

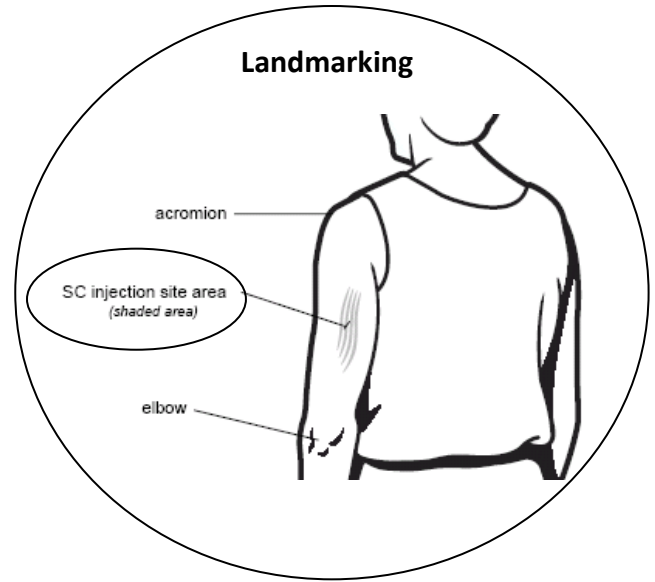
Tips for Adult Subcutaneous (SC) Injections

Vaccines administered SC: MMR • Pneumococcal (SC or IM) • Polio • Varicella Zoster

- Gloves are NOT needed when providing immunizations. Clean/wash your hands between each client.
- Improper landmarking may reduce vaccine effectiveness or increase local adverse events.
- Report errors to your local health office for further instructions.

1. Choose the site

- ✓ **Lateral aspect of upper arm is recommended**
 - ✓ **Relax the arm:** Ensure shoulders are relaxed and down
 - ✓ **Grasp the skinfold**
 - Grasp skinfold of fatty tissue between thumb and fingers before injection **to ensure it gets into the SC tissue and not the muscle**
- Note: Measure skinfold from top to bottom and needle should be about ½ this length*



2. Clean the site

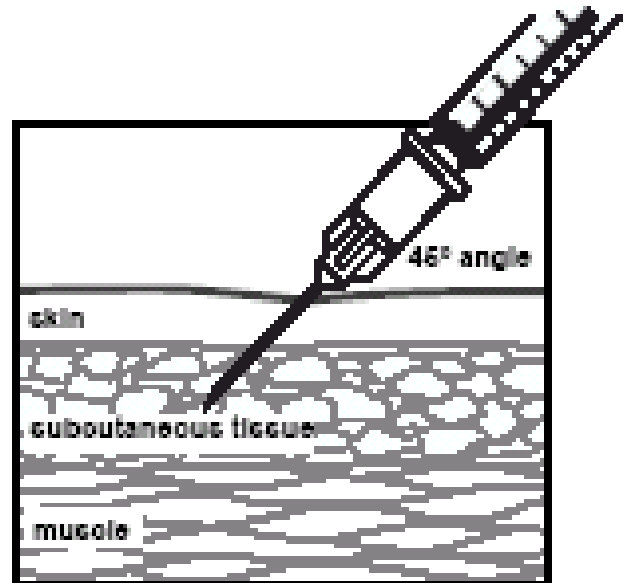
- Use alcohol wipe
- Allow skin to air dry: Ensures best protection
 - Reduces pain on insertion

3. Use correct needle size

- 25-27 gauge, 5/8" - 7/8"
- Choose longer needle if client is obese

4. Injection technique can reduce pain

- Insert quickly at 45° degree angle
 - Bevel of needle facing up
 - For obese clients inject at 90° angle to reach SC tissue
- Release the skin before injecting to reduce irritation
- Quickly inject to reduce pain and trauma (no aspiration)
- Withdraw in one swift motion
- Immediately apply pressure:
 - Use dry cotton pad/swab/ball
- Do not massage – it can damage tissue



BCCDC's videos on injection landmarking and techniques:
<http://www.bccdc.ca/imm-vac/ForHealthProfessionals/ImmsCompetency.htm>

Quick reference adapted from BCCDC Immunization Program Manual – Section IV (dated October 2008)

Tips for Adult Intramuscular (IM) Injections

Vaccines administered IM: Hep A+B • Hib • HPV • Influenza • Meningococcal • Pneumococcal • Td/combos

- Gloves are NOT needed when providing immunizations. Clean/wash your hands between each client.
- Improper landmarking may reduce vaccine effectiveness or increase local adverse events.
- Report errors to your local health office for further instructions.

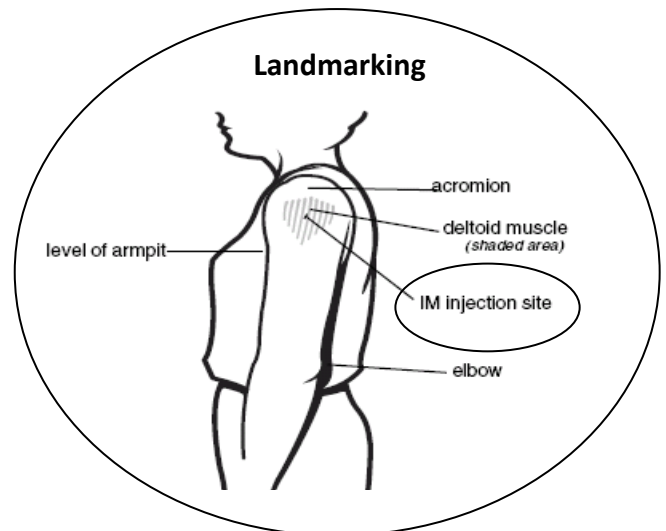
1. Choose the site

✓ **Deltoid is recommended**

✓ **Relax the muscle:** Ensure shoulders are relaxed and down. **If sitting:**

- Bend vaccine arm at elbow, forearm placed across abdomen or lap
- If using arm of chair for resting use same position and ensure arm internally rotated

✓ **If client's muscle mass is small** grasp the body of muscle between thumb and fingers before and during the injection to ensure dose gets into the muscle
X Do not inject too high (close to the acromion) to avoid risk of nerve damage.



2. Clean the Site

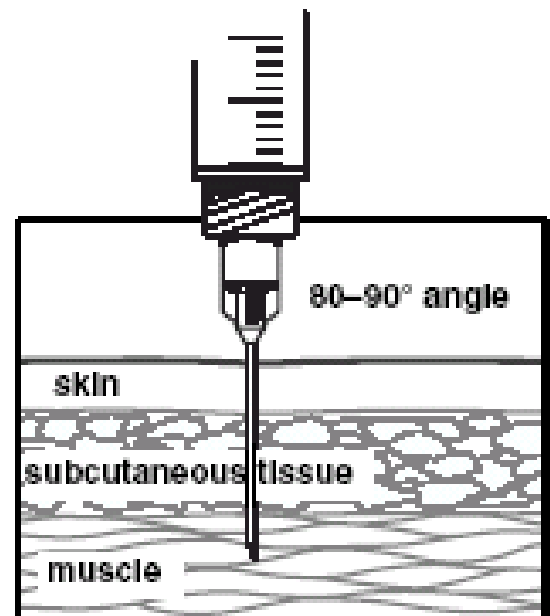
- Use alcohol wipe
- Allow skin to air dry: Ensures best protection
 - Reduces pain on insertion

3. Use correct needle size

- 1-1½" needle size, 25 gauge
- Needle should be long enough to reach into the muscle

4. Injection technique can reduce pain

- Bevel of needle facing up
- Insert needle into middle of deltoid muscle
- Rapidly inject at a 90° angle (do not aspirate)
- Withdraw quickly in one swift motion
- Immediately apply pressure:
 - Use dry cotton pad/swab/ball
 - Pressure reduces bruising
- Do not massage – it can damage tissue



BCCDC's videos on injection landmarking and techniques:
<http://www.bccdc.ca/imm-vac/ForHealthProfessionals/ImmsCompetency.htm>

Quick reference adapted from BCCDC Immunization Program Manual – Section IV (dated October 2008)