



Fertility Physicians of Northern California
HINTS AND TIPS FOR SUBCUTANEOUS INJECTIONS

1. You may have some sort of site reactions at the beginning of starting injectable medication. Reactions are caused mainly by the large proteins in the medication. Reactions reduce with improved technique, and as the body gets used to these proteins. Reactions do not reduce the efficacy of the medication.
2. Common reactions may include bruising, soreness, redness and itching. Some allergic reactions may also occur such as hives and may require treatment or a change in your medication. If you experience severe reactions such as shortness of breath and it is after business hours, please seek emergency medical care.
3. You will be instructed to take your medication between 7-9 pm or if you are taking the medication twice a day you will be instructed to take the medication between 7-9 am and 7-9 pm. It is very important not to miss a dose or take it later than 9 pm.
4. Before you start; wash your hands with antibacterial soap.
5. Use 27 gauge 1/2" needles for injection of Repronex and Menopur. Use 1cc of diluent (sterile water) to mix each 75 unit of powder medication. 1cc of diluent (sterile water) can be used to mix up to 6 vials of medication. **The total amount injected should not exceed 1cc.**
6. For Ganirelix or Ovidrel, express air first, then inject.
7. If injecting into the abdomen, go an inch below and to the left or right of the navel. "Pinch an Inch" to get to the injection site. Alternate using the left side and the right side of the abdomen each day to prevent soreness.
8. Allow the alcohol to dry on the skin before injecting.
9. Inject quickly and fully, at a 90-degree angle. This ensures cleaner penetration and reduces chance for reactions. Pull the needle straight out when finished injecting.
10. When using Gonal F pen or Follistim pen, be sure to wait 5 seconds after injecting before withdrawing the needle.
11. Cold compresses and over the counter cortisone can treat local skin reactions.



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INSTRUCTIONS FOR INTRAMUSCULAR INJECTIONS (HCG AND PROGESTERONE OIL)

1. Choose a comfortable position such as standing or lying down. If standing, be sure to shift your weight off of the leg that is going to be the injected and lean your weight against a solid surface. Turn your toes inward to help relax the muscles.
2. Before you start; wash your hands with antibacterial soap.
3. Cleanse the injection site with alcohol and allow to air dry.
4. Spread the skin firmly surrounding the injection site. Hold the syringe like you would a pencil, at a 90 degree angle, about 2 to 3 inches from the skin. Insert the entire needle with a quick motion.
5. Release the skin. With one hand, hold the syringe steady while pulling back on the plunger with the other. If blood comes into the syringe, pull the needle out of the injection site, change the needle and find a new site for injection. Repeat step 2 and 3.
6. If no blood is seen, then slowly inject medication to the count of five. Quickly and gently withdraw the needle and apply pressure with gauze pad, cotton ball or Kleenex. Cover injections site with a band-aid. Discard syringe with needle into the Sharps container.
7. For progesterone in oil, hold the progesterone in your hand for approximately 10 minutes prior to drawing out medication, this may help to withdraw medicine from the vial easier. Be sure to apply pressure and deep massage on the injection site. This will help the medication become dispersed into the tissues. You may apply heat to the area after placement of the band-aid

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INSTRUCTIONS FOR ADMINISTRATION OF PROGESTERONE IN OIL

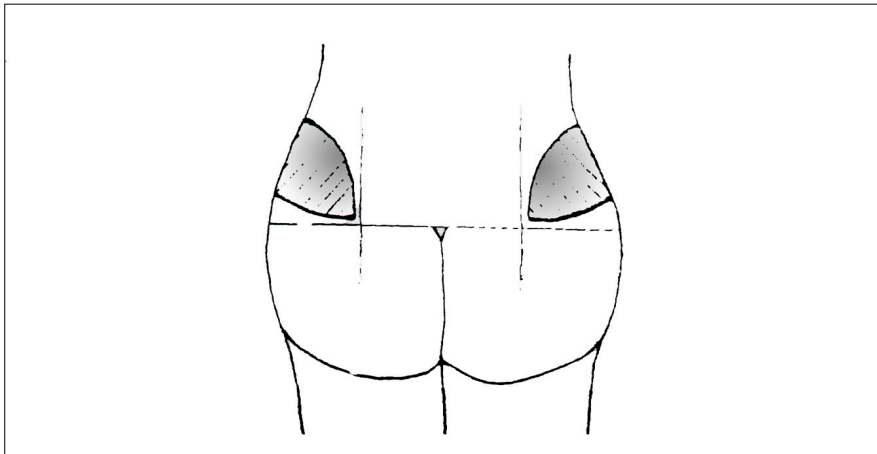
General Instructions:

1. Remove pop-top from a vial and swab a rubber stopper with alcohol.
2. No mixing is required. The vial contains Progesterone mixed in oil.
3. Put a new sterile needle (22 gauge, 1 ½ inch needle) onto 3 ml syringe prior to the injection.
4. Apply ice to the skin prior to the injection, if desired.
5. Insert the needle in a dart-like motion.
6. Pull syringe plunger back to check for blood.
7. If you do not see any blood, inject the medication slowly since oil is viscous.
8. If you observe blood, take the needle out, replace it with a new sterile needle (22 gauge, 1 ½ inch needle) and repeat the procedure.
9. Massage the injection site after the injection. Massage the area applying good pressure in a circular motion.
10. If you experience local inflammation at the injection site, you may use a heating pad.

Drawing Instructions:

1. Pull syringe plunger back to the 1 ml mark to draw air.
2. Inject 1 ml of air into the vial with Progesterone.
3. Draw out 1 ml of the medication.
4. Administer intramuscularly.
5. Discard the needle and syringe.

Injectons should be given in the shaded areas





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INJECTION TRAINING VIDEOS

To support your self-learning for your upcoming cycle, please log in to our website www.fpnc.com/education/injection-training.html and view the following injection training videos.

- Gonaf[®] RFF Pen
- Gonaf[®] Multi-Dose 450 IU
- Gonaf[®] RFF 75 IU
- Follistim[®] pen with Follistim[®] AQ Cartridge
- Bravelle[®] 75 IU
- Luveris[®]
- Menopur[®] 75 IU
- Repronex[®] 75 IU
- Cetrotide[®] 0.25 mg
- Cetrotide[®] 3 mg
- Ganirelix Acetate Injection
- Lupron[®] or Leuprolide Acetate
- Ovidrel[®] PreFilled Syringe
- hCG or Novarel[®]
- Crinone[®] 8%
- Progesterone in Oil Injection