

# Instructions for Progesterone Injections

## IVF New England

### Before the injection:

- *Gather all materials that you will need to give the injection: a new syringe and 22g 1 ½" needle, alcohol pads and gauze pads.*
- *Wash your hands.*
- *Wipe the top of the progesterone vial with alcohol and allow to dry.*
- *Draw the plunger of the syringe back to fill the syringe with the same amount of air as the medication you plan to draw up (1 or 2 ml).*
- *Remove the needle's cap and pierce the rubber stopper of the vial with the needle and inject the air into the container.*
- *Turn the vial upside down (while needle is still inside), bring the needle below the level of the liquid, and draw back the correct amount of progesterone for injection. Allow any air bubbles to rise to the top (needle side) of the syringe. You may need to help them by gently tapping of the syringe with your finger.*
- *Push slightly on syringe, to allow air bubbles to be released from the needle tip (a drop of medication may be lost, this is okay). Replace the cap until you are ready to inject.*

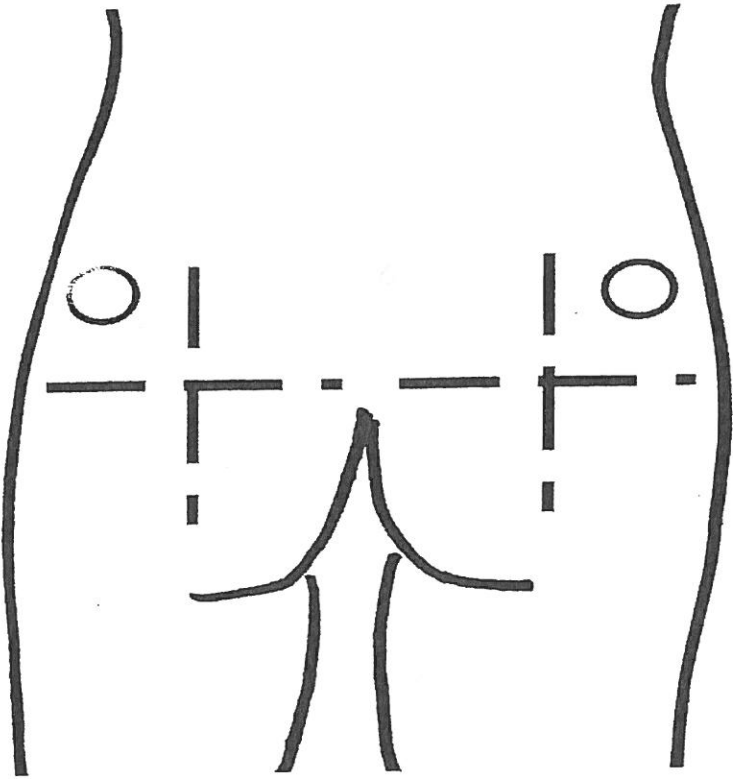
### Giving the Injection:

- 1.) Position the person receiving the injection either bending over a chair or bed, preferably with the leg on the injection side raised on a stool, or lying on their side with the top leg bent upwards (like fetal position).
- 2.) Locate the injection site in the upper-outer quadrant of the hip (see illustration on page 1) and cleanse the site with alcohol. Wait a few seconds until the alcohol has dried on the skin. Remove the cap from the 22g 1 ½ inch needle. (If you used an 18g needle to draw up progesterone, please switch to the 22g needle before injecting.)
- 3.) Remove the needle cap, and hold the syringe in your writing hand. Use your other hand to stretch the skin out (do not pinch) at the injection site. Insert needle QUICKLY in a straight "dart-like" motion. The needle should not be angled.
- 4.) Continue holding the needle still with your writing hand. Press the plunger slowly to inject the medication.
- 5.) Withdraw the needle quickly at the same angle at which it was inserted. When you pull the needle out, you may notice a little blood or fluid leaking from the injection site, this is normal. Apply pressure at the injection site with a clean gauze pad.
- 6.) Massage the area in a circular motion to prevent medication from pooling at the injection site.

Please note: If the uncovered needle touches any surface other than the inside of the medication vial prior to injection, it is contaminated. Twist off the needle and replace with a sterile needle. Use all needles and syringes for one injection only, and then promptly discard carefully.

### TIPS for easier injections:

- To find the correct injection site, draw an imaginary vertical line down the middle of each buttock. Draw a second horizontal line at the level of the gluteal cleft to create four boxes. The injection should go in the circular area noted in the picture (left), in the upper outer box.
- For each injection you should alternate sides- between left and right hips.
- Some people find that icing the injection site prior to injection, applying heat and massage afterwards, followed by walking for about 10 minutes eases the soreness at the injection site.



You'll find complete instructions for progesterone injections on the opposite side. If you'd prefer to watch video instructions, they can be found here:

Freedom Fertility Pharmacy: [www.freedomfertility.com](http://www.freedomfertility.com) under Freedom MedTEACH click on "View Videos now"

Village Fertility Pharmacy: [www.villagefertilitypharmacy.com](http://www.villagefertilitypharmacy.com) click on "Medication Information and Video Injection Lessons"

Walgreens Specialty Pharmacy: ask your nurse for a DVD

*For additional ideas and support in learning about intramuscular injections, call your team nurse. If you would like a nurse to mark injection sites, appointments are available between 9:00AM and 4:00PM M-F. Call your nursing team for additional details.*

Voice mail times for your Team Nurse: 9:00AM-4:00PM Weekdays, 9:00AM-2:00PM Weekends/Holidays. All calls made after these times will be returned the following day.