



FERTILITY
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HOW TO ADMINISTER HUMAN CHORIONIC GONADOTROPIN (hCG).

Of the many medications used in fertility treatment, the most important is hCG or human chorionic gonadotropin. It is sold as generic hCG or under the brand name Novarel. There is another brand called Ovidrel which is administered differently from generic hCG or Novarel. The first part of this instruction handout is for generic hCG or Novarel. If you have been prescribed Ovidrel, please refer to the second part of this handout.

Generic hCG or Novarel Injection

Supplies Needed

1. Vial of hCG powder and vial of diluent.
2. 3 cc syringe
3. 22 gauge, 1-½ inch needle (black hub) for mixing.
4. 25 gauge, 1-½ inch long needle (blue hub) for injection.
5. Alcohol wipes
6. 2 x 2 gauze
7. Red, plastic, biohazard container
8. Band-Aid

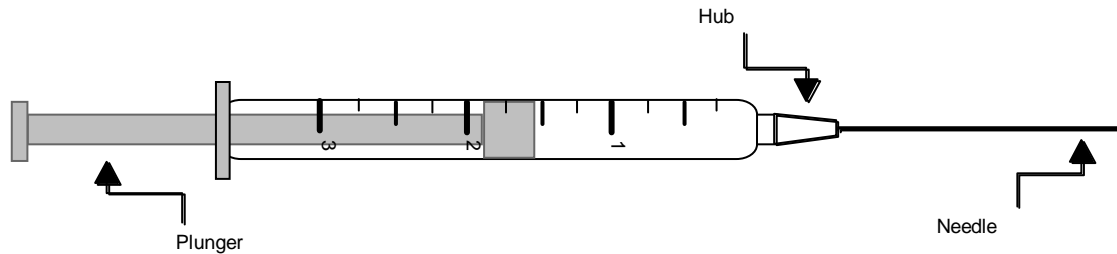
Preparing the Medication

hCG is dispensed in 10,000 International Units (IU) vials. The medicine comes in a package that contains a 10 cc vial of sterile liquid solution (diluent) and a vial of the powdered medicine. It looks like white powder that clumps together.

For all hCG brands, the medicine will be mixed using the long 1-½ inch needle. Do not touch the metal needle or you will contaminate it; handle it only by the hub or by its' cap. Needles and syringes are for one-time use only. Once used, they should be disposed of in your red biohazard container.

1. Choose an area where you will have room to work. For example, a bathroom or kitchen counter.
2. Clean the surface of the area thoroughly with soap and water or alcohol and a clean towel.
3. Wash your hands.
4. Carefully remove the flip seals from both medicine and diluent vials.
5. Using the 22 gauge, 1-½ inch needle on the 3 cc syringe, withdraw 1 (one) cc of air into your syringe. Pierce the rubber top of the diluent vial and inject the air into the vial. Invert the vial and with the needle tip below the surface of the liquid, pull back on the plunger and draw up 1 cc of diluent into the syringe
6. Remove the needle and syringe from the diluent vial and use it to pierce the rubber top of the **hCG** medicine vial. Push the diluent into the medicine then remove the needle and syringe.
7. Gently roll the medicine vial to dissolve all of the powder into the diluent. Withdraw 1 cc of air into your syringe and insert it back into the medicine vial.

- Inject the air into the vial. Invert the vial and with the needle tip below the surface of the liquid, pull back on the plunger. Draw up the **entire** contents of the vial into the syringe. Your syringe now contains a prepared dosage of hCG 10,000 units.



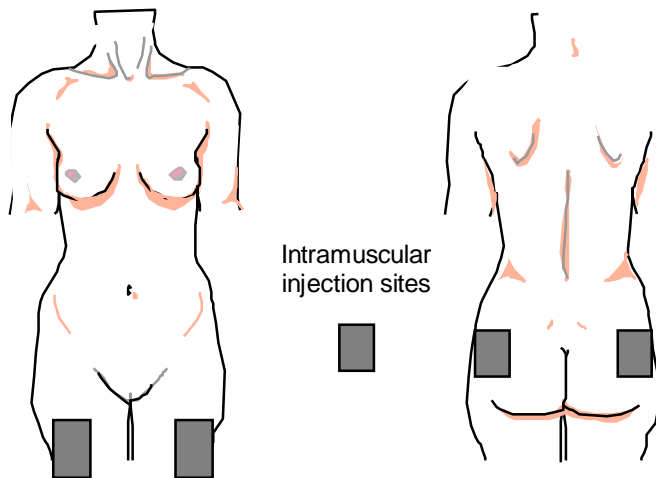
Once you have prepared the hCG:

- Pull the plunger back $\frac{1}{2}$ cc to clear the medication from the needle. Cap your needle. Change the needle to a 25 gauge, 1- $\frac{1}{2}$ inch needle (blue hub).
- If you see air or bubbles in the syringe, uncap the needle, point up and tap the syringe. The air bubbles in the syringe should move to the top of the solution. Gently push the plunger until one or two drops of liquid are expressed to ensure you have eliminated the air. Recap the needle.
- You are now ready to inject.

Injecting hCG

You will be asked to take your hCG injection at a specific time and at a specific dosage. Please remember to take it at that time, as it is critical to the timing of your fertility treatment.

hCG is administered by intramuscular (IM) injection into the gluteal (buttocks) muscle. The thigh muscle can also be used but it will be more sore the next day. When choosing a site, make sure it is free from any tenderness, hardness, swelling, scarring, itching or burning.



- Wipe the injection site with an alcohol wipe.
- Stretch the skin at the site to help the needle go in with ease.
- Hold the syringe the way you would a pencil and insert the needle at a 90° angle, almost up to the hub, with a smooth, dart-like motion to minimize discomfort.
- While steadying the needle and syringe with one hand, pull back on the plunger with the other and look for blood at the hub of the needle or in the syringe. If you see blood, pull the needle out and hold gauze under pressure with your finger at the site for a minute or two. Cap your needle and change to a new 25 gauge, 1 $\frac{1}{2}$ inch needle. Pick another site for the

injection. Do not be concerned about a little blood in the syringe.

- If there is no blood seen, depress the plunger in a slow, steady motion until all the medication is injected. Occasionally, we will ask you to only take 5000 units of hCG. In this case, only give **half** the liquid in the syringe
- Release the skin. Pull the needle and syringe out, discard it into your red container and place gauze over the injection site. If any bleeding occurs, apply gentle pressure, then cover with a Band-Aid.

Ovidrel Injection

Supplies Needed

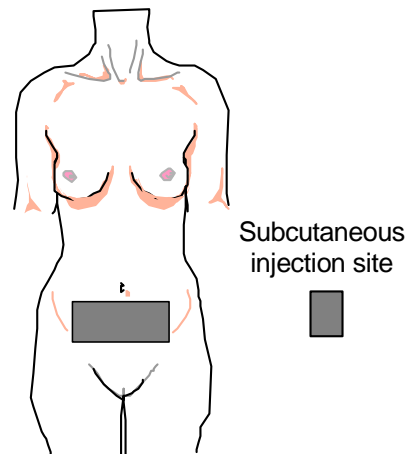
1. Syringe of pre-mixed Ovidrel with needle attached.
2. Alcohol wipes
3. Red, plastic, biohazard container
4. Band-Aid

Injecting Ovidrel

An advantage of Ovidrel is that it is dispensed pre-mixed in a syringe with the correct needle already attached. It is dispensed in one dosage only (250 mcg) and half doses cannot be given. The medicine in the syringe should be perfectly clear with no evidence or clumps or solid matter.

Ovidrel is injected into the subcutaneous (fat) tissue in the lower abdominal area. It is normal to have some burning when injecting the medication. It is not unusual to have a small red, raised area at the site of injection shortly after giving the injection. This should go away and should not spread. If it does not go away, please contact our office.

1. Wash your hands.
2. Wipe the injection site with an alcohol swab. Let it air dry.
3. Holding the syringe with one hand, use the other to pinch a fold of skin at the prepared injection site.
4. Hold the syringe as you would a pencil and insert the needle to the hub into the injection site.
5. Release the skin. Push down the plunger in a slow, steady motion until all the medication is injected.
6. Pull the needle and syringe out, discard it into your biohazard container, and rub the injection site gently for 30 seconds with the alcohol swab. If bleeding occurs, apply gentle pressure for 2 minutes then cover with a Band-Aid.



Remember

This instruction sheet is meant only as a guide. You must schedule an injection class for a hands-on lesson before starting treatment.

When you start your period, please call the office by 2:00 PM. On Saturday, Sunday and holidays, call digital beeper 901-418-6353 by 4:00 PM. A nurse will call you back and let you know when to come to the office.

Ultrasounds and estradiol blood tests are performed starting at 7:30 AM Monday through Friday, or 8:00 AM Saturday, Sunday and holidays.

Your nurse will call with your instructions between 2:00 PM and 6:00 PM so please leave a number where you can be reached. You should have an answering machine at home. Please leave it on for detailed instructions.

If you have any questions, call our office at 901-767-6868 between 8 a.m. and 4:30 p.m. Monday through Friday. For emergencies, after office hours, call the same number and the answering service will page the physician on call.