

## GANIRELIX INJECTION INSTRUCTIONS

1. Ganirelix is a medication that is a gonadotropin-releasing hormone (GnRH) antagonist that is used to suppress premature luteinizing hormone (LH) surges in women during assisted reproductive technology (ART) treatment. This prevents premature ovulation.
2. Ganirelix should **NOT** be kept in the refrigerator.
3. You will be instructed on which day to begin Ganirelix. Ganirelix is usually started when there are two lead follicles greater than 12mm in diameter. Once you are instructed to begin, please administer nightly at 9pm until night of hcg.
4. Ganirelix comes in a PREFILLED syringe. NO mixing is needed. Get the air bubble out by holding the syringe upright and slowly depress plunger until a tiny bubble of medicine comes out of syringe.
  - a. Choose an area between the navel and your bikini line at abdomen or top of thigh, and cleanse with alcohol. Allow to air dry.
  - b. Slightly pinch up skin and hold firmly with one hand while holding the syringe with the other hand, like you are holding a dart. DO NOT place finger on plunger of syringe. In a quick motion, inject needle into skin, push all of the medicine in with the plunger and pull out quickly. Discard needles and syringe in a CLOSED plastic container and dispose of properly.

### Ganirelix shot in tummy or upper thigh

Give nightly at 9pm once instructed to begin.  
Do not give on night of trigger shot.

