

Administration of Gonal-F

The manufacturer of Gonal-F, Merck Serono, provides detailed injection instructions including video examples at their website. Please go to www.fertilitylifelines.com for injection instructions for this medication.

Administration of Follistim

Please go to www.follistim.com for injection instructions for this medication.

Administration of HCG 10,000 U (Also called Novarel)

*This is trigger shot to induce ovulation. Do not take until instructed.

Supplies: Vial of sterile water
 Ampule of HCG (powder)
 3 cc syringe with 1 ½" needle
 30 gauge ½" needle
 Alcohol wipe

Preparation:

1. Wash your hands.
2. Pop tops off of both ampules.
3. Remove syringe from wrapper, tighten needle, & pull plunger back to 1 ml.
4. Push needle through rubber stopper of water ampule, push air in, and draw out 1 ml of water.
5. Push needle through rubber stopper of HCG ampule, inject liquid slowly. You may gently swirl it with the needle still in the ampule to mix.
6. When medication is thoroughly mixed, pull the medication back up into the syringe.
7. Recap the needle and remove it by unscrewing it, and attach the 30 gauge needle by screwing it firmly onto the syringe. Leave the cap on until ready to inject.

Injection:

1. Sit comfortably, and expose the area to be injected; usually the abdomen, to the side of the belly button.
2. Wipe the site with alcohol.
3. Remove the needle cover; hold the syringe in your dominant hand so that you can easily press on the plunger.
4. Gently pinch the skin.
5. Insert the needle swiftly, straight into the skin (90° angle)
6. Press the plunger in a controlled, steady manner.
7. When fully injected, withdraw the needle and use clean gauze to stop any bleeding. Cover with band aid if needed.
8. Put used ampules, needles and syringes into empty soda bottle, recap and dispose in trash.

(Area may get pink and swollen in a day or two; this is not cause for concern. You may apply a cold compress for relief of discomfort)

Administration of Repronex, Bravelle, or Menopur

Supplies: ___ Vial of sterile saline
 ___ Ampules of medication (powder)
 ___ 3 cc syringe with 1 ½" needle
 ___ 30 gauge ½" needle
 ___ Alcohol wipe

Preparation:

1. Wash your hands.
2. Pop tops off of all the ampules that you will use for this dose.
3. Pop top off of ONE vial of sterile saline.
4. Remove syringe from wrapper & tighten needle. Pull plunger back to 1 ml.
5. Push needle through rubber stopper of saline vial, push in air, and then draw out 1 ml of saline (vial contains 2 ml).
6. Push needle through rubber stopper of first medication ampule, inject liquid slowly. You may gently swirl it with the needle still in the ampule to mix.
7. When medication is thoroughly mixed, pull the medication back up into the syringe.
8. For each other ampule, repeat steps 6 and 7.
9. Recap the needle and remove it by unscrewing it and attach the 30 gauge needle by screwing it firmly onto the syringe. Leave the cap on until ready to inject.

Injection:

1. Sit comfortably and expose the area to be injected; usually the abdomen, to the side of the belly button.
2. Wipe the site with alcohol.
3. Remove the needle cover; hold the syringe in your dominant hand so that you can easily press on the plunger.
4. Gently pinch the skin.
5. Insert the needle swiftly, straight into the skin (90° angle)
6. Press the plunger in a controlled, steady manner.
7. When fully injected, withdraw the needle and use clean gauze to stop any bleeding. Cover with band aid if needed.
8. Put used ampules, needles and syringes into empty soda bottle, recap and dispose in trash.

(Area may get pink and swollen in a day or two; this is not cause for concern.)

Administration of Repronex, Bravelle, or Menopur Using Q-Caps

- Supplies:
- ___ Vial of sterile saline
 - ___ Ampules of medication (powder)
 - ___ 3 cc syringe with 1 ½" needle
 - ___ 30 gauge ½" needle
 - ___ Alcohol wipe
 - ___ Q Cap

Preparation:

1. Wash your hands.
2. Pop tops off of all the ampules that you will use for this dose.
3. Pop top off of ONE vial of sterile saline.
4. Remove syringe from wrapper & screw on Q-Cap. Pull plunger back to 1 ml.
5. Push the wide end of the Q-Cap through rubber stopper of saline vial, push air in and then draw out 1 ml of saline (vial contains 2 ml).
6. Push the wide end of the Q-Cap through rubber stopper of first medication ampule, inject liquid slowly. You may gently swirl it with the Q-Cap still attached to the ampule as you mix it.
7. When medication is thoroughly mixed, pull the medication back up into the syringe.
8. For each other ampule, repeat steps 6 and 7.
9. Unscrew the Q-Cap and attach the 30 gauge needle by screwing it firmly onto the syringe. Leave the cap on until ready to inject.

Injection:

1. Sit comfortably and expose the area to be injected; usually the abdomen, to the side of the belly button.
2. Wipe the site with alcohol.

3. Remove the needle cover; hold the syringe in your dominant hand so that you can easily press on the plunger.
4. Gently pinch the skin.
5. Insert the needle swiftly, straight into the skin (90° angle).
6. Press the plunger in a controlled, steady manner.
7. When fully injected, withdraw the needle and use clean gauze to stop any bleeding. Cover with band aid if needed.
8. Put used ampules, needles and syringes into empty soda bottle, recap and dispose in trash.

(Area may get pink and swollen in a day or two; this is not cause for concern.)