

## Intramuscular Injection (Z-track technique)

Ch. 10 - Medication administration - Nursing - Midwifery - Community health

1. Perform hand hygiene; assemble medication and verify the prescription.
2. Identify the patient; explain the procedure and obtain consent.
3. Select and cleanse the site (ventrogluteal or deltoid as indicated).
4. Displace the skin laterally (Z-track); insert the needle at 90 degrees.
5. Inject slowly; withdraw and release the skin to seal the track.
6. Dispose of sharps immediately; document dose, site and time.



### WATCH THE DEMONSTRATION

Scan the code, or visit:

<https://portfolio.ruavira.org/media/proc-demo-002/>

Asset PROC-DEMO-002 v1.0 - this link is permanent; the video behind it is kept current after every clinical review. No login required.