

INJECTION INSTRUCTIONS

Learning to give an injection is a simple process. The hardest injection to give is the FIRST one. Be sure to assemble your supplies before starting in order to avoid having to stop and get something you need.

Basic supplies include:

- ✓ alcohol and cotton balls or alcohol wipes
- ✓ your medication
- ✓ syringes and needles
- ✓ SHARPS disposal box or another safe container
- ✓ heating pad
- ✓ band-aids (optional)

You will need to take your medication by either subcutaneous injection (tiny needle) or intramuscular injection (larger, longer needle). Most people find it easy to give themselves subcutaneous injections but need another person to administer intramuscular injections. Your spouse, a friend or neighbor or even a co-worker may be willing to learn how to give these injections.

Remember, the IVF Team is available to provide hands-on instructions and demonstrations prior to your cycle for you and anyone planning to give your injections.

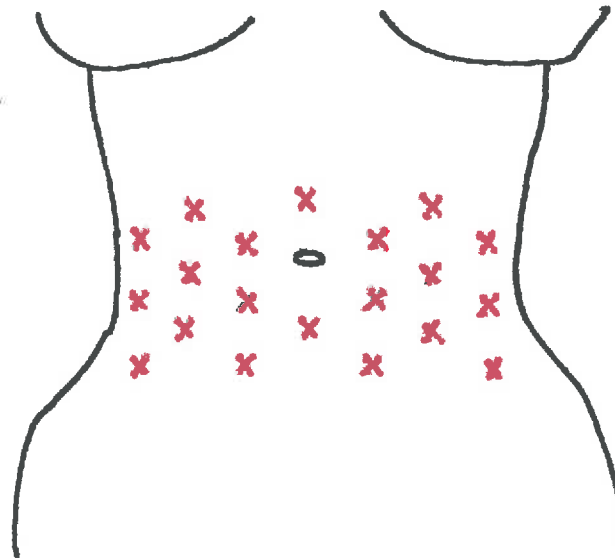
You won't necessarily use the entire amount of every prescribed medication, so don't be concerned if you have leftover doses. Unopened medications can be added to our "For Sale" list so other patients can contact you if they wish to purchase items from you. Alternatively, you can donate leftover items to the Fertility Center.

NOTE: ml = cc

SITES FOR INJECTIONS

Subcutaneous

Injections given just under the skin into the fatty tissue with $\frac{1}{2}$ inch - $\frac{5}{8}$ inch needle. Stay 2 inches away from the belly button.



Intramuscular

Injections given into the hip muscle with $1\frac{1}{2}$ inch needle. Stay away from the spine.

