

Intramuscular (IM) Injection Guide

Step-by-step administration for intramuscular injectables dispensed by Harmony Infusion Pharmacy, including B12 and lipotropic combinations.

WHAT YOU NEED

- Your prescribed Harmony Infusion Pharmacy medication vial.
- A new sterile syringe and needle of the gauge and length your prescriber specified (typically 22 to 25 gauge, 1 to 1.5 inches for IM).
- Two alcohol prep pads per dose.
- A sharps disposal container approved by your local jurisdiction.
- Clean, dry hands and a clean work surface.

BEFORE YOU INJECT

- Wash your hands thoroughly with soap and water.
- Inspect the vial. Solution should match the appearance described on your label. Do not use if discolored, cloudy, or contains particulate.
- Confirm the medication name, strength, and beyond-use date on the Harmony Infusion Pharmacy label.
- Wipe the rubber stopper with an alcohol prep pad. Let dry completely.

DRAW YOUR DOSE

- Pull the plunger back to the prescribed dose volume, drawing air equal to that volume.
- Insert the needle through the rubber stopper, push the air into the vial, invert the vial, and withdraw the prescribed dose.
- Tap the syringe to move bubbles to the top, then push them back into the vial. Re-verify dose volume.
- Withdraw the needle from the vial.

CHOOSE YOUR IM SITE

- Deltoid (upper arm): 2 to 3 finger widths below the acromion process. Good for smaller volumes.
- Ventrogluteal (hip): place the heel of your hand on the greater trochanter, index finger toward the iliac crest, middle finger toward the iliac tubercle. Inject in the V. Good for larger volumes.
- Vastus lateralis (outer thigh): middle third of the outer thigh, between the greater trochanter and the knee.
- Rotate sites with each injection. Avoid scar tissue, bruises, or visible blood vessels.

INJECT

- Clean the chosen site with a fresh alcohol prep pad. Let dry completely.
- Stretch the skin taut with your non-dominant hand.
- Insert the needle quickly at a 90 degree angle, fully into the muscle.
- Release the stretched skin. Pull back gently on the plunger to check for blood return. If blood appears, withdraw, dispose, and start over with a new syringe at a different site.
- If no blood return, depress the plunger slowly and steadily.
- Withdraw the needle at the same 90 degree angle. Apply gentle pressure with a clean cotton ball or gauze.

DISPOSE & STORE

- Place the entire used syringe immediately into your sharps container. Never re-cap or reuse a needle.
- Store your vial per the label instructions. Most IM preparations are refrigerated; some lipotropics are at room temperature. Check the label.
- Record the date, dose, and site rotation. Watch the injection site for unusual redness, swelling, or pain that does not resolve within a day or two.

Stop and call your prescriber if you experience severe pain, signs of an allergic reaction, persistent muscle weakness, fever, or any unexpected symptom after injection.

IMPORTANT NOTICE

These instructions are for educational reference only and do not replace medical advice from your prescribing provider. Compounded preparations are not FDA-evaluated for safety or efficacy and are not intended to diagnose, treat, cure, or prevent any disease. Harmony Infusion Pharmacy dispenses 503A compounded preparations only pursuant to a valid prescription. Contact your prescriber or Harmony Infusion Pharmacy with questions before use.