

Lupron: SQ injection

SUPPLIES: 1 cc Syringe – for SQ Lupron (will always have an **orange cap**); has needle attached.

- Wash your hand.
- Flip off the plastic cap from the vial. Wipe the rubber stopper with an alcohol swab before inserting the needle into the vial.
- Peel back the outer wrapping from one 1cc syringe (always has an **orange cap**).
- Pull syringe plunger back until its tip is at :
 - 1) 20 unit mark = 0.2ml = 1.0 mg
 - 2) 10 unit mark = 0.1ml = 0.5 mg
 - 3) 5 unit mark = 0.05ml = 0.25 mg
- Push the needle through the center of the rubber stopper on the vial and push the plunger all the way in to inject the air into the vial.
- Keep the needle in the vial; turn the vial upside down. See that the needle tip is below the level of the liquid. Withdraw approx. twice the desired amount of liquid and then push back up to the desired amount (helps eliminate air without tapping syringe).
- You are now ready to administer the injection. Follow instructions for subcutaneous injection.
- Continue Lupron daily until you receive hCG.

Repronex, Bravelle, Follistim, Gonal-F (Subcutaneous (SQ) injection)

SUPPLIES: 3 cc Syringe – for SQ and IM medications
needles (18G, 21G) – for drawing up and mixing medication
needles (27G, 28G, 30G) ½” – for subcutaneous injections (SQ)

Individual 75 IU vials are available for Repronex, Bravelle, Gonal-F, and Follistim. Each vial contains powder with 75 IU of drug come with a vial of diluent (fluid). Please be sure to double-check your dosage prior to drawing up medication. You may combine up to 450 IU of medication in one cc (1 cc = 1 ml), and you may mix any of these medications in a single injection.

If you receive the “PEN”, you will be given a separate handout on the proper use and administration of this medication.

Please follow these steps to draw up these medications:

- Wash your hand.
- Flip off the plastic cap from the number of vials of medicated powder to make up your dose.
- You can dilute up to 6 vials (450 IU) in 1 cc of diluent.
- Wipe the rubber stoppers with an alcohol swab before inserting the needle into the vial(s).
- Using a 3 cc syringe with an 18-gauge, 1 ½ inch needle, draw up 1 cc of diluent by tilting the vial. Insert the needle into the liquid.
- Slowly empty the diluent into the first vial of powder. Aim the needle at the side of the vial. You can gently rotate the vial to mix the medication.
- Remove the dilute medication from the first vial by once again tilting the vial to remove the liquid and inject contents into the second vial of medication. Repeat the above steps as needed to draw up the total dose amount ordered by you physician. Be sure to keep the tip of the needle within the liquid while withdrawing.
- Change to a 30-gauge ½ inch needle after all the medication is drawn up into the syringe and before injection into skin.
- If air bubbles appear in the syringe, hold the syringe with the needle pointing up and gently tap on the syringe. When all the bubbles float to the top, slowly press the plunger until a drop of liquid begins to appear to the top of the needle.
- Follow instructions for subcutaneous injection.

Subcutaneous Injections (SQ): Lurpon, Repronex, Follistim, Gonal-F, Bravelle, Cetrotide, Antagon, Ovidrel

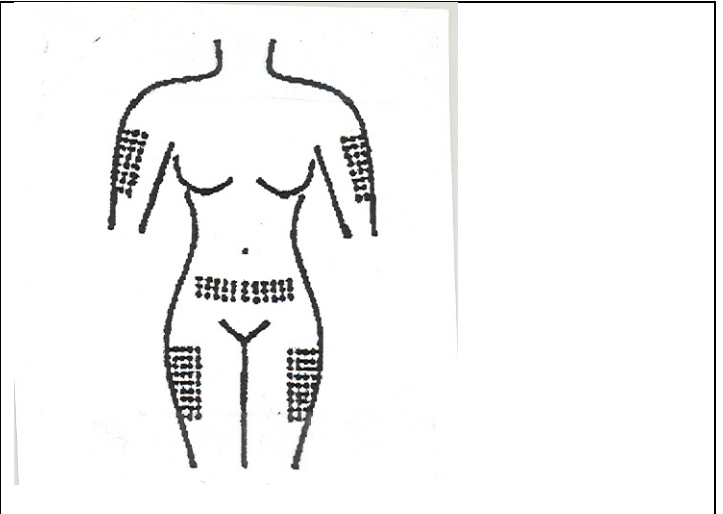
Please follow these steps:

- Choose an injection site (see injection sites below) and cleanse with alcohol. Wait a few seconds until alcohol has dried on skin.
- Remove cap from needle.
- Gently pinch skin and insert the needle quickly at a 90-degree angle in the skin as far as it will go. Inject the medication and hold for 3-5 seconds before removing the needle.
- Remember to alternate injection site with each injection.

Note: If the uncovered needle touches any surface other than the inside of the medication vial prior to injection, it is contaminated. Twist off needle and replace with a sterile needle. Use all needles and syringes for 1 injection only then promptly discard carefully in your ‘sharps container’.

Injection sites for subcutaneous injections (SQ)

- Upper-outer-front quadrant of thigh.
- Lower abdomen (U shaped area below the belly button).
- Undersurface of the upper arm.



HCG: IM injection

(OTHERWISE KNOWN AS : Profasi, Pregnyl OR human chorionic gonadotropin)

SUPPLIES: 3 cc Syringe – for SQ and IM medications
needles (18G, 21G) – for drawing up and mixing medication
needle 25G 1 ½” – for intramuscular injections (IM)

You dosage will be either 5,000 or 10,000 IU of hCG. You will be directed to take the dosage of medication appropriate for you. hCG is a white powder and comes in a vial, in the box will also contain a vial of water. Please only use 1 cc of the liquid to mix the powder, unless otherwise instructed to do so by the nurse or physician.

Please follow these steps:

- Wash your hands
- Flip the plastic cap off the hCG and diluent vials. Wipe the rubber stoppers with an alcohol swab before inserting the needle into the vial.
- Using a 3 cc syringe with an 18-gauge, 1 ½ inch needle; draw up 1 cc of diluent by tilting the vial. Insert the needle into the liquid.
- Slowly empty the diluent into the vial of hCG powder. Aim the needle at the side of the vial. You can gently rotate the vial to mix the medication.
- Turn the vial upside down, and draw up ½ cc to 1 cc of the dilute medication into syringe (depending on your dose), expel air. Carefully cover the needle and twist off and attach 25-gauge 1½ inch needle. You are now ready to proceed with the IM injection.
- Follow instructions for intramuscular injection.

5,000 IU = ½ cc (ml) of the 10,000 IU per cc mixture

10,000 IU = 1 cc (ml) of the 10,000 IU per cc mixture

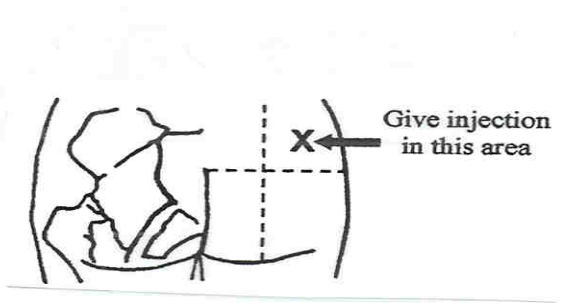
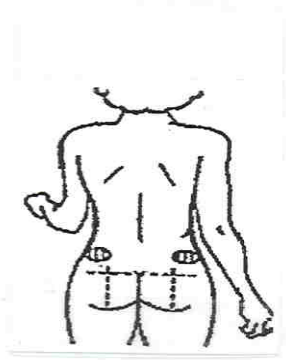
Intramuscular (IM) Injections

- Cleanse the injection site with alcohol. Wait a few seconds until alcohol has dried on skin. Remove cap from needle.
- Insert needle quickly in a dart-like motion 90-degrees to the skin as far as it will go.
- Anchor syringe with your free hand. Pull back slightly on the plunger, if you see blood return, remove the needle and re-inject in an alternate site.
- If there is no blood return, inject medication slowly.
- Withdraw the needle at the same angle at which it was inserted. Apply pressure at the injection site with gauze or tissue.
- Dispose of used needle and syringes carefully in an approved sharps container.
- Alternate sides with each injection.

Note: If the uncovered needle touches any surface other than the inside of the medication vial prior to injection, it is contaminated. Twist off needle and replace with a sterile needle. Use all needles and syringes for 1 injection only then promptly discard carefully in your ‘sharps container’.

Injection sites for intramuscular injections (IM)

Upper-outer quadrant of the hip (backside).



Progesterone: IM injection

SUPPLIES: 3 cc Syringe – for SQ and IM medications
needles (18G, 21G) – for drawing up and mixing medication
needle 25G 1 ½” – for intramuscular injections (IM)

Please follow these steps:

- Wash your hands
- Flip off plastic lid or metal tab on top of vial. Wipe the rubber stopper with an alcohol swab.
- Using a 3 cc syringe with an 18-gauge, 1 ½ inch needle; draw up the progesterone.
- For 50 mg dose, pull back on plunger to 1 cc mark, then inject 1 cc of air into bottle.
- Keep needle in the vial, turn vial upside down, keeping the needle below the fluid level and pull back on plunger, withdrawing 1 cc of liquid (liquid fills slowly). Flick syringe with finger to force air to surface, then push up plunger to expel air.
- After drawing up the medication, change to the 25 gauge 1 ½ inch needle for injection.
- Follow instructions for intramuscular injection.

Intramuscular (IM) Injections

- Cleanse the injection site with alcohol. Wait a few seconds until alcohol has dried on skin. Remove cap from needle.
- Insert needle quickly in a dart-like motion 90-degrees to the skin as far as it will go.
- Anchor syringe with your free hand. Pull back slightly on the plunger, if you see blood return, remove the needle and re-inject in an alternate site.
- If there is no blood return, inject medication slowly.
- Withdraw the needle at the same angle at which it was inserted. Apply pressure at the injection site with gauze or tissue.
- Dispose of used needle and syringes carefully in an approved sharps container.
- Alternate sides with each injection.

Note: If the uncovered needle touches any surface other than the inside of the medication vial prior to injection, it is contaminated. Twist off needle and replace with a sterile needle. Use all needles and syringes for 1 injection only then promptly discard carefully in your ‘sharps container’.

Injection sites for intramuscular injections (IM)

Upper-outer quadrant of the hip (backside).



