



INSTRUCTIONS FOR THE ADMINISTRATION OF PROGESTERONE IN OIL

Progesterone in Sesame Oil 50 mg/cc

To prepare the injection, the supplies needed are:

- 3 cc syringe
 - 18g 1½ inch needle
 - 22g 1½ needle
 - Alcohol pad, cotton ball and band-aid.
1. Remove the 3 cc syringe from its package and twist off the cap if present. Attach the 18g needle to the syringe by twisting it on. Pull the plunger of the syringe back to the 1 cc mark.
 2. Clean the rubber stopper of the Progesterone vial with an alcohol pad. Carefully uncap the needle by pulling the cap straight off. Insert the needle through the center of the rubber stopper on the Progesterone vial and inject the 1 cc of air into the bottle of medication.
 3. With the needle still in the bottle, turn the bottle upside down, position the tip of the needle near the neck of the vial and pull back on the plunger till the progesterone solution reaches the 1 cc mark. (The medication is an oil-based solution so it may be slow to draw up into the syringe). Withdraw the needle from the vial.
 4. Remove the 18g needle by twisting it off. You may need to replace the cap to do this. Be careful when replacing the cap not to stick yourself.
 5. Attach the 22g needle to the syringe by twisting it on.
 6. Holding the syringe at eye level with the needle pointing up, tap the barrel of the syringe to get the air bubbles to move to the needle end of the syringe. Slowly depress the plunger to expel the air until the liquid just reaches the base of the needle. It is alright if some small air bubbles stick to the plunger.
 7. Select the site for injection. When someone else is giving you the intramuscular injection, it is best given in the muscle of the hip. Refer to the diagram below. When you give yourself the injection, it is easier to use the upper third, center portion of the thigh.
 8. Cleanse the site with an alcohol pad. Start at the intended site of injection and rub the area firmly in a circular pattern going from the site of injection outward in a spiral.
 9. Place your free hand at the perimeter of the site for injection so that the forefinger and thumb frame the site. For the hip spread the forefinger and thumb apart and draw the skin down. For the thigh, draw the forefinger and thumb together so that a generous fold of skin is grasped between them.
 10. Holding the needle perpendicular to the skin, insert the needle through the skin with a quick but smooth motion all the way to the hub of the needle. The whole length of the needle should penetrate the skin to ensure that the medication will be injected into the muscle rather than above it.
 11. Hold the syringe firmly in place while you pull back slightly on the syringe plunger. Observe for any blood coming back into the syringe. If none, proceed with the next step. If there is blood, do not worry. Simply withdraw the needle and choose another site.
 12. Depress the plunger with even, moderate pressure to inject the solution into the muscle.
 13. Withdraw the needle in one quick, smooth movement. Immediately cover the site with a cotton ball and gently rub the injection site in a circular motion to facilitate dissemination of the medication.
 14. To decrease soreness at the injection site and promote absorption of the medication into the muscle, any one of the following techniques may be helpful:
 - relax the muscle while performing the injection
 - massage the site of the injection
 - apply a warm towel or heating pad
 - take warm tub baths
 - exercise the muscle (walking, for example)