

INSTRUCTIONS FOR PREPARING AND INJECTING MEDICATIONS

To minimize contamination, wash your hands thoroughly with soap and water, place materials on a clean, dry surface, and do not allow the needle to touch any unclean surface.

If you have been prescribed Follistim AQ Pen and Cartridge or Gonal-f RF Pen:
Please refer to pre-printed instructions (with diagrams) provided by our nursing staff.

If you have been prescribed vials of Menopur, Repronex, or Bravelle:

Make sure you have all the necessary items listed below before you begin:

- Vials of actual medication (powder form) and liquid (diluent or water which serves only to dissolve the medication)
- Mixing needle, (3cc, 1 ½ inch syringe with needle attached), Short needle (subcutaneous needle length 1/2 inch) and the Long Needle (intramuscular needle length 1 or 1 ½ inch)
- Alcohol swabs, gauze, and sharp container (puncture-proof container with sealable lid suitable for disposal of used syringes)

Reconstituting vials:

1. Flip the protective plastic cap off the vials and wipe the rubber stopper with alcohol. Do not touch the stoppers after they are wiped.
2. Twist cap clockwise to insure needle is secure on syringe so that no leakage of fluid will occur - then, carefully remove the needle cover
3. Draw air into the syringe by slowly pulling back the plunger to the **1-cc** mark.
4. Carefully insert the needle through the rubber stopper into the vial with the liquid and gently inject the air into the vial. Without removing the needle, turn the vial upside down and withdraw **1 cc** into the syringe, making sure the tip of the needle remains in the water. Then remove the needle from the vial.
5. Introduce needle into the vial, depress the plunger and slowly inject the liquid along an inside wall of the vial of medication. If bubbles appear, wait a few moments for the bubbles to settle. If the mixture is not clear and colorless (rare), **do not inject** and call your physician.
6. If your dose requires more than one vial, draw up the mixture back into the syringe. Be sure to keep the tip of the needle within the mixture while withdrawing, and then inject the contents of the syringe into the next vial of powder. Repeat process until your recommended dose is completely mixed.
7. Recap the needle.

Preparing for injection itself:

1. Remove the mixing needle by twisting the cap counterclockwise. Replace the mixing needle with a short needle, twist clockwise, then pull off the needle cover.
2. Turn the needle so that it is pointing up and tap the syringe. After the bubbles float to the top, slightly depress the plunger until a drop or two of liquid is released from the tip of the needle. Next, recap the needle while you prepare the injection site.