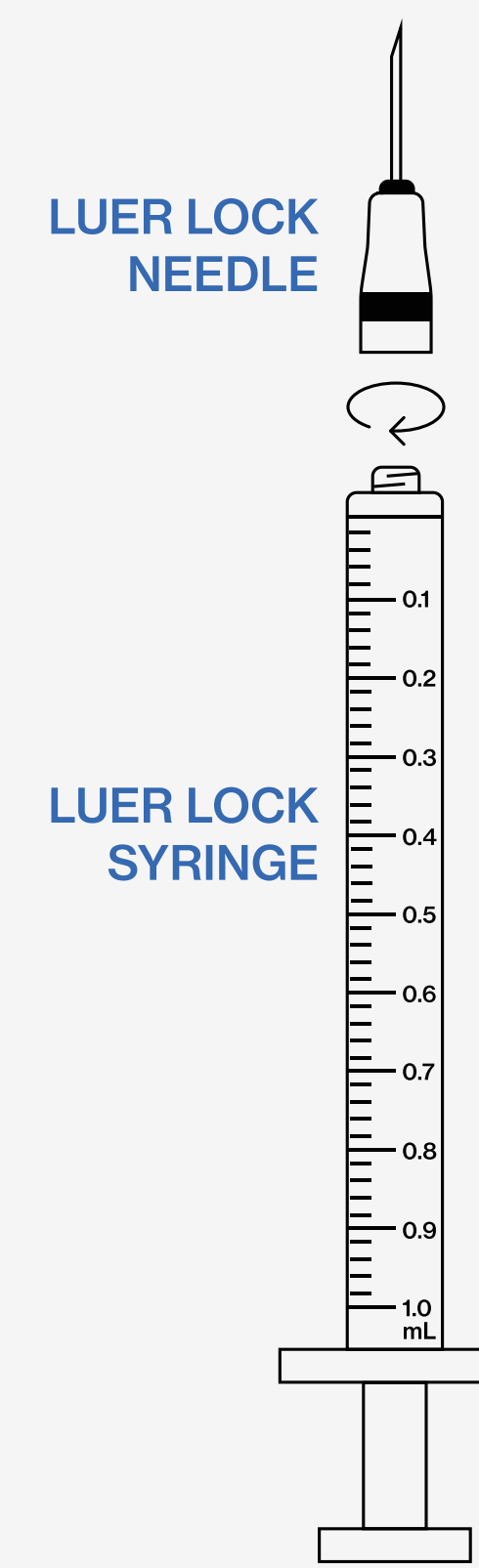


Figure 2B

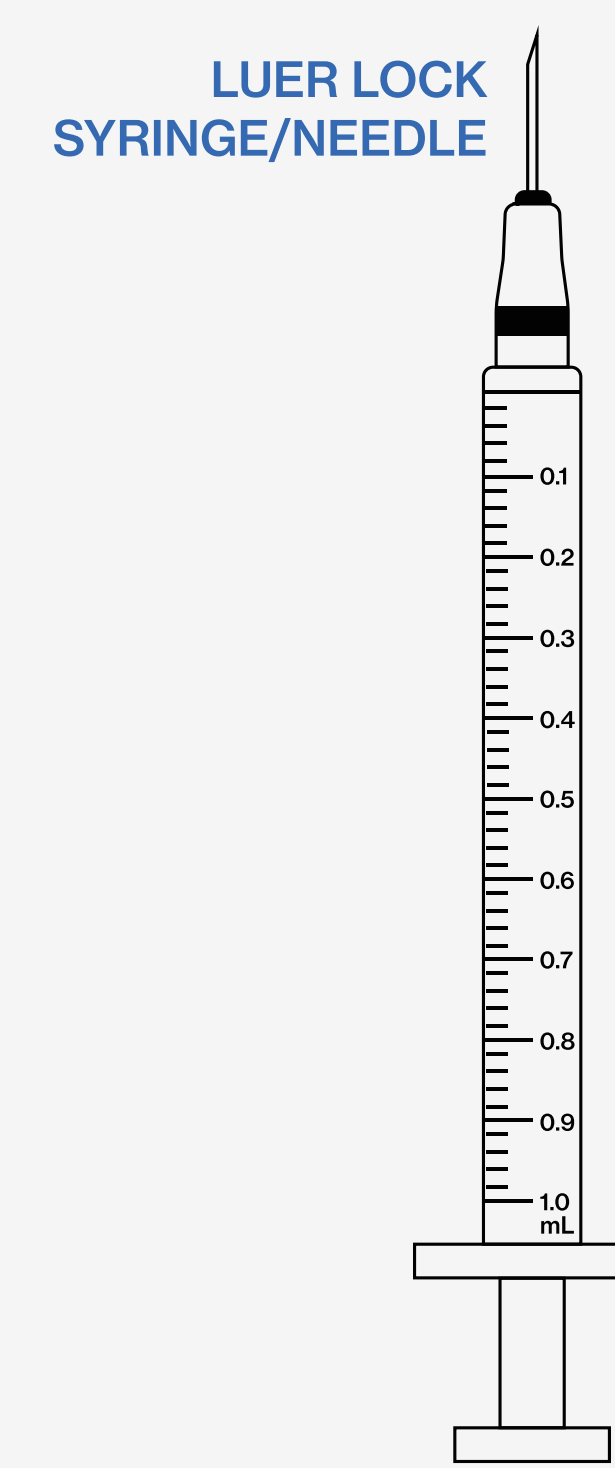


Figure 3

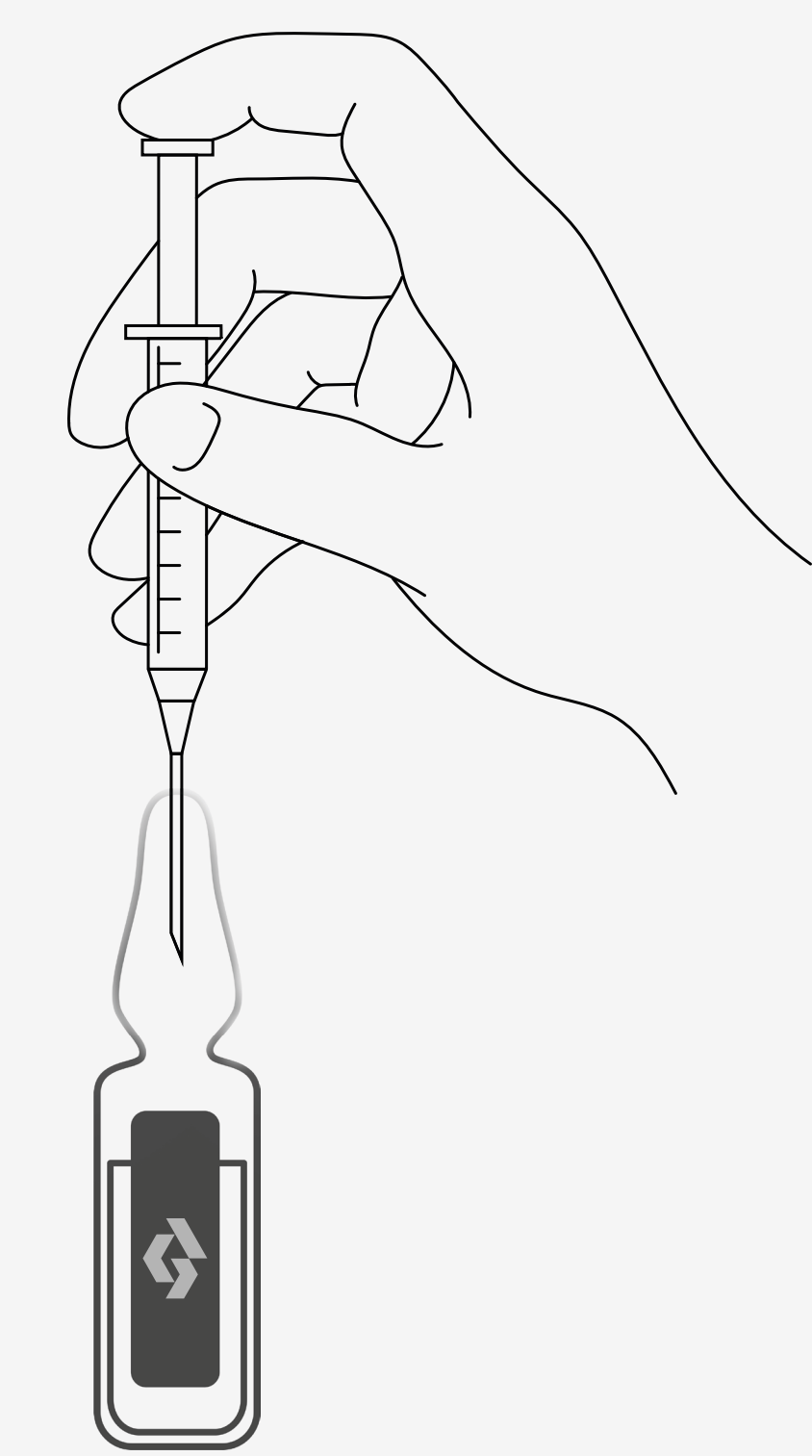


Figure 4

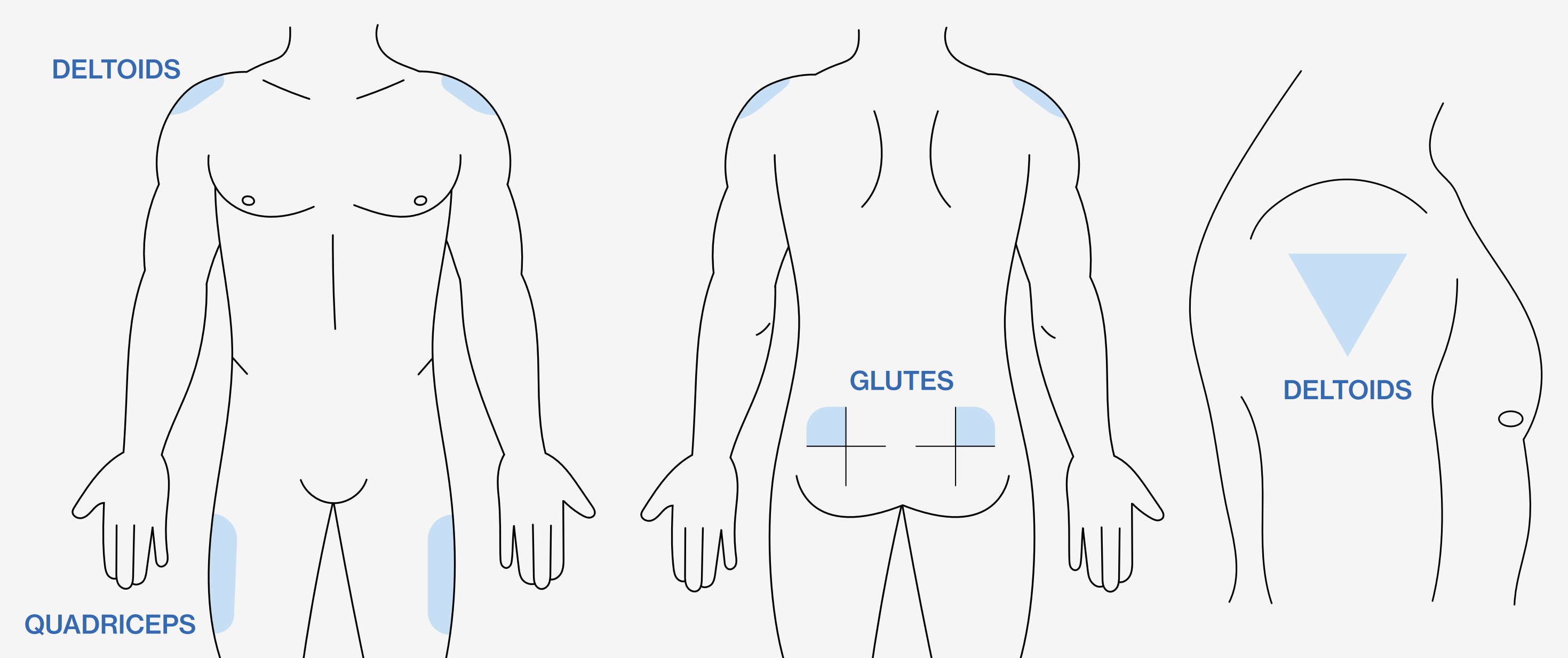
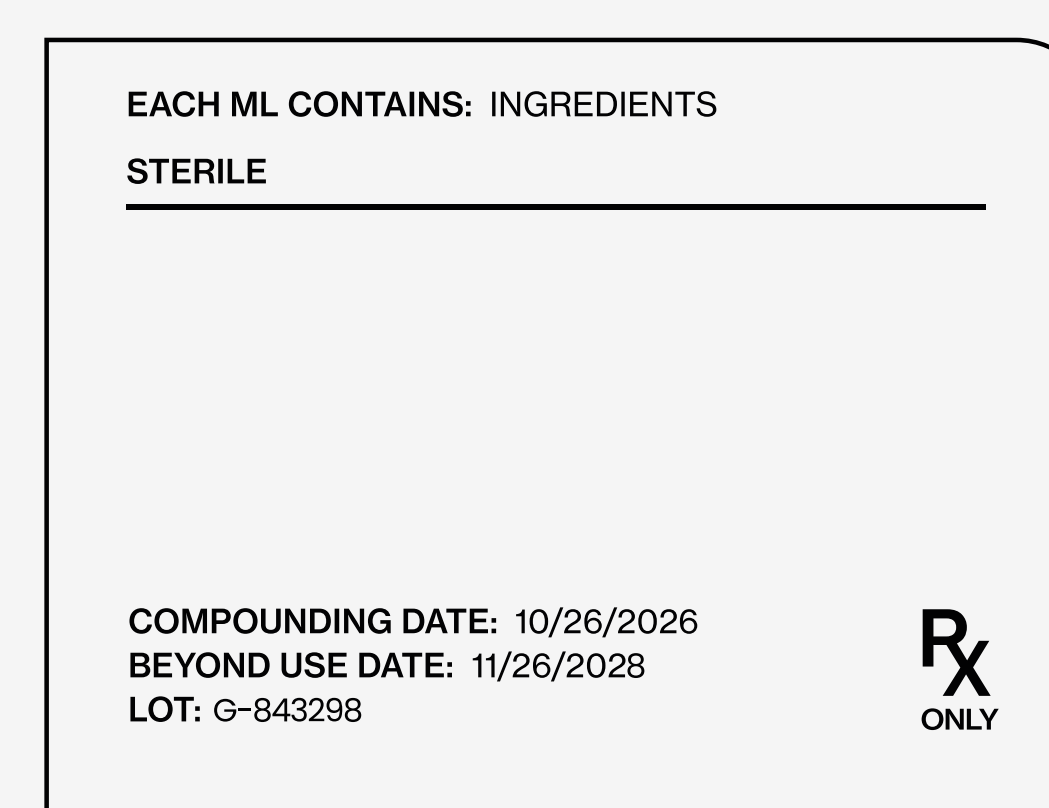


Figure 5



## When to seek medical attention

- If there is evidence of an allergic reaction including having trouble breathing, a body rash, or swelling of the face or throat.
- Local irritation, redness, slight burning, swelling, and hard bumps over the shot area may be normal. Oil based injections may remain in the injection site for a few days. Contact your physician if it worsens.