

## NOVAREL INJECTIONS

*This is a "trigger" shot which causes the ovaries to release your egg follicles.  
Store at room temperature. Take within 10 minutes of instructed time – do NOT deviate.*

### **Injection Instructions – Intramuscular**

1. Assemble supplies:
    - alcohol swabs/cotton balls
    - Bacteriostatic Water
    - Novarel
    - 22GA 1½ inch needle (black hub) for drawing up and mixing
    - 25GA 1½ inch needle (blue hub) for injection
    - 3 cc/ml syringe
    - disposal container
    - band-aid (optional)
  2. Wash your hands.
  3. Remove lids from Bacteriostatic Water and Novarel bottles and swab tops with alcohol.
  4. Twist the 22 GA needle (black hub) onto syringe. Remove cap and save. Draw up 1 ml of Bacteriostatic Water into syringe and inject into Novarel bottle. Gently swirl until powder looks dissolved.
  5. Draw diluted Novarel back into syringe.
  6. Cap needle, remove and dispose in container. Twist the 25GA (blue hub) needle onto the syringe.
  7. With needle pointed upward, tap on the side of the syringe to make any air bubbles rise to the top so you can push them out.
  8. Select an area in the upper-outer part of your hip and swab with alcohol. Let it dry.
  9. Insert the needle quickly through the skin to the hub. Pull back slightly on the plunger. You will probably see an air bubble come back. Inject the diluted Novarel.
- NOTE: If you see blood when you pull back the plunger, remove the needle from the hip and replace it with a new needle. Don't throw away your medication, even if there's a drop of blood in it. Move to the other hip and try again.
10. Withdraw needle. Apply pressure to the site with a clean, dry cotton ball for a minute or two. Cover with a band-aid, if needed.
  11. Cap needle and dispose with syringe in container.