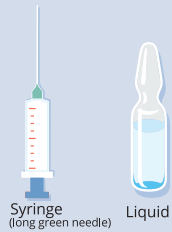


# How to mix & administer an intramuscular injection (Lentogest, Prontogest, Delestrogen)

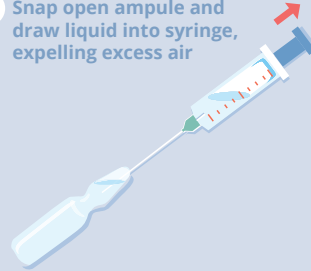
## 1 Wash hands



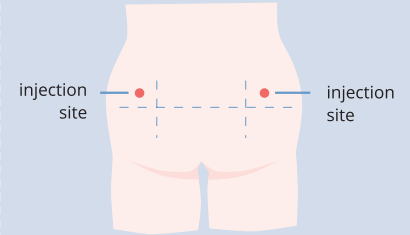
## 2 Prepare equipment



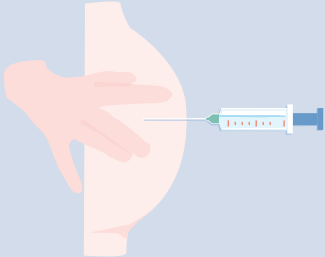
## 3 Snap open ampule and draw liquid into syringe, expelling excess air



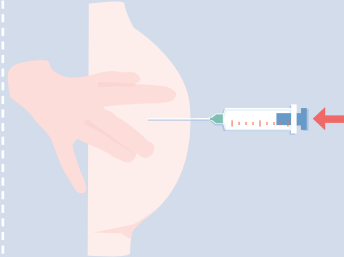
## 4 Locate injection site on the buttocks



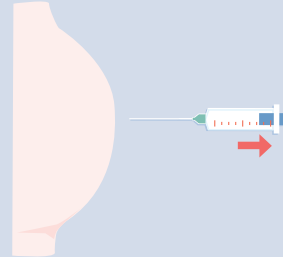
## 5 Pull skin taut on injection site and insert needle fully at 90°



## 6 Push down on plunger until all medicine is administered



## 7 Remove needle and syringe



## 10 Dispose of needle into Sharps box

