

## Preparing and injecting Pregnyl® medication

These instructions are meant for the patients of the fertility clinic who receive treatment which includes the use of Pregnyl medication.

### Buy the following items from a pharmacy:

- Pregnyl® 5000 IU medication package (prescription). The package includes the medication (powder) and a solvent.
- 2 millilitre syringe.
- A small needle for injecting the medication (for example orange 25 G 16 mm).
- A larger needle for mixing the medication (for example yellow 19 G 40 mm).

**Always store your Pregnyl® medication in the fridge and take it out to room temperature 15 minutes before injecting.**

### Preparing the injection

1. Wash your hands.
2. Gather everything you need.
3. Remove the plastic caps from both glass vials by gently twisting from the side.
4. Take the larger needle (yellow 19 G 40 mm) from the packaging and insert the needle into a syringe. Remove the needle cap.
5. Inject the needle directly through the middle of the rubber stopper of the **SOLVENT VIAL**.



6. Turn the vial with the syringe around so that it is upside down. The tip of the needle should be well below the water line. Pull the plunger back to **draw all the liquid into the syringe**. Pull the needle and the syringe from the vial.



7. Insert the same needle into the **MEDICATION VIAL** (Pregnyl® 5000 IU) through the rubber stopper. **Inject all of the liquid into the vial** by pushing the plunger as far as it goes. The medication will dissolve into the liquid quickly. Make sure that **the fluid is clear. Do not mix or shake!**



8. **Draw all of the liquid from the vial back into the syringe.** Pull the needle and the syringe from the vial.
9. Remove the needle from the syringe and dispose it into a sharps container.
10. Attach a smaller needle (for example orange 25 G 16 mm) into the syringe. Remove the needle cap.
11. **Remove excess air from the syringe:** Hold the syringe in your hand with the needle pointing upwards. Tap the syringe gently with your finger so that the liquid collects at the bottom of the syringe. Push the plunger gently until the **liquid reaches the top of the syringe and a small drop of liquid appears on the tip of the needle.** It is not harmful if small air bubbles remain.



### **Injecting the medication:**

1. Pinch a large fold of skin between your thumb and forefinger.
2. Insert the needle into the skin fold at a 90 degree angle.
3. Push the plunger in slowly, until all of the medication has been injected.
4. Keep the needle in and count to ten in your head.
5. Pull the needle out slowly.
6. Dispose the used items appropriately.