

MIDWIVES ASSISTANT RESOURCE GUIDE: GIVING AN INJECTION

STEPS TO FOLLOW WHEN ADMINISTERING AND INJECTION:

1. Take some time to focus and gather your supplies.
2. Tap/flick the ampule to get the medication to the base. Break the tip away from you. And do not touch the edges. Maintain a sterile technique.
3. Remove your needle from the package.
4. Remove your syringe cover, and place it in the ampule, ensure that the syringe is all the way in to avoid drawing in air. Pull back your plunger and draw up the solution/medication.
5. Point your syringe upward, and flick the sides to remove any air bubbles. Press your plunger to remove air bubbles from the syringe. Some liquid will come out.
6. Locate the quadrant of the hip/thigh or glute.
7. Using your non-dominant hand, cleanse the injection site with an alcohol prep pad, and hold the area firmly with the skin flat.
8. Plunge the syringe 3/4 of the way quickly.
9. Draw back your syringe to see if you have entered a vein. If blood returns into the syringe push the syringe a bit more and check again.
10. Once clear, inject slowly pushing the plunger down to the base.
11. Remove the syringe quickly in one motion. Apply pressure to the site with a gauze or cotton ball until there is no bleeding. You can apply tape to the gauze or bandaid.
12. Dispose of your syringe and needles in a sharps container.



AREAS TO PLACE INJECTION:



VASTUS LATERALIS

You can find this muscle within one hand width below the groin, and one hand width above the knee. The side borders are within the mid-anterior to the mid-lateral thigh.



GLUTEUS MUSCLE

You can find this muscle by dividing the glute halfway down the middle and halfway across. Injection should be administered in the center of the upper OUTER quadrant. An alternate way is to draw a line from the posterior superior edge of the iliac crest to the greater trochanter. This will help to avoid damage to the sciatic nerve.

References:

Davis, E. (2019). Heart and hands: A midwife's guide to pregnancy and birth (5th ed.). Giving an injection, Chapter 5 pp 172.
Vastus Lateralis Intramuscular Injection. <https://www.youtube.com/watch?v=XFog6uSwbuw>
Glute injection. https://www.youtube.com/watch?v=c68pLxbqs_M