



## GONAL-F 75 IU VIALS Intramuscular Injection

1. Gather equipment:
  - 3 cc syringe with 22G 1 1/2 inch needle to mix medication powder
  - 22-27G 1-1 1/2 in needle for injection
  - Medication powder
  - Water diluent
  - Alcohol/cotton
2. To mix this medication, you'll be using 1 cc/ml of liquid/saline. You can mix up to 6 powder Gonal-F vials with 1 cc/ml.
3. Hold the vial in one hand, and snap off the top of the vial with the other hand by pushing the tips of your thumbs away from you. Open enough vials for your recommended dose. Take an alcohol swab, and clean the tops of all the vials you just opened.
4. Using the 22G 1 1/2 in needle attached to the 3cc syringe, puncture the vial of diluent and remove 1 cc/ml of liquid.
5. Inject the 1ml of liquid into the 1<sup>st</sup> powder vial of Gonal-F. It helps decrease bubbles if you angle the needle in the vial so the liquid runs down the sides.
6. Use the same 1ml of diluent to dissolve all needed Gonal-F powder vials. Withdraw mixed Gonal-F, and repeat procedure until recommended doses are reconstituted all together.
  - a) Change needle to 27 gauge 1 1/4 inch for administration.
  - b) Gently tap syringe and gently push air bubble out the needle.
7. Pick your site. Use the upper outer quadrant of your buttocks. It is possible to give your own injections at that site, but is advisable to have someone else available to give them. Choose a different injection site daily to minimize irritation and promote proper medication absorption.
8. Prepare skin site with rubbing alcohol by rubbing vigorously.
9. Insert needle entirely, holding skin taut. Needle should be inserted at a 90 degree angle.
10. Push all of the medication from the syringe into the muscle.
11. Remove needle, and dispose of syringe and glass vials into biohazard container.

**IMPORTANT: Do not mix Gonal-F until it is time to administer the injection.**