

Progesterone in oil

Progesterone in oil (50mg/ml) intramuscular injections will begin the day after the IVF egg retrieval or the day after the IUI. You will be injecting 2cc/ml once daily. On occasion, Dr. Donahue may prescribe a different dose such as only taking 1cc/ml daily if someone is going through an injectable cycle with an IUI. Most all IVF patients are on the prescribed dose of 2cc/ml IM daily. The oil shots will continue until at least the pregnancy test and hopefully until the 10th-12th week of pregnancy. This is probably the most challenging shot to take for the amount of weeks it must be taken however, the benefits of taking this injection are extremely important. It will help sustain a pregnancy which you've worked very hard to get at. Please call our office if you have any questions with this injectable or any other medicine.

You will need:

- Progesterone in oil 50mg/ml vial- 1 vial should last for 5 days if doing 2cc daily
- 3ml syringe
- 18g 1½" needles (*mixing needles only*)
- 22g 1½" needles or 25g 1½" needles (*injecting needles*)
- Alcohol wipes, ice cube, heating pack/pad, cotton balls

How to do injection:

Our nurse will be able to draw "circles" in the correct area of the injection. It is given in the same area as the HCG injection was given. The progesterone may be given in either the upper hip/backside area or the upper thigh. Most patients prefer the upper hip/backside area. You will want to rotate hips every day to help avoid sore spots or knots that may develop.

It is recommended to use a heating pack/pad about 5-10 min. prior to the injection to warm up your muscle. Draw up the oil using the 3 ml/cc syringe putting the 18g 1½" (pink) needle on 1st. You will **never** inject yourself with this needle!! It is only for mixing!! Alcohol the top of the vial to clean it then insert the big 18g needle into the vial, tip upside-down and draw out the ordered amount (usually 2cc/ml). Change your needle tip by screwing it off and then place the 22g1½" (grey) or 25g1½" (blue) on. Make sure the needle is on tight. The difference between these 2 sizes is that the 22g is a little larger needle than the 25g (their both the same length). Some prefer to get the oil in a little quicker with the 22g than having to push the medicine in slower with the smaller 25 gauge needle. Either needle size takes some time to push the oil in since it has a thicker consistency.

After putting your injecting needle on, push all the air out so you see a drop of oil come out of the needle tip. You may want to wrap the syringe in your hand for a bit to warm up the oil. It will go in a little smoother. Now you may use your ice cube to rub the area to numb up your skin (only for a few seconds to one minute). You don't want your muscle to get too cold. Alcohol the area. Your partner (or you) can inject the needle straight into the correct area, pull back just a touch as you did with the HCG injection to make sure it's in the muscle. If you don't see any blood come back into the syringe, slowly inject the 2cc into the muscle. If you see blood in the syringe when you pull back, (very rare chance) pull the needle out and try a different area of your muscle. After the injection, pull the needle straight out, place cotton ball or alcohol wipe over injection site and rub fairly hard with your palm. This should help not create knots. Also, sit back on your heating pad for another 5-10 minutes. Now, you may experience some bleeding after the shot and even some slight leakage of oil from the site especially if you are using a heating pad. Overall, using the heat is much easier on your body in the long run since these shots continue for a while. They do become easier the more you do them, but expect some sore spots and some bruising. If a red rash occurs, call us we can change the type of oil. Think positively – there is a good reason for maintaining these shots!! Good luck!