

Fact Sheet

Long Acting Intramuscular Injections

How do I locate the ventrogluteal site?

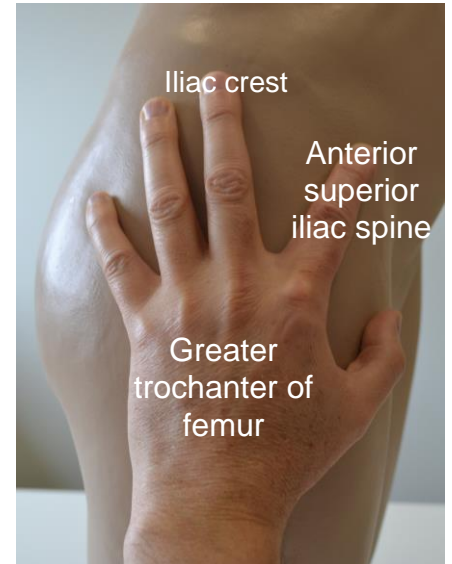
Use the **PINS** acronym to identify the site.

P- Palm on greater trochanter of the femur

I- Index finger pointing to anterior superior iliac spine

N-No thumb to bum

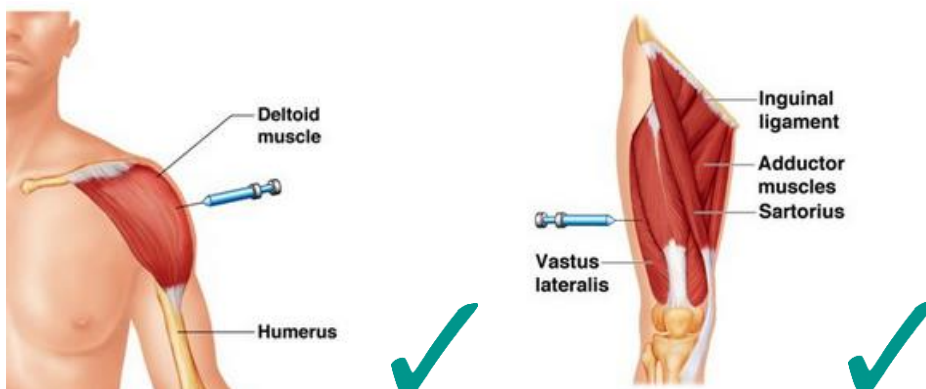
S- Spread your index (pointer) and middle finger (second finger) to create a triangular injection site. You will notice that the site feels quite soft to palpate.



Site selection

Three sites are recommended for the administration of intramuscular injections: the deltoid site, the ventrogluteal site and the vastus lateralis site. Please refer to the medication Product Information (PI) guide prior to administration to make sure that your site selection is appropriate.

The dorsogluteal site is no longer recommended for intramuscular injections because it is not safe and is less effective than the other sites. If the dorsogluteal site is to be used then a consent form must be completed.



For more information

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