

Ventrogluteal Intramuscular Injections

What is this kind of injection?

The ventrogluteal (say *vent-trow-glue-teal*) area is the highest part of your hip, where the muscles are the thickest.

Intramuscular means injecting into muscle.

Why am I getting medicine injected here?

Studies tell us this is the best place to give an injection for adults and children of walking age.

Here's why:

- Injecting into thick layers of muscle means medicine is more likely to get into muscle instead of into fat.
- These muscles absorb medicine better than other muscles. This means we might be able to give you less and you should have less side effects.
- Your hip is far away from large blood vessels and nerves. There is less chance of bleeding and damage to nerves.

Are there any risks or complications?

You might feel some pain when the needle goes in. But studies tell us getting a needle in your hip is less painful than other areas.

You might feel sore where the needle went in. This goes away within 24 hours. Try not to massage this area. If you do, you could change how well the medicine absorbs.

Take the bandage off 1 hour after you get injected. You might see a bit of blood on the bandage when you peel it off. This is normal.

When to get help

Call your family practitioner if you notice:

- the area where the needle went in is red, swollen, or warm to touch
- flu-like symptoms such as fever above 38.5°C (101°F), aches, and chills

Family practitioner refers to either a family doctor or nurse practitioner.

Myths and Facts

Myth: The muscles are not big enough.

Fact: You have one muscle sitting on top of another at your hip. Together, they are big enough for a needle 1 to 2 inches long.

Myth: The nurse will hit my bone with the needle.

Fact: The muscles at your hip are thick enough that the nurse will not hit your bone.

Myth: The medicine will not work as well in my hip.

Fact: Studies tell us the muscles in your hip absorb medicine better than other muscles.

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This information does not replace the advice given to you by your health care provider.