MIXING MEDICATIONS

Menopur and Bravelle

*** 1cc = 1ml**

1. Remove needle and attach Q-Cap to 3cc syringe
2. Pull back on plunger of syringe to the ½cc or 1cc mark (see below for how much saline to use)
3. Attach Q-cap/syringe to vial of saline
4. Push plunger down to push the air into vial
5. Release the plunger and the desired amount of saline should draw out on its own
6. Inject saline into vial of medication powder (it does not matter which order)
7. Swirl contents until completely dissolved
8. Withdraw entire mixed solution and inject that into the next vial of powder
9. When done mixing all vials, remove Q-cap and attach needle
10. Remove any large air bubbles

    * Note: the volume of fluid will slightly decrease after mixing medications

11. Clean skin with an alcohol wipe, pinch up the skin, and inject subcutaneously (see last page)



Mixing 1-3 vials of powder = use 0.5mL of saline
Mixing 4-6 vials of powder = use 1mL of saline
Mixing 6+ vials of powder = split into 2 separate injections

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HCG/PREGNYL/NOVAREL (10,000iu vial) MIXING

FOR PATIENTS WITH NOVAREL 5,000IU OR TWO VIALS OF NOVAREL, PLEASE SEE NEXT PAGE!!

For 10,000 units: mix 1mL of saline with medication powder. Swirl until dissolved. Withdraw entire (1mL) solution and inject.

For 7,500 units: mix 1.3mL of saline with medication powder. Swirl until dissolved. Withdraw ONLY 1mL of solution and inject. **

For 5,000 units: mix 2mL of saline with medication powder. Swirl until dissolved. Withdraw ONLY 1mL of solution and inject. **

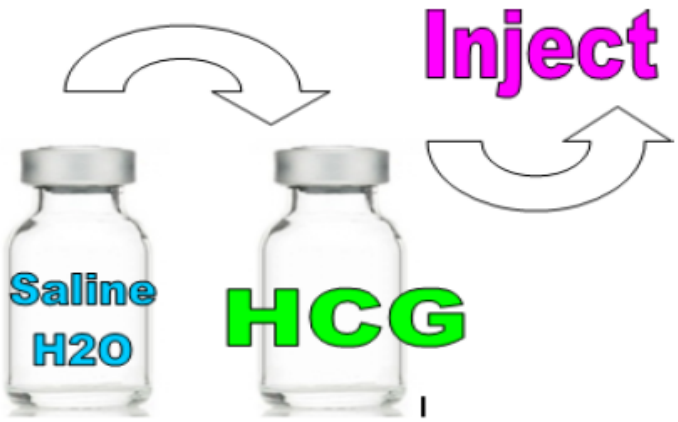
For 3,333 units: mix 3mL of saline with medication powder. Swirl until dissolved. Withdraw ONLY 1mL of solution and inject. **

For 2,500 units: mix 4mL of saline with medication powder. Swirl until dissolved. Withdraw ONLY 1mL of solution and inject. **

For 1,500 units: mix 6.5mL of saline with medication powder. Swirl until dissolved. Withdraw ONLY 1mL of solution and inject. (If you do not have a 10mL syringe, use the 3mL syringe twice) **

**= There WILL be some solution left in the vial, this is correct.

NOTE: HCG is given subcutaneously! (Not IM, as the vial may indicate)
Q-caps do not fit on these vials – use the long (22 gauge 1 ½ inch) needle for mixing
Then attach the 27 gauge ½ inch needle to inject the medication in your belly (subcutaneous)



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HCG: NOVAREL (5,000iu vial) MIXING

For 10,000 units: mix 1mL of saline into the first vial of powder. Swirl until dissolved. Withdraw the entire 1mL of solution, and mix into the second vial of powder. Swirl until dissolved.
Withdraw the entire 1mL of solution and inject.

For 7,500 units: mix 1.3mL of saline into the first vial of powder. Swirl until dissolved. Withdraw the entire 1.3mL of solution, and mix into the second vial of powder. Swirl until dissolved.
Withdraw ONLY 1mL of solution and inject. **

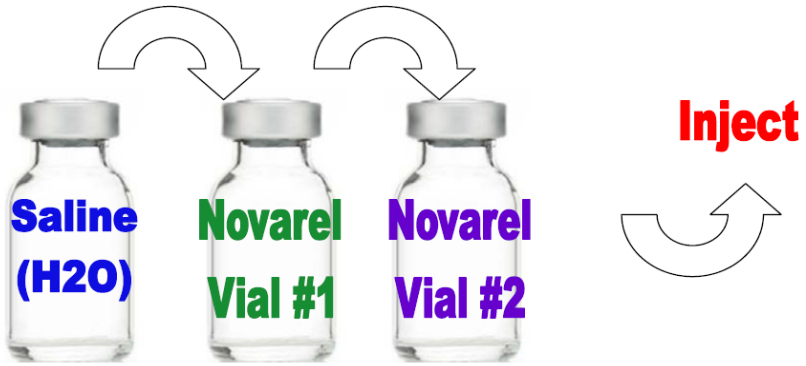
For 5,000 units: mix 1mL of saline into the first vial of powder. Swirl until dissolved. Withdraw ONLY 1mL of solution and inject. This does not need to be mixed with a second vial of powder.

For 3,333 units: mix 1.5 of saline into the first vial of powder. Swirl until dissolved. Withdraw ONLY 1mL of solution and inject. This does not need to be mixed with a second vial of powder. **

For 2,500 units: mix 2mL of saline into the first vial of powder. Swirl until dissolved. Withdraw ONLY 1mL of solution and inject. This does not need to be mixed with a second vial of powder. **

For 1,500 units: mix 3.3mL of saline into the first vial of powder. Swirl until dissolved. Withdraw ONLY 1mL of solution and inject. This does not need to be mixed with a second vial of powder. **
**= There WILL be some solution left in the vial, this is correct.

NOTE: Novarel is given subcutaneously! (Not IM, as the vial may indicate)
Q-caps do not fit on these vials – use the long (22 gauge 1 ½ inch) needle for mixing
Then attach the 27 gauge ½ inch needle to inject the medication in your belly (subcutaneous)



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Follistim and Gonal-F Pens

Follistim Pen

1. Remove cap and unscrew yellow barrel
2. Place cartridge over wand and place yellow barrel back on.
3. Remove paper backing from needle and screw on to the end of the yellow barrel. Remove both safety caps from needle.
4. Turn yellow knob on the end of the pen counterclockwise to dial in appropriate dosage. The dose should be in the center of the magnified window.
5. Prepare skin for injection
6. Make injection. Remove needle from pen and dispose in sharps container.
7. You may leave cartridge in pen until gone. Remember to use a fresh needle every time an injection is made.

***REMEMBER: Follistim cartridges will be overfilled by 75-100 units**



GONAL F Pen

1. Remove cap and screw needle to end of pen.
2. "Prime" the pen by lining up **37.5** with the black arrow at the end of the pen and pulling out the end of the plunger as far as it will go. Do this only with the 1st use of each pen, not with every injection
3. Hold the pen upright, tap the medication reservoir to allow any air bubbles to rise to the top, and push the plunger. A couple of drops of medication should come out. If not, then repeat.
4. Turn dial to line up prescribed dose and pull plunger out to "lock in" dose
5. Prepare skin for injection
6. Make injection, keep needle in skin for 5 seconds after injection button stops clicking. Remove needle from pen. Dispose needle in sharps container.
7. Use the same pen until medication is gone. Change the needle each time an injection is made.

***REMEMBER: Each "click" represents 37.5 units**

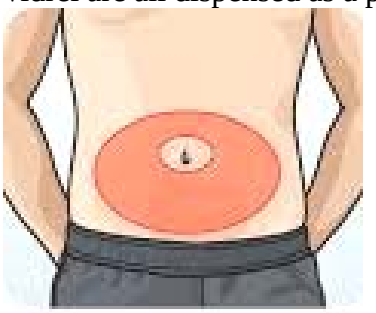


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Syringe Types and Injection Sites

Subcutaneous Injection

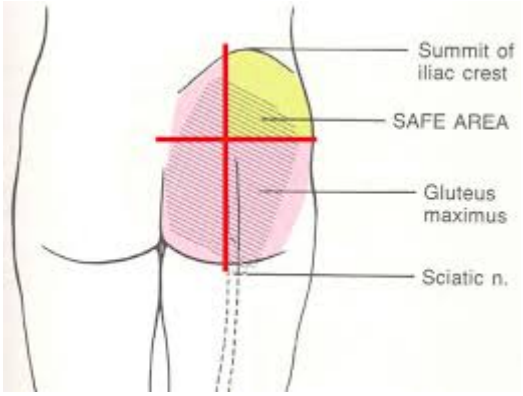
1. This is a 27 gauge needle that will deliver medication into the fat tissue
2. This can be an orange-capped insulin syringe, or a 3cc syringe with a ½" needle
3. These are always given in the lower stomach, at least 1 inch away from the navel and away from the ribs. If you can get a 1" pinch of fat, it will be in the right location.
4. Clean skin with an alcohol wipe, pinch up the skin and inject at a 45º angle
5. The medications that are given this way are: Menopur, Bravelle, Follistim, Gonal-F, Heparin, and HCG
6. Lupron is the only medication that will be used with the insulin syringe.
7. Ganirelix, Cetrotide, and Ovidrel are all dispensed as a pre-filled syringe.



* 1mL = 1 cc. Example: 6mL is the same as 6cc. The insulin syringe uses "units"

Intramuscular Injection

1. This is a 22 gauge, 1-1/2" needle that will deliver medication into the muscle tissue
2. Clean skin and inject at a 90º angle, do NOT pinch the skin for this injection
3. Insert the needle, but aspirate before injecting the medication. Pull back slightly on the plunger to see if there is any blood. If there is, remove the needle and reinsert in another location. If there is no blood, you are OK to inject.
4. It helps to use a heating pad on the area before and after the injection, and to massage afterwards.
5. The medications given this way are: Progesterone in oil or Ethyl Oleate, and Estradiol Valerate



*Please watch this video to help with injection administration:
https://www.rmia.com/education-center/injection-teaching/

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