

Aseptic Technique for Drawing Up Medications

Pre / Post Care Guide

Drawing up medications using aseptic technique is important to ensure the safety and integrity of your medication, and to prevent injection complications such as a skin or soft-tissue infection. Follow these step-by-step instructions each time.

Step-by-Step Instructions

- 1) Wash your hands thoroughly with soap and water for at least 20 seconds. Dry your hands with a clean paper towel.
- 2) Gather all the necessary supplies, including the medication vial, syringe, needle, alcohol swabs, and a clean work surface.
- 3) Prepare the work surface by cleaning it with a disinfectant wipe, or by using a clean tray or mat.
- 4) Check the medication order and ensure that you have the correct medication, dose, and concentration.
- 5) Clean the rubber top of the medication vial with an alcohol swab and allow it to dry.
- 6) Remove the cap from the syringe and insert the needle into the medication vial through the rubber stopper while holding the vial upside down to force the medication to the top of the vial. Make sure the needle tip is fully submerged in the liquid. Keep the syringe straight so you do not bend the needle.
- 7) Keeping the vial upside down, slowly pull back the plunger to withdraw the medication into the syringe. Ensure that you withdraw the correct dose.
- 8) Tap the syringe gently to dislodge any air bubbles that may have been trapped. Push the plunger slightly to remove the air bubbles, then pull back to the desired dose again if necessary.
- 9) Remove the needle from the vial, being careful not to touch anything with the needle tip. You may recap the needle if you need to prepare the injection site for medication administration.
- 10) Follow your injection instructions.
- 11) Always follow the specific guidelines and protocols provided by your provider.
- 12) Please do not hesitate to reach out if you have ANY questions or need further clarification. We are happy to assist you through this process until you feel comfortable and confident that you can do this correctly to avoid any complications.

Questions? Call us at 801-335-5243 — we are glad to walk you through your first draw-up and injection in person or by telehealth.