



IVF medications/Injection training

Lupron:

This medication “quiets” your ovaries prior to starting gonadotropins. This is taken subcutaneously with a small 1cc syringe.

Stimulation medications:

These medications are used to stimulate follicle development in the ovaries. Stimulation medications include: Bravelle, Menopur, Gonal-F, Gonal-F Pen and Follistim Pen.

Bravelle, Menopur, and Gonal F require mixing a powder with water using a Q-cap. This injection is taken subcutaneously using a 27GA ½” needle, and 3cc syringe.

Gonal-F Pen and Follistim Pen are in a pen-like delivery system that you dial the pen to the appropriate dose, attach a needle, and then take the injection subcutaneously. The pens are typically used for several doses.

HCG/Novarel/Ovidrel:

This injection is taken to stimulate oocyte maturity. It is a timed injection and is typically taken 36 hours prior to oocyte retrieval.

To mix the HCG injection: use a 3cc syringe with 1 ½ inch needle to draw 1cc/ml of water into the syringe. Then inject the water into the vial of powder. Remove the syringe and roll the vial between your hands. Once dissolved, withdraw the full 1cc/ml of fluid out of the vial. Your injection is now ready. This injection is taken in the upper outer quadrant of the buttock, right behind the hip.

There is no mixing required for Ovidrel, it is provided in a prefilled syringe and is taken subcutaneously.

Ovidrel:

This injection is taken to stimulate oocyte maturity. It is a subcutaneous timed injection and is typically taken 36 hours prior to oocyte retrieval. It comes in a pre-filled syringe with the needle already attached. The entire amount is taken as instructed. This injection is also used to boost hormone levels when necessary following oocyte retrieval.

Progesterone in Oil:

This medication is used to supplement the body with Progesterone to maintain a pregnancy if one is to occur. Using a 3cc syringe with 18GA 1 ½ inch needle you will draw up 1cc/ml of oil. You will then switch the needle to a 22GA 1 ½ inch needle to inject in the muscle. This injection is given in the same place as the HCG injection. See diagram above.

Helpful hints:

- Warm baths or showers prior to injection will help the oil to flow into the muscle easier.
- Warm the vial in your hands for approximately 10 minutes.
- Use ice packs to help relieve irritation at the injection site. (Not immediately before or after the injection). (Do not apply to bare skin, wrap packs in a towel).
- Massage the area after injecting to promote the flow of medication.
- Apply a warm compress for 10 minutes to the injection site to help the medication disperse.

Endometrin:

This medication is used to supplement the body with Progesterone to maintain a pregnancy if one is to occur. It comes in the form of a vaginal suppository and is placed up near the cervix using an applicator.

Estrace:

This comes in the form of a pill and is taken daily as a supplement to maintain a pregnancy if one is to occur. This can be taken orally or vaginally as instructed.

Websites:

www.gagofertility.com, has information and links to helpful websites for injection instruction. Please reference instructions in IVF packet and packaging instructions.