



For anyone over 160 lbs.

- Draw up with Black Syringe
- Change to Gray Needle
- Hip
- Evening

GONAL-F 75 IU VIALS
Intramuscular

1. Gather equipment: 3 cc syringe with 22g 1 1/2 inch needle to mix medication powder, and 27 gauge 1 1/4 inch needle to give medication;
Medication powder;
Water diluent;
Alcohol/cotton;
Nerves of steel and a steady hand!
2. Mix medication; draw up saline and mix with powder in the following proportions:
Up to 6 vials - May be reconstituted with 1 cc diluent.
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.
4. Open enough vials for your recommended dose.
5. Open diluent vial and draw up 1 cc diluent by tipping the vial sideways so needle is always in solution. Holding needle straight up, tap air bubble to top and gently push out.
6. Empty syringe of diluent into powder vial by running diluent down the side of the vial and you will avoid dealing with lots of bubbles.
7. Withdraw mixed Gonal-F and repeat procedure until recommended doses are reconstituted all together.
 1. Pull all medication down into syringe out of needle tip.
 2. Change needle to 27 gauge 1 1/4 inch for administration.
 3. Gently tap syringe and gently push air bubble out the needle.
8. 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. (An alternate site is in the middle of your thigh, but is more uncomfortable).
9. Prepare skin site with rubbing alcohol by rubbing vigorously.
10. Insert needle entirely, holding skin taut.
11. Pull back on plunger. If you get blood in the syringe pull the needle out, change needles and move to new site and start over.
12. If no blood, inject medication.
13. 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.