

### **Administered by deep intra-muscular injection**

40mg deep intra muscular injection administered into the gluteal muscle (top outer quadrant) The deltoid muscle should not be used due to the risk of fat atrophy

- Lay patient in the prone position
- Locate the great trochanter
- Find the top of the iliac crest
- Draw an imaginary line between the top of the iliac crest and the great trochanter
- The site for injection is below that line, do not inject above this line as the sciatic nerve lies in this region
- Ensure that the injection site is clean and the skin intact
- Inject at a 90-degree angle, aspirate ensuring no blood is drawn, inject slowly.
- Withdraw the needle and press the site firmly with a gauze

*Kenalog is the brand name of triamcinolone produced by Bristol Myer Squibb it comes in the form of a suspension. 40mg/ml and does not require reconstitution and can be stored at room temperature 20°–25°C (68°–77°F), avoid freezing and protect from light.*

