

HOW TO IMPROVE THE EXPERIENCE OF IM INJECTIONS

Periodically, you may experience patient complaints about residual pain, tingling down the arm, soreness, etc. After clients have received their IM injections (this has been most common with glutathione and b-complex). Here are some tips to help alleviate discomfort and residual pain.

INJECTION SITES



1

Deltoid

1. Have the client adduct or tuck their arm into their side. Many like to prop it on the chair but this may cause the muscle to tense up instead of relax.
2. Ask them to relax their shoulder and give it a good wiggle, you will feel their whole arm relax.
3. Distract them— right before you inject, ask them a question about their day or weekend. This gets their brain focused on your question and distracted from the injection.
4. Most importantly*— aim for the posterior head or slightly toward the back of the shoulder. This is a thicker part of the muscle and away from many of the nerves that surround the humeral head. You are less likely to have a negative experience using this method.
5. When you inject, pinch the muscle up to make the skin taut, then as soon as you puncture, release the muscle.



2

Hip / Gluteal Muscle

1. Find the pelvic crest and go 2" down and 2" back, this should land you in the upper, outer quadrant of the buttocks.
2. Have the patient bear weight on their opposite leg. This will help to relax the injecting leg as much as possible.
3. Follow 3 and 5 above instructions.



IMPORTANT:

- Although IM vials do not come refrigerated, they must be refrigerated upon opening.
- Once a multi-dose vial is punctured, it is only good for 28 days or 4 weeks despite what the expiration date reads.
- Water soluble products should be administered using a 25g or 23g needle.
- Frequency & dosing depends on each individual, their lifestyle and wellness needs and goals and is ultimately determined by the practitioner on a case to case basis. Most do not exceed one injection per week.

RECOMMENDED IM INJECTION DOSES AND PRICING:

IM Solution	Dose	Recommended Price per Dose
B-12 (methylcobalamin) 10ml vial = 25-50 doses	1mg = 0.2ml or 2mg = 0.4ml	\$20
B-Complex 30ml vial = 30 doses	1ml	\$30
L-Lysine HCl 30ml vial = 30 doses	1ml = 100mg	\$30
MIC B-12 30ml vial = 30 doses	0.5ml - 1ml	\$55
AminoMultiPlex 30ml vial = 30 doses	1ml	\$60
Glutathione 30ml vial = 30 doses	1ml = 200mg	\$60
IM Solution: B1/B6 30ml vial = 30 dose	1ml	\$40

*These guidelines are not a substitute for medical training.