

## HOW TO MIX AND ADMINISTER HCG SUBCUTANEOUSLY

### Supplies

- 1 Box of HCG (human chorionic gonadotropin), 10,000 USP, containing a bottle of liquid and a bottle of powder.
- One 3 cc syringe
- One 22 gauge 1½ inch needle
- One 26 gauge ½ inch needle
- Alcohol swab, cotton ball and Band-Aid

### Directions

1. Flip the caps off the bottles. A rubber stopper will be visible.
2. Open the package with the 3 cc syringe and remove syringe cap if present.
3. Open the 22 gauge needle package and screw the needle onto the syringe with a twisting motion.
4. Carefully remove the needle cap by pulling straight off the needle (don't twist).
5. Pull back on the syringe plunger to the 1 cc mark. Insert the needle through the rubber stopper into the vial with the liquid in it. Push the air into the vial while the needle tip is in the water then pull back on the plunger to withdraw about 1 ½ cc of water. Remove the needle from the vial.
6. While holding the syringe with the needle pointing upwards, tap on the side of the syringe until all the air is at the top (near the needle). Push on the plunger to expel the air and some of the water until the plunger is at the 1 cc mark.
7. Insert the needle through the rubber stopper of the powder vial. Push on the plunger to release the water into the powder. Without removing the needle, gently shake or swirl the vial to dissolve all the powder. Turn the vial upside down and position the needle so that it is just inside the rubber stopper. Pull back on the plunger until all the water has been pulled into the syringe. Keep holding the plunger out while you withdraw the needle from the vial. It is alright if some air comes into the syringe during this process.
8. Once more hold the syringe with the needle pointing upwards and tap the side of the syringe to get all the air at the top. It is alright if some tiny bubbles remain near the stopper. Expel the air by slowly pushing on the plunger until the water just reaches the base of the needle.
9. Carefully remove the 22 gauge needle from the syringe by twisting it off. You may need to replace the cap to do this.
10. Open the package with the 26 gauge needle. Screw it onto the syringe with a twisting motion.
11. Take the cap off the needle by pulling straight off.
12. Choose a spot on a thigh or your lower abdomen to give the injection. Swab this area with an alcohol prep. Gently squeeze a fold of skin about 1-2 inches thick. Holding the needle perpendicular to your skin, insert the 26 gauge needle quickly but smoothly into the skin up to the hub of the needle. Gently push on the plunger to inject the medication under the skin. As you remove the needle, quickly compress the injection site with a cotton ball or gauze pad to prevent any backflow of medication. There is usually no bleeding but you may apply a bandaid if needed. Occasionally, slight bruising will appear later.