

## **HCG Injection 10,000iu (aka Novarel)**

Your box should have one vial of powder & one vial of solution. The powder is the actual medicine. The solution is like a saline. This medication is the MOST important injection as it times out your ovulation to occur 36-42 hrs. after it's injected into your muscle and helps mature your eggs. Therefore, it is VERY IMPORTANT that you inject this medicine at the **exact time** directed and get the correct dosage and amount of medicine.

Use your 3 ml/cc syringe and put the 18g 1½ in. needle (pink) on 1<sup>st</sup>. This is your "mixing" needle. NEVER inject with this needle. Twist needle on tight. It's very sharp!

\*Always be careful when recapping your needles, try to use one hand to recap and scoop into cap when changing needles.

With your 18g needle on, poke into rubber stopper of the solution vial, tip upside-down to allow solution to fill up to the **2 cc** marker. Take needle out.

Inject your **2 cc** into the powder using that same "pink" 18g needle. Carefully take needle out and recap you needle with your cap lying on its side.

Throw the solution vial away. You won't need this again. ( You will be wasting a lot of extra solution).

Roll vial of powder & solution between your hands to mix the vial of medicine. Never shake the vial!

Alcohol wipe top of vial to clean.

Twist on your "injecting needle" which is either blue (25g1½in.) or gray (22g1½in.) Use the blue needle if you have one!

Make sure all air bubbles are out of syringe by flicking it- air should rise to the top and should be easy to push out. You'll see a little bubble of medicine come out...now you're ready!

We'll have shown you the area to "shoot" in. You may inject in either your upper hip/backside area or upper thigh. Most choose the upper hip area.

\*If preferred, ice cube the area of injection (for only 30 sec-1 min) so you don't get freezer burn! Rub alcohol to clean area.

Hold the syringe like a pen or dart. With the opposite hand pinch up the muscle- you (or your partner) will continue to hold that muscle and inject the needle straight in. The whole needle will go in. Very briefly, pull back on the plunger of the syringe to make sure you're in the muscle. You'll pull back just a "pinch" then when you don't see anything, inject the medicine in. If you do see a little blood come back into the syringe when you're in that muscle, STOP what you're doing and take the needle out. This just means you hit a blood vessel and don't want to inject the HCG there. It won't work. 99% of the time you won't hit a blood vessel. So, let's say you pulled back, see nothing, then you would inject all of the **2cc's** of HCG 10,000iu . Pull straight out, place cotton ball or alcohol wipe over your site and rub the area with your palm. You're done. You did it! Place your needles and syringe into your sharps container.

Good job! We'll see you in about 36 hours! Good luck!