

GIVING AN INTRAMUSCULAR INJECTION

Medication and dosage: _____

Supplies: _____

Recommended needle:

_____ 23-G 1-inch (for testosterone)

_____ 23-G 1-inch (for Lupron Depot®)

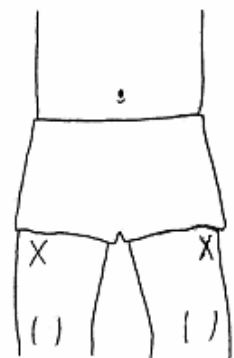
_____ 21-G 1-inch (for Trelstar®)

DRAWING UP THE MEDICATION:

1. Wash your hands thoroughly.
2. Check that the medication is correct and not past the expiry date.
3. Remove provided needle and guard and change to recommended needle. Ensure needle is on securely by twisting until tight.
4. Refer to product insert for mixing instructions.

GIVING THE INJECTION:

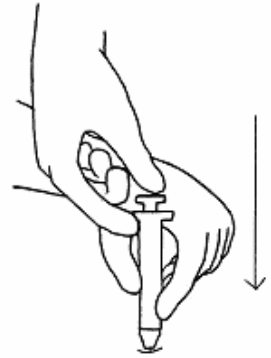
1. Choose the site for the injection. A good site for children is halfway down the outer thigh.
2. Clean the site with alcohol and let it dry.
3. Pull the cap straight off the needle being careful not to poke yourself.
4. Hold the syringe in one hand, like a dart or pencil. Support the skin at the chosen site with the other hand. You may have to pinch up the tissue if your child is thin. Remember not to touch the area you have cleaned.



Giving an Intramuscular Injection (continued)

5. Insert the needle quickly at a 90-degree angle and release the skin.

6. Inject all the medication in the syringe by pushing down on the plunger slowly.



7. Pull the needle straight out and apply pressure to the site with a clean dry gauze for approximately one minute. You may place a Band-Aid on the site if desired.

8. Do not recap the needle in order to prevent sticking yourself. Dispose of your syringe and needle in a sharps container. All other supplies may be disposed of in the trash.

9. Record the date, time and site of injection.