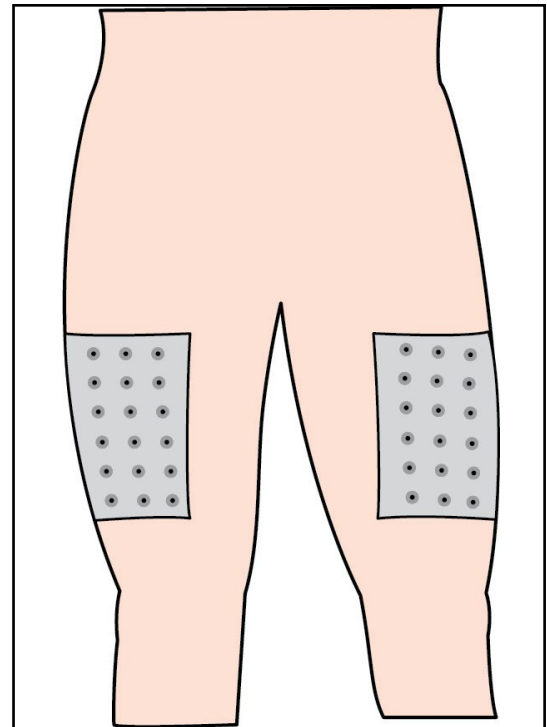


# How to Give Intramuscular Injections (Shots) in the Thigh

## How to Give Intramuscular (Into the Muscle) Injections

- Wash your hands with soap and water.
- Carefully clean the injection site with an alcohol swab or cotton ball and rubbing alcohol. Let the area air dry.
- To give a shot into the middle of your thigh, sit down in a chair with your knees bent and feet flat on the floor.
  - Place 1 hand on your upper thigh with your thumb resting on your hip bone.
  - Place your other hand on your lower thigh with your pinky finger resting on the top of your knee. You will give the shot in the area between your hands.
- Firmly spread the skin around the injection site. Hold the syringe the way you would a pencil, about 2 to 3 inches away from the skin. With the needle pointed right at the skin, insert the full length of the needle with a quick dart-like motion. Release the skin.
- Push the plunger in with a slow, steady motion until all of the medicine is injected.
- Gently pull out the needle and throw away the needle and syringe into your sharps disposal container. Cover the injection site with a clean piece of gauze. Apply a small amount of pressure until the bleeding stops.



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**The areas of your thighs to give shots.**

*(over)*

## Getting Rid of Sharps

Properly throwing away used sharps (needles and lancets) is important to keep your family and community safe. This prevents adults, children and pets from finding and being harmed by them.

## How to Store Your Sharps at Home

You will need to have a special container to store your used sharps at home. You can:

- buy a sharps disposal container from your pharmacy.
- make your own container. Visit [fda.gov](https://www.fda.gov) and type “sharps disposal container” into the search box for instructions.

When storing sharps at home, it is important to remember the following.

- Always keep your sharps storage container in a place where children and pets cannot reach it.
- Follow any directions from your county drop-off site or mail-back programs.

## How to Get Rid of Your Sharps

When the container is  $\frac{3}{4}$  full:

- return the sharps to your county drop-off site
- or
- send them to a mail-back program. You will have to pay for this.

**Allina Health hospitals and clinics do not accept sharps. Do not bring them to your hospital or clinic.**



Source: Minnesota Pollution Control Agency

**Many pharmacies sell sharps containers.**

## Whom to Call With Questions

Call your city or county government’s household trash and recycling service with questions. You can also visit the following websites for more information.

- If you live in Minnesota, visit [pca.state.mn.us](https://pca.state.mn.us).
- If you live in Wisconsin, visit [dnr.wi.gov](https://dnr.wi.gov).

**Information adapted from the Minnesota Pollution Control Agency, Solid Waste Management Coordinating Board and Wisconsin Department of Natural Resources.**