

INTRAMUSCULAR PROGESTERONE INSTRUCTIONS

1. Wash hands.
2. If you have Progesterone in Oil place the vial in a cup of hot (not boiling) tap water for 3 – 5 minutes (this allows the thick medication to liquify, making preparation and administration much easier). You do not need to do this if using Progesterone in Ethyl Oleate.
3. Clean the rubber stopper with an alcohol wipe.
4. Open the syringe, tighten needle (18 gauge). Pull plunger to 1cc. Inject the 1cc of air into the Progesterone vial. Withdraw 1cc of Progesterone.
5. Pull back on plunger approximately ½ cc to get all medicine out of needle. Change needle to a 23 gauge 1” or 1½” for injection. A 22 gauge 1 ½” may also be used to give injection.
6. Choose a site in the UPPER OUTER QUADRANT of the buttocks for injection (see illustration). May use ice pack on area to numb before giving injection. Rotate sides each day and try to move each new injection to a slightly different site.
7. Cleanse the injection site with alcohol.
8. Uncap needle and slowly push the plunger up until a small drop of medicine is at the end of needle. This gets rid of the air in the syringe. Stretch skin at injection site using your thumb and forefinger. Using a dart-like motion inject the needle all the way to the hub at a 90° angle.
9. With the hand used for stretching the skin, stabilize syringe and with the opposite hand pull back on the plunger of the needle. You should see a small air bubble and feel slight resistance. If you see a flash of blood instead of the air bubble, remove the syringe and restart process. If no blood in syringe, inject medicine.
10. Massage the injection site for several seconds. You may place a heating pad on the site for 5 minutes. This will help reduce knotting in the muscle.
11. Keep vial away from direct light; do not place in refrigerator.