

Repronex / Menopur injection:

Repronex and Menopur come in a box of 5 vials of powder, 5 vials of solution. Each powder contains 75iu(units). Each solution vial has 2ml/cc. You will need only 1 ml of solution per prescribed injection dose (see example) but will end up using all your powders. The powder is the expensive portion of this medication. Also, mix this medication immediately before giving each injection. This can be given SQ (subcutaneously) or IM (intramuscularly). This review is for SQ only. Repronex and Menopur do not require refrigeration.

*FYI: If you're self-pay for this medication, you are paying per powder so you may not want to buy the whole prescription at once. Ask our staff about where to buy this medication. It will make a dramatic difference in the cost!

You'll need:

- 1cc/ml syringe 27g $\frac{1}{2}$ in. needle
- Q-Cap (for Menopur only)
- 18g1 $\frac{1}{2}$ in. needle (for Repronex only) **Never** inject with this needle!
- Ice cube – recommended for Repronex especially
- Alcohol wipe or alcohol cotton ball

* Dr. Donahue will let you know what your dose will be and our nurse will carefully review how to mix and inject this medication.

* You will *always* use just 1 ml/cc of solution no matter how many units or powders you're injecting!

For example:

If Dr. Donahue writes that your dose will be Repronex 225iu once a day, then you would want to take out 1 vial of solution, and 3 vials of powders (3 vials of 75iu=225iu). Take your syringe, pull/twist short SQ needle off, put the 18g $\frac{1}{2}$ in.(pink) needle on (to mix), inject pink needle into the solution and draw back 1cc/ml (which will be the whole syringe full). You'll need to pull back slowly to grab the solution. 1cc/ml will be left over in the solution vial which you can now throw away- you will not need that extra 1 ml. Inject your 1 ml that is in the syringe into the powder, wait about 30 sec. keeping the pink needle in the vial, tip the vial upside-down and bring back the mixed solution/powder. This will come back to about .9ml. Each time you enter into an additional powder, you will appear to lose some solution but this is normal. The solution just dissolves into the powder each time it's mixed. Never shake the vials to mix, if you need to mix it thoroughly, roll vial between palms without the mixing needle in it. It should look pretty clear. You may end up with only .8-.9ml even though you started with 1 ml! Then, you'll inject right into the 2nd powder and do the same thing. Bring it back up in the same syringe and enter the 3rd vial and bring up the solution/powder mix. Essentially, you are mixing 1 ml into 3 powders. If you were to do this example with 150iu, you would start with the 1 ml and go into only 2 powders. Carefully, recap needle (one hand preferred). It's VERY sharp! Toss your mixing needle into your red sharps box. Place your injecting needle (the short 27g $\frac{1}{2}$ in) back on. Now, you're ready to inject.

► If you are using Menopur, the only difference is that you can use your Q-Cap to mix and will not need the large, 18g (pink) needle. **ALWAYS** inject with the **small** SQ needle, **never** the large 25, 22, or 18g needle!

How to inject:

You will either inject in your upper thigh (the whole area of your hand if you were to slap it on your upper/outer thigh area) or within 2-3 inches below your belly button on either side of your abdomen. Use your ice cube for only 20-60 sec. to numb your skin then rub alcohol to clean. Pinch area with your opposite hand while holding your syringe in the hand you will inject with. Inject needle straight in skin and gently push medicine in. After all the medicine is in, hold the syringe for a few seconds then take needle straight out. Place cotton ball over site and rub lightly while applying pressure.

*With Repronex, the medicine usually burns going in and may leave a red, rash for the next few days. You may also have itching from the site. It's okay to use cortisone or benadryl cream for excessive itching.