



# Review of Injection Techniques

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# Supplies for Injection Medication Administration

**Select necessary supplies for administration based on dosage calculations**

- **Syringes:**

**IM:**

\* (1) combination 3ml syringe 22 Gauge X 1 ½ inch syringe/needle

**Heparin:**

\* (1) combination 1ml (TB) syringe 27 Gauge X ½ inch syringe/needle

**Insulin:**

\* (1) combination Insulin syringe (with UNITS) ½ ml 29 Gauge X ½ inch syringe/needle

- **Extra Needle:**

**IM:**

\* (1) 23 G X 1-inch needle

- **Alcohol wipes**

- **4X4 gauze**

- **Medication Vial**



# IM Injection

- Wash hands and apply gloves
- Select syringe and needles:
  - **Combination 3ml syringe 22 or 23 Gauge X 1 inch syringe/needle**
  - **Change needle of 23 Gauge X 1 inch needle**
- Clean top of vial with alcohol and allow to air dry
- Inject an amount of air equal to the desired dose/volume to be removed
- Withdraw correct dose/volume of medication
- Use ONE-HAND needle/syringe to Activate safety device
- Change needle to 23 Gauge X 1-inch needle
- SHOW proper location for injection!
- Hold syringe like a dart and at a 90-degree angle
- Use Z-Track method
- ASPIRATE BEFORE injection!
- Administer medication
- Hold the syringe in place for 10 SECONDS after administering the medication
- Withdraw the needle and apply counter pressure with swab (4X4 gauze)
- Use proper ONE-HANDED technique to activate safety
- IMMEDIATELY and dispose in sharps container
- Withdraw needle and apply counter pressure with gauze pad
- Remove gloves and wash hands

# Subcutaneous Injection-Heparin

- Wash hands and apply gloves
- Select combination syringe and needle:
  - **(1) combination 1ml (TB) syringe 27 Gauge X ½ inch syringe/needle**
- Clean top of vial with alcohol swab
- Inject an amount of air equal to the desired dose/volume to be removed
- Withdraw correct dose/volume of medication
- Use ONE-HAND needle re-cap technique!
- SHOW proper location for injection!
  - (At least 2 inches away from the abdominal umbilicus)
- Hold syringe like a dart and at a 90-degree angle
- Pinch abdomen skin with non-dominant hand
- Do NOT aspirate!
- Administer medication
- Withdraw the needle and apply counter pressure with gauze pad
- Use proper ONE-HANDED technique to activate safety
- IMMEDIATELY and dispose in sharps container
- Remove gloves and wash hands

# Subcutaneous Injection-Insulin

- Wash hands and apply gloves
- Combination INSULIN syringe and needle:
  - **Syringe will have UNITS with COLORED CAP!**
- Clean top of vial with alcohol swab
- Inject an amount of air equal to the desired dose/UNITS to be removed
- Withdraw correct dose/UNITS of medication
- Use ONE-HAND needle re-cap technique
- SHOW proper location for injection!
- Hold syringe like a dart and at a 90-degree angle
- Pinch abdomen skin with non-dominant hand
- Do NOT aspirate!
- Administer medication
- Withdraw the needle and apply counter pressure with swab (4X4 gauze)
- Use proper ONE-HANDED technique to activate safety IMMEDIATELY and dispose in sharps container
- Withdraw the needle and apply counter pressure with gauze pad
- Remove gloves and wash hands