



FACILITATOR RESOURCE

Injections checklist

TASK/ACTIVITY	ATTEMPTS			COMMENTS
	1	2	3	
Tasks specific to injecting DMPA-IM or NET-EN using a conventional syringe				
Asks client where she would like to receive the injection.				
Shows sealed bottle and expiration date on label to client.				
Washes hands with soap and water.				
Allows hands to air dry.				
If skin is dirty, cleans injection site with water-soaked cotton ball.				
Double-checks the bottle for content, dose, and expiration date.				
Rolls bottle between palms or shakes gently (DMPA-IM only).				
Removes plastic cap from bottle.				
Opens sterile package for syringe/needle (attaches needle if needed).				
Inserts needle into rubber cover of vial.				
Fills syringe with contents of the bottle.				
Expels air from syringe.				
Locates the exact site for injection.				
Inserts needle straight into the muscle.				
Injects the entire contents of the syringe.				
Gently presses the injection site with a clean cotton ball.				
Places the used syringe into the sharps container.				
Washes hands with soap and water.				
Instructs the client not to massage the site.				
Calculate reinjection date (3 months or 13 weeks for DMPA; 2 months or 8 weeks for NET-EN).				