



Michigan Center for Fertility & Women's Health

Helpful Hints for Progesterone Injections

- ❖ Using an 18GA1/1/2" needle allows the medication to be drawn up easier. Be sure to remove this needle prior to giving the injection.
- ❖ Using a 22GA1/1/2" needle for the injection will provide a smoother injection because a new, thinner needle will decrease discomfort and minimize bruising.
- ❖ Warm bath or shower prior to injection will allow the oil to dissipate/flow into the muscle more easily.
- ❖ Before giving the injection, warm it in your hand for approximately 10 minutes. This also allows the medication to flow more freely.
- ❖ Insert the needle all the way to the hub, this ensures that the medication goes into the muscle.
- ❖ Massage the area after injecting; this promotes flow of medication, and may help prevent "lumps" from forming.
- ❖ Ice packs (wrapped in a washcloth) can be applied to help alleviate discomfort, but not close to the injection time.
- ❖ Call the office with any questions: 586) 576-0431.