

Trigger Point Injection – Supply Cheat Sheet

List of Supplies/ Supplier

- **3 cc syringes** – Henry Schein (<https://www.henryschein.ca/>)
 - Item Code: **9870248** (Box of 100)
- **1½ inch 27G needles** – Henry Schein
 - Item Code: **3375455** (Box of 100)
- **2% Lidocaine, 50 cc vial** – Henry Schein
 - Item Code: **5877372** (Each)
- **5% Dextrose, 50 cc bag** – Medline (<https://www.medline.ca/>)
 - Item Code: **533-JB0080** (Each)

Injection Mixture

To prepare your solution:

10 cc of 2% Lidocaine → diluted into → **50 cc of 5% Dextrose**

References on Mixture Stability

- **Stability of Lidocaine Hydrochloride Injection at Ambient Temperature and 4°C in Polypropylene Syringes**
Storms ML, Stewart JT, Warren FW. Int J Pharm Compd. 2002;6(5):388-390.
[Read Abstract](#)
- **Stability of Lidocaine Hydrochloride in 5% Dextrose Injection in Plastic Bags**
Smith FM, Nuessle NO. Am J Hosp Pharm. 1981;38(11):1764-1766.
[Read Abstract](#)

These studies support the chemical stability of the lidocaine and dextrose mixture for up to 90 days in polypropylene syringes and up to 120 days in plastic infusion bags when stored at room temperature or refrigerated.