



# Injection Training Guide

## Subcutaneous Injections:

### **Gonal-F Pens, Multi-Dose Vials (MDV), and Gonal-F 75 IU Syringes:**

- Gonal MDV (450,1050) and Gonal 75 IU syringes must be reconstituted prior to injecting.
  - Reconstitute with provided diluent OR as directed by clinic.
- Gonal Pens (300, 450, 900 IU)
  - Pre-filled pen, dial up to prescribed dose and inject.
  - The air bubble in the pen is part of manufacturing technology to help the medication get into the skin better.
  - If this is a brand-new pen look at the tip of the needle for a tiny drop of fluid, **IF** this does not occur then priming is required
    - Priming pen is not required per Manufacturer.
    - Tiny air bubbles can be removed via dialing the pen to 12.5 or 25 units; should not need to do this more than twice.
- Dose window should read **ZERO** after administering prescribed dose.
  - Keep the needle in skin with injection button pressed down for at least 5 seconds to ensure you injected full dose.
  - **If the dose window does not display ZERO**, the full dose has not been given; the number indicated is the amount that needs to be dialed up in the new pen.
- Supplies are included with Manufacturer packaging.

### **Storage Instructions:**

- **Pens:** Upon dispensing, store the pen refrigerated until the expiration date, or at room temperature for up to **3 months** or until the expiration date (whichever occurs first)
  - **After the first injection**, the pen may be stored refrigerated or at room temperature for up to **28 days**.
- **MDV and 75IU:** can be stored refrigerated or at room temperature until the expiration date.
  - Discard any unused material **28 days** after reconstituting.

**Injection Sites: Abdomen (mostly), Upper Arm and Upper Leg; Rotate sites daily**

### **Lupron Two Week Kit:**

- Comes in one 2.8ml MDV (Multi-Dose Vial).
- Supplies are included with manufacturer packaging and pharmacy provides an additional 20 insulin syringes.

### **Storage Instructions:**

- Store medication at room temperature.
- Once used, **discard after 28 days**.

**Injection Sites: Abdomen or Outer Thigh Area**



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## Subcutaneous Injections:

### **Menopur 75IU Vials:**

- Must be reconstituted- may use Q-cap or syringes provided by pharmacy to reconstitute product.
- Amount of diluent to use- typically 1mL of sodium chloride
  - Remaining diluent can be discarded
  - Up to **6 vials** of Menopur can be used **with 1mL of diluent**
- Must use immediately after reconstituting product (within 15-30 minutes)
- Pharmacy provides supply kit for mixing and injecting which includes :
  - 22g 1 ½ syringe or Q-cap (mixing/withdrawal) and 30g ½ needle (inject)

**Storage Instructions:** Store medication at room temperature or in refrigerator.

**Injection Site: Abdomen Area**

### **Cetrotide & Fyremadel:**

#### **Cetrotide**

- Medication must be reconstituted.
- Reconstitute with provided diluent OR as directed by clinic.
- Supplies are included with Manufacturer Packaging

**Storage Instruction:** Store medication in refrigerator.

#### **Fyremadel**

- Comes in a pre-filled syringe.

**Storage Instructions:** Store medication at room temperature.

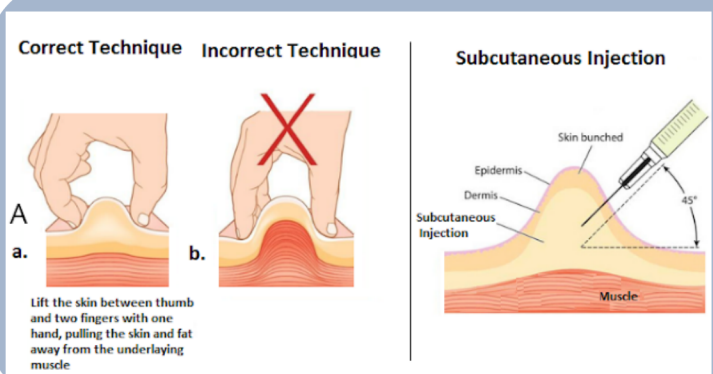
**Injection Site: Abdomen Area**

### **Ovidrel:**

- Comes in a prefilled syringe.

**Storage Instructions:** Store medication in refrigerator.

**Injection Site: Abdomen Area**





# Injection Training Guide

## Intramuscular Injections:

### **Progesterone in Oil, HCG (Pregnyl/Novarel), & Delestrogen:**

#### **Progesterone in Oil & Delestrogen**

- MDV (Multi-Dose Vials)
- Discard any used medication after **28 days**.
- Pharmacy provides the following supply kit for withdrawing and injecting :
  - PIO- 18g1 ½ syringe (withdrawal) and 22g1 ½ needles (inject)
  - Delestrogen- 1mL syringe, 18g1 ½(withdrawal) and 22g1 ½ needles (inject)
- When injecting, hold muscle firmly and inject at a 90-degree angle.

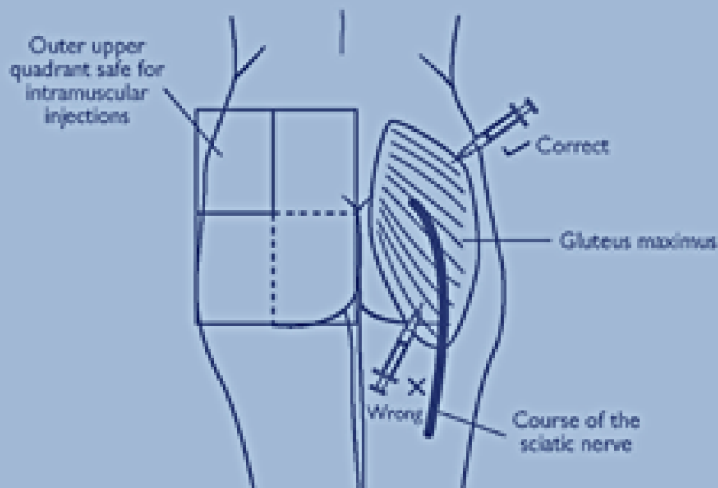
#### **HCG (Pregnyl & Novarel)**

- HCG must be reconstituted - amount of diluent varies, typically 1-2ml of diluent is used-confirm with clinic.
- Pharmacy provides the following supply kit for withdrawing and injecting:
  - HCG- 22g1 ½ syringe (mix) and 25g1 ½ (to inject IM), 27g 1/2 ( to inject Sub-Q)

#### **Storage Instructions:**

- **Novarel:** Store medication at room temperature, once reconstituted, **REFRIGERATE** and use within **30 days**.
- **Pregnyl:** Store medication at room temperature, once reconstituted, **REFRIGERATE** and use within **60 days**.

**Injection Site: Upper Outer Part of the Buttocks, Below the Curved Bone (See Diagram Below)**



**For additional resources please follow the QR code below:**





# Injection Training Guide

## General Injection Tips:

### **Step-By-Step Overview (Refer to Training Videos on our Website for each Specific Medication.)**

- Remove refrigerated medications from fridge 30 minutes prior to mixing or injecting medication.
- Gather all necessary supplies on a clean surface.
- Check medication prior to mixing or injecting.
  - Make sure liquids are clear and do not contain any particles.
  - **DO NOT** use if discolored or contains particles -call pharmacy or healthcare provider.
- Wash hands with soap and water.
- Wipe tops of vials with an alcohol prep and allow them to dry.
- Clean injection site with alcohol prep and let dry.
- Push the plunger carefully until a small amount of liquid begins to appear from the tip of the needle.
  - If air bubbles occur, gently tap on the side of the syringe.
- Gently pinch a fold of skin where you will inset needle
  - Inject at a 90-degree angle for IM injections
  - Inject at a 45-90 degree angle for Sub-Q injections
- Quickly insert the needle all the way into skin.
- Push down the plunger of the syringe with a steady motion
  - Keep pushing until all fluid is injected
  - Release the skin and pull the needle straight out of skin
- Dispose of needles in sharps container
- Do not reuse or share needles
- Rotate injection sites
  - At least 1 inch away from previous site
  - For subcutaneous injections, inject 1-2 inches away from belly button

### **Reconstituting Medications:**

- Slowly add diluent to powder vials and swirl to mix. **DO NOT** shake vials.
- If air bubbles occur- gently tap on the side of the syringe.

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Please sign below to indicate that you have completed your Zoom Injection Training through Fertility Pharmacy of America and return the bottom section of this form to your nursing team.

Patient Name (Print): \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Patient Signature: \_\_\_\_\_

Date of Training: \_\_\_\_\_