

PROGESTERONE IN ETHYL OLEATE

Store at room temperature. Take first injection the evening of retrieval, then once or twice daily as directed by IVF Team. Use one needle to draw and another to inject. Rotate hips and vary injection sites to avoid tenderness.

Injection Instructions – Intramuscular

1. Assemble supplies:
 - electric heating pad
 - alcohol swabs/cotton balls
 - Progesterone in ethyl oleate **** (if in oil, see note at bottom of page)****
 - 3 cc/ml syringe
 - 22GA 1½ inch needle (black hub) for drawing up medication
 - 25GA 1½ inch needle (blue hub) for injecting medication
 - disposal container
 - band-aid (optional)
 2. Keep injection site on heating pad for 5-10 minutes. Place medication vial in a glass of warm water for 3-5 minutes.
 3. Wash your hands.
 4. Remove lid and swab top of Progesterone vial with alcohol.
 5. Twist 22GA needle (black hub) onto syringe.
 6. Turn vial upside-down, then inject needle into vial and draw up 1 ml.
 7. Change your needle, twisting on the 25GA needle (blue hub).
 8. To eliminate air bubbles, tap on side of syringe with needle pointed upward. Push air out of needle before injecting.
 9. Select an area in the upper-outer part of your hip that has been warmed-up with the heating pad and swab with alcohol. Allow it to dry.
 10. Insert the needle quickly through the skin to the hub. Pull back slightly on the plunger. You will probably see an air bubble come back. Inject the Progesterone.
- NOTE: If you see blood when you pull back the plunger, remove the needle from the hip and replace it with a new needle. Don't throw away your medication, even if there's a drop of blood in it. Move to the other hip and try again.
11. Withdraw needle. Apply pressure to the site with a clean, dry cotton ball for a minute or two. Cover with a band-aid, if needed.
 12. Keep injection site on heating pad for 5-10 minutes.

**** For Progesterone in oil:** use 18GA 1½ inch needle (pink hub) to draw
use 22GA 1½ inch needle (black hub) to inject