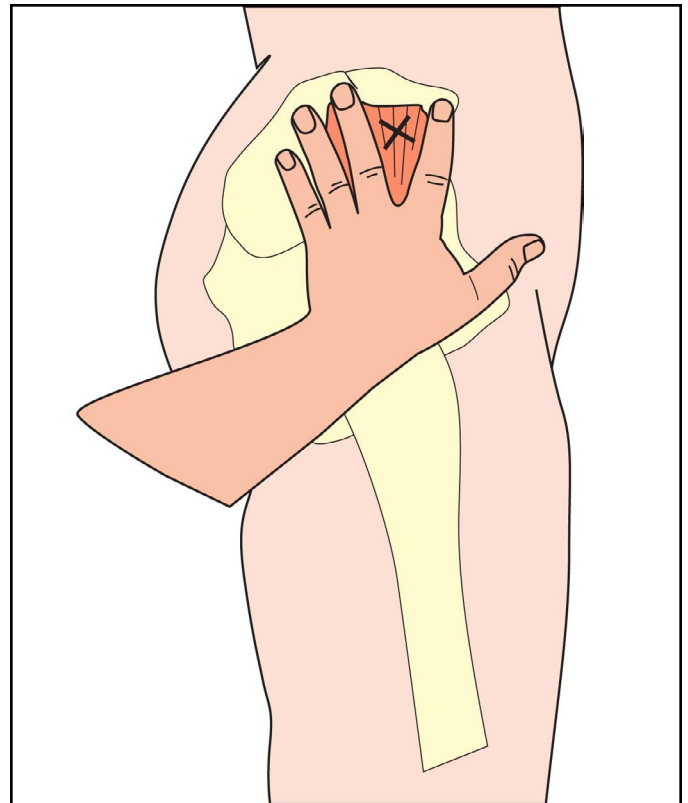


How to Give Intramuscular Injections (Shots) in the Hip

How to Give Intramuscular (Into the Muscle) Injections

For adults, your hip is the safest place to give an injection (shot). **You will need to have another person give you the shot.**

- Wash your hands with soap and water.
- Carefully clean the shot site with an alcohol swab or cotton ball and rubbing alcohol. Let the site air dry.
- To give the shot, place the heel of your right hand on the person's left hip with your fingers pointing toward their head. (You can also use your left hand on the person's right hip.) Make sure your thumb is pointing toward the groin. You should be able to feel the pelvis under your pinky finger. Spread your pointer (index) finger and middle finger in a slight "V" shape. You will give the shot into the middle of the "V."
- Firmly spread the skin around the site. Hold the syringe the way you would a pencil, about 2 to 3 inches away from the skin. With the needle pointed 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 given.
- Gently pull out the needle. Throw away the needle and syringe into the sharps disposal container. Cover the site with a clean piece of gauze. Apply a small amount of pressure until the bleeding stops.



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You will need to have another person give you the shot. This drawing shows how to find the site to give the shot.

(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’s important to remember the following.

- Always keep your sharps storage container in a place where children and pets can’t 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 these websites for more information.

- If you live in Minnesota, visit pca.state.mn.us.
- If you live in Wisconsin, visit dnr.wi.gov.

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