

PROGESTERONE INJECTION IN SESAME OIL



Description: Progesterone is a hormone that helps to prepare the lining of the uterus for implantation of the fertilized egg. Supplemental progesterone is sometimes prescribed to ensure that the uterine lining is adequately prepared. Previous warnings concerning progesterone use in pregnancy apply to synthetic progesterone preparations. Progesterone that is prescribed during pregnancy is a natural preparation.

How it works: Progesterone injection is administered as an intramuscular injection. Progesterone is used in the luteal phase of the cycle when the body's own natural progesterone may be insufficient. Once a fertilized egg is implanted, progesterone helps maintain the pregnancy by thickening the endometrium and increasing its blood supply.

Potential side effects: Side effects could include: a possible delay in the onset of your period; nodules (small, hard bumps) in the skin; allergic reactions to the progesterone but more commonly to the particular oil used.

Storage: Store at room temperature (68-77°F). Do not refrigerate.

INJECTION INSTRUCTIONS FOR PROGESTERONE IN SESAME OIL

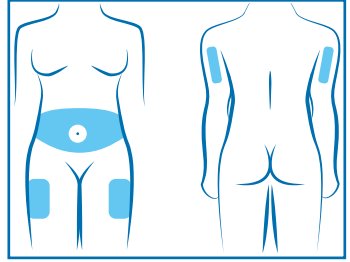
- Remove the tab from the top of the vial of progesterone.
- Swab the top of the vial with an alcohol pad to prevent contamination.
- Select a 3 ml syringe with 1 ½" needle.
- Using your syringe, draw back 1 ml of air into the syringe.
- Firmly insert the needle through the rubber stopper into the vial of progesterone. Invert the vial and syringe as one complete unit and depress the air into the vial in order to equalize the pressure, which will make withdrawal of the progesterone easier. Once you depress the plunger of the air-filled syringe into the vial, make sure the tip of the needle is **BELOW** the liquid level and pull the plunger to withdraw the prescribed amount.
- Remove the syringe from the vial and prepare for injection. If instructed by your center to change the needle, recap and remove the needle by twisting and replace it with a new intramuscular needle (usually 1 ½" needle).

PROCEED TO INTRAMUSCULAR INJECTION INSTRUCTIONS

INJECTION INSTRUCTIONS

SUBCUTANEOUS INJECTION INSTRUCTIONS

- Cleanse your selected **SUBCUTANEOUS** injection site with an alcohol wipe and allow to dry.
- While holding the syringe with your dominant hand between your thumb and finger (as you would a pencil), pinch the skin (with your other hand) at the site you have selected.
- With a quick, dart-like motion, insert the entire needle (up to the hub of the syringe) at a 90° or a 45° angle and depress the plunger slowly and carefully.
- After the injection is complete, quickly pull out the needle. If bleeding, apply pressure to the injection site with a sterile gauze pad. If discomfort occurs after your injection, you may gently massage the injection site to alleviate your discomfort.
- Use Sharps waste container for needle and syringe.



INTRAMUSCULAR INJECTION INSTRUCTIONS

- Cleanse your selected **INTRAMUSCULAR** injection site with an alcohol wipe and allow to dry.
- Hold the syringe with your dominant hand between your thumb and index finger (as you would a pencil). With your other hand, firmly stretch your skin at the selected injection site. **Make sure you are using the intramuscular needle (usually 1 1/2").**
- **NOTE: To minimize bruising, firmly stretch the skin.**
- With a quick, dart-like motion, insert the entire needle (up to the hub of the syringe) at a 90° angle into the stretched skin area between your thumb and index finger.
- Using either hand to stabilize the syringe, pull back slightly on the plunger and watch for blood in the syringe. (This is rare). You may feel slight resistance or see a small bubble - this is normal. If blood is not seen in the syringe, the needle is inserted properly. **If blood appears in the syringe, DO NOT INJECT YOUR MEDICATIONS. Withdraw the needle, cover the site with a gauze pad, and apply pressure. Discard the syringe into the Sharps container. Repeat mixing and injection instructions.**
- Depress the plunger slowly and steadily.
- Pull the syringe out in one motion.
- Use Sharps waste container for needle and syringe.
- Apply pressure to the site with a gauze pad and gently massage the area to help disperse the medication and relieve discomfort. Apply a bandage if necessary.

