

Pope Paul VI Institute Physicians' PC

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HCG:10,000 UNITS PER Vial 2,000 unit dose

If this is your first time mixing/injecting HCG have a registered nurse teach you how to dilute and administer this medication.

Gather your supplies:

Medication, 3cc/ml syringe for mixing and 1cc/ml syringes for injections, alcohol wipes (or bottle of rubbing alcohol and cotton balls), cotton balls, Band-Aids

Mixing the HCG (if not premixed):

- 1) Start by washing your hands.
- 2) Remove the 3cc/ml (ml and cc are the same, determine which your syringes say) syringe and needle from the wrapper.
- 3) Scrub the rubber caps of the HCG and bacteriostatic water (also called diluent) vials with an alcohol wipe.
- 4) Pull back the plunger of the syringe to the 2.5cc/ml line, so there is air in the syringe.
- 5) Remove the needle cover and carefully inject the air into the bottle of bacteriostatic water.
- 6) After injecting air, flip over the vial and withdraw 2.5cc/ml of bacteriostatic water and inject it into the bottle of HCG medication.
- 7) You will not use all of the bacteriostatic water, *please discard the remainder.*
- 8) Gently roll the bottle between your hands to mix the medication well. Do not shake it. All the powder should be dissolved and the medication should be clear, do not use HCG if it is not clear.
- 9) Label the bottle with the date and the dilution (0.5cc/ml=2,000units).
- 10) Refrigerate the medication; it is good for 60 days from the day it is mixed.

HCG already mixed:

- 1) May use until expiration date on vial as long as kept refrigerated.

Tips:

- 1) HCG may lengthen your post-peak phase.
- 2) If you are drawing Progesterone and Estrogen levels on Peak + 7 draw the blood levels *PRIOR* to getting your Peak + 7 HCG shot.
- 3) **Do not do a home pregnancy test.** The test is based on the presence of HCG in your body and you may get a false positive. If you get to Peak plus 16 call us to do a blood pregnancy test (402-390-6600).

Subcutaneous Injection:

- 1) Remove 1cc/ml syringe with a 5/8 inch needle from the wrapper.
- 2) Gently roll the HCG vial.

- 3) Scrub the rubber cap of the HCG vial with an alcohol wipe.
- 4) Remove the needle cover and inject the needle into the HCG vial, withdraw 0.5cc/ml for a 2,000 unit dose
- 5) Set bottle down then remove the needle from the vial and replace the needle cover loosely so the cap will fall off.
- 6) Select injection site (see diagram below):
 - a. Arm Site: one hand width below the shoulder and one hand width above the elbow, outer half of the arm. **DO NOT** use the arm if doing self injection.
 - b. Abdomen Site: below the rib cage and above the hips, one inch away from the navel or any scars.
 - c. Leg Site: one hand width below the groin and one hand width above the knee, draw an imaginary line from the middle of the knee to the middle of the groin, inject on the outer quarter of the thigh.
- 7) Palpate the site for any lumps or bruises. If one is found choose a different site, medication does not absorb correctly if injected into a lump or bruise.
- 8) Wipe the site chosen with an alcohol wipe, keep site marked with your non-dominant hand while the alcohol dries.
- 9) Gently pinch and elevate the skin and subcutaneous tissue with your non-dominant hand that is marking the site. Pick up the syringe with your dominant hand, letting the cap fall off. Position the syringe with the needle at a 45-90 degree angle to the skin. With the tip of the needle about 2 inches from the surface of the skin quickly and firmly push the needle through the skin, inserting the needle all the way.
- 10) Inject the medication slowly with your dominant hand.
- 11) Wait for 3-5 seconds before removing the needle, massage the area with a cotton ball, use Band-Aid if needed.
- 12) We do not recommend recapping the needle. If you need to recap the needle, leave the cap on the counter and scoop it up with the needle, then put the cap on securely once the needle is covered.
- 13) Discard all needles and syringes carefully in a container made of hard plastic or metal with a tightly secured lid (like a prescription bottle with the label removed, coffee can or milk jug).

