

Administration of Fertility Drugs

Subcutaneous Injection Technique

1. Choose an injection site on the thigh or abdomen (choose a site anywhere two finger widths below the belly button). Wipe the injection site with an alcohol swab and allow to dry completely.
2. Using your non-dominant hand, gently pinch an area of fatty tissue.
3. Holding the syringe in your dominant hand like you would hold a pen, inject the needle quickly at a 90-degree angle.
4. There is no need to draw back on the plunger. Inject the medication slowly.
5. Remove the needle and apply pressure to the injection site.

Intramuscular Injection Technique

1. Choose an injection site in the upper outer quadrant of the buttocks, just behind the hipbone.
2. Wipe the injection site with an alcohol swab and allow to dry completely.
3. Using your non-dominant hand, pull the skin taut. Have the patient relax the muscle.
4. Holding the syringe in your dominant hand like you would hold a pen, inject at a 90-degree angle with one swift motion.
5. Withdraw slightly on the plunger to check for blood. (If blood appears, remove the syringe and apply pressure to the injection site. Choose a new site and begin again.)
6. Inject the fluid slowly.
7. Remove the syringe and apply pressure to the injection site. You may gently massage the area.

IMPORTANT REMINDERS:

Always wash your hands before beginning, and work on a clean surface.

You may experience some burning or redness at the injection site. This is completely normal and can usually be relieved by applying a hot compress. To minimize burning, be sure to allow the alcohol to dry completely before injecting the fertility drugs.

If you are taking HCG (Profasi®, etc.) for an IVF cycle, it is imperative that you take it exactly at the time the doctor instructs. If you are taking it for an IUI cycle, you should take it sometime in the evening between 6 and 10 p.m.

DO NOT USE ICE TO NUMB INJECTION SITES. Ice will interfere with the absorption of the fertility drugs.

REMEMBER: Do not use any ibuprofen products during your treatment cycle, except during menstruation.