Ventral Gluteal Injections: It’s Hip!
Using the best location for intramuscular (IM) injections

At UW Health, our nurses use current research to guide them in their practice. Your nurse may now use a slightly different spot for medicine injections that need to be given in a large muscle, such as your hip.

Why this change?

- The ventral gluteal or “hip” site is the safest for you. There have been no reports of harm when using this site. Patients have been hurt when nurses use the dorsal gluteal or “buttocks” site. This site can cause harm to the sciatic nerve or large blood vessels found there.

- Medicine may absorb faster from the “hip”, making the medicine work better.

- There is a thinner layer of fat in the “hip”. Medicine is more likely to be injected into the muscle where it belongs.

- The “hip” is a better site for older adults who may have less muscle in the “buttocks” area.

- You can lay down and relax your “hip” muscle, making the injection less painful.