

*Adult Care***ALS**

1. Prepare equipment:
 - a) 3 cc syringe with 22g 1½" needle.
 - b) Desired medication.
 - c) Antiseptic prep.
2. Draw the desired dose of medication into the syringe.
3. Chose the appropriate site:
 - a) Deltoid muscle (upper arm).
 - b) Gluteus muscle (upper/outer buttocks area).
 - c) Vastus Lateralis (upper/outer thigh)*.
4. Clean selected site.
5. Stretch the skin overlying the muscle taut with two fingers.
6. Insert the needle at a 90° angle to the skin.
7. Aspirate the syringe checking for blood return. If blood is noted withdraw the needle and begin again at Step 5.
8. If no blood is noted, inject the medication.
9. Remove the needle and dispose of properly.

*This is the preferred site in children.

*Pediatric Care***ALS**

1. Intramuscular injection requires MCP approval, unless specified elsewhere within the MOM. If obtained, determine the following:
 - a) Appropriate site. This should be the vastus lateralis (upper/outer thigh) unless otherwise specified by MCP.
 - b) Appropriate gauge and length needle.
 - c) Appropriate dose.