

## **Injection preparation steps:**

1- Swab vial tops aggressively using 70% alcohol. Let alcohol dry before drawing solution.

2 – After drawing, swab tops of vials again with alcohol. Place back in refrigerator or storage.

3 - Wear clean, non-sterile gloves. Keep them clean with minimal contact to other objects.

4 - If the area to be injected appears visibly dirty, use soap and water to wash

and clean the area. Be vigilant in the areas to be injected. Rinse with water.

5 - Clean the skin with 70% ethyl alcohol or Iodine, Provadine or betadine.

Allow

to dry.

6 - Mark anatomical landmarks lightly with a sterile surgical marker. Also mark

the entry points in a manner that is bold & distinct from the anatomical landmarks

7 - Apply providone or Betadine to the skin. It must be allowed to dry to be effective taking 3 to 4 minutes. This is a must for intra-articular injections, no

exceptions! Wipe spirally from center outwards OR along a line in One Direction.

8 - Replace gloves with new gloves before injecting.

9 - Stretch skin, Insert needle quickly through epidermis and then move slowly/

timely toward your target injection area. Aspirate gently to ensure you are not in

a vein or artery. Inject, slowly but timely solution needed for area

10 - Make sure the needle stays clear of anything. If the needle touches anything

else such as hands, cotton or other objects, change the needle immediately.

Don't breathe onto the needle or injection site from a close distance.

11 - Have clean non-sterile cotton balls available for use. Use cotton or gauze

on critical or situations of concern. If needed hold slight pressure.