

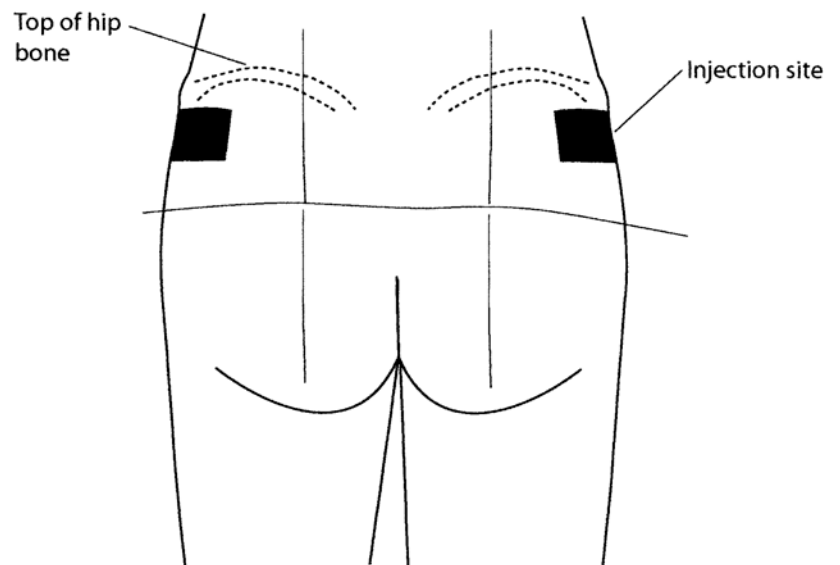
Sites for IM (Intramuscular) Injection (Shot)

The medicine you are taking is to be given into muscle (IM) as an injection or shot. You can use the buttock, hip, upper leg or upper arm for an IM shot. The arm site can only be used for a very small amount of medicine.

- Carefully select the site for injection to miss blood vessels and nerves. Your nurse can help you choose the site that is best for you.
- Use a different spot for each shot.
- Do not use areas that are bruised, tender, swollen or scarred.

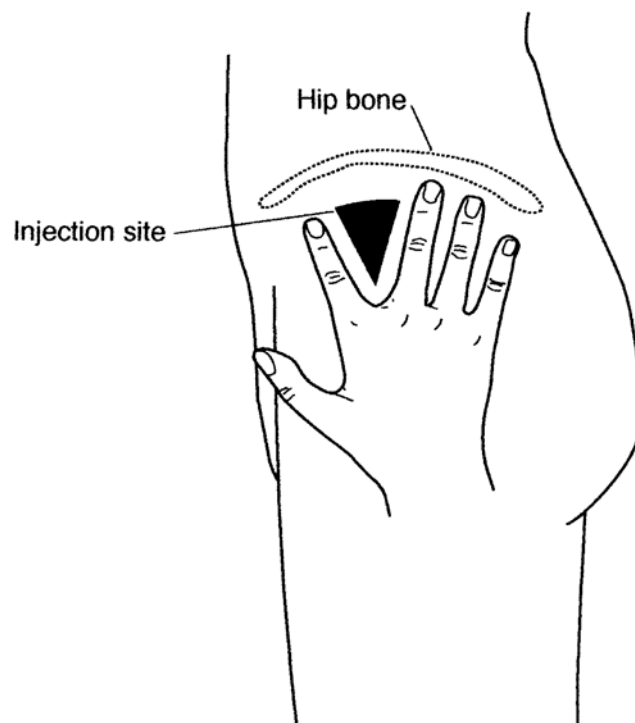
Buttock site

1. Feel for the top of the hip bone, near the waist.
2. Divide the buttock into 4 parts, as shown in the picture.
3. Find a site in the upper, outer part of the buttock, as shown as a shaded box in the picture.



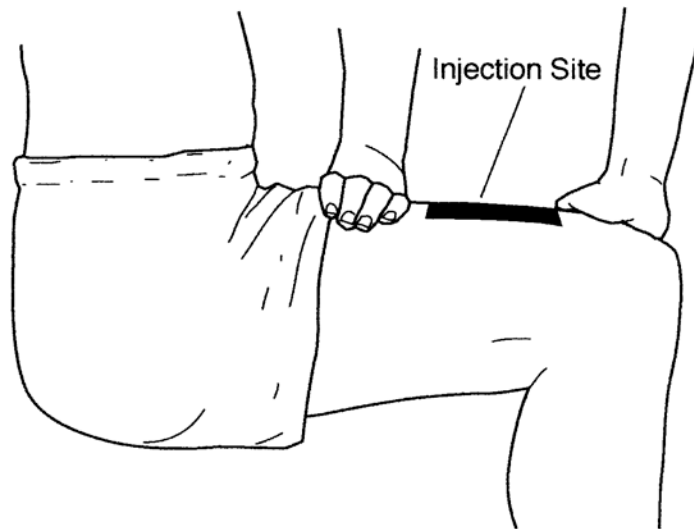
Hip site

1. Place your right hand on the left hip or your left hand on the right hip.
2. Your middle finger should be on the hip bone, near the waist, as shown in the picture.
3. Spread your index finger and the middle to form a V. The space in the V is the site to use.



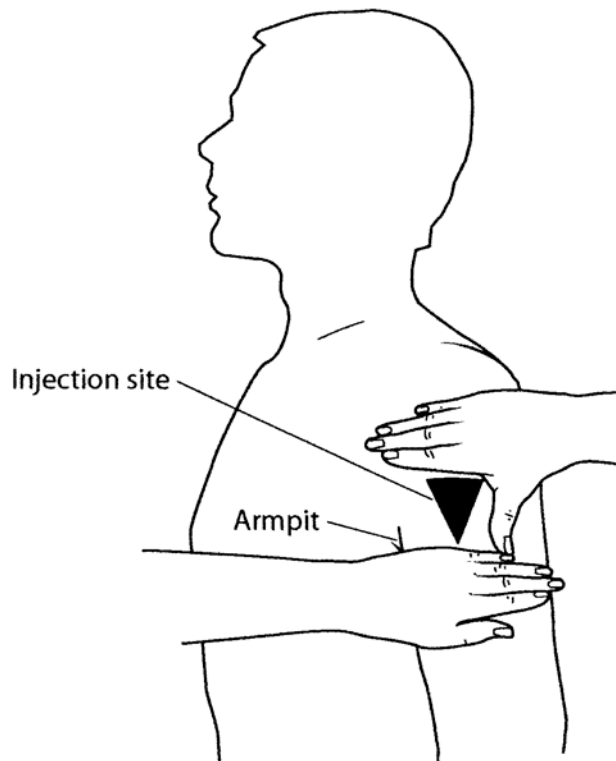
Upper leg site

1. Place one hand on the knee and the other hand at the groin.
2. Use the space between the hands across the top of the leg as the site, as shown in the picture.



Upper arm site

1. Place one hand at the top of the shoulder with your thumb down the upper arm as shown.
2. Place the other hand at the level of the armpit.
3. Use the triangle space between the hands as shown for the injection site.



If you would like more written information, please call the Library for Health Information at (614)293-3707. You can also make the request by e-mail: health-info@osu.edu.