



## HCG Mixing - Injection Information, EDI

This phase of your cycle is extremely important, so please note the instructions below very carefully. Review all the steps the day of injection **before 5:00 p.m.**, so that if you have any questions about the process, the staff will be available to answer your concerns.

### Preparation:

This particular medication **may be mixed** prior to going to bed and placed at the bedside. The medication **must be given** at the time designated by your physician on:

\_\_\_\_/\_\_\_\_/\_\_\_\_

Mon     Tues     Wed     Thurs     Fri     Sat     Sun

at \_\_\_\_:\_\_\_\_ a.m. / p.m.

10,000 Units     5,000 Units

### Mixing:

- Open the box of HCG and take out both vials.
- Flip off the plastic caps of each vial.
- Wipe off the tops of the vials with an alcohol wipe
- Connect the needle to the syringe until tight.
- Draw up 1 cc of air into the syringe.
- While holding the bottle of solution upside down, insert the needle through the rubber cap and inject the 1 cc of air into the vial of fluid.
- Withdraw 1 cc for 10,000 Units (2 cc for 5,000 Units). Note this is not the total volume of the fluid in the container.
- Now insert needle into the bottle of powder and inject all of the fluid in the syringe into this bottle, remove the needle and syringe and swirl the bottle until the powder is dissolved.
- Draw up 1 cc of air into the syringe.

- While holding the bottle upside down, inject air into the vial of the mixed solution of HCG and then withdraw 1 cc of the fluid back into the syringe. This part can be tricky and you may need to rotate the bottle to see the needle tip so that you can keep the needle tip below the fluid level making it easier to remove most of the fluid. Do not be concerned if a little fluid is left in the bottle. Pull the needle and syringe out of the bottle.
- Remove needle and replace with a fresh needle (this will be the needle for injection, so it is best, although not mandatory, to use a fresh needle that is not dulled from the above steps).
- Tap the syringe trying to dislodge any air bubbles and gently push the plunger to squirt out any air in the syringe. Try not to lose too much fluid, but do not be concerned if a small amount is lost.
- If you are mixing this ahead of time, recap and place somewhere safe. If you are to give the injection after you have gone to bed, please set at least one alarm to wake you.

### **Injection:**

- HCG may be given subcutaneously (SQ) in the abdomen with a 30 G ½ inch needle or intramuscularly (IM) in the hip with a 23 G 1.5 inch needle. Although the HCG package insert specifies IM injections, the HCG will be just as effective if given SQ.
- Locate sight of injection and cleanse the area. Administer the injection into chosen hip or side of abdomen. The needle should enter the skin all the way to the hub. Pull back on the plunger slightly to see if any blood flows into the needle or syringe. If it does, remove needle and start again in other hip or side of the abdomen. The blood in the syringe will not harm you if injected.
- If no blood appears, push the plunger all the way until all the medication has been given. Withdrawal needle; apply pressure to the site and dispose of all materials carefully (may be brought into office).

***Congratulations! You did it!***

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