



GONAL-F 75 IU VIALS (FSH: Follicle Stimulating Hormone) Subcutaneous Injection

1. Gather equipment:
 - 3 cc syringe with 22g 1 ½ inch needle to mix medication powder
 - 1/2 inch or 5/8 inch needle to give medication
 - Water diluent
 - Alcohol/cotton
 - Number of powder Gonal-F vials to equal your recommended dose
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 plastic cover. 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 ½ 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 1st 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 mixed all together.
 - a. Change 1 ½ inch needle to 1/2 inch or 5/8 inch needle to administer. Gently tap syringe, and push air bubble out the needle.
7. Choose an injection site in your abdominal area about 1 inch away from your belly button. Clean the chosen injection site with an alcohol swab. Choose a different injection site daily to minimize irritation and promote proper medication absorption.
8. Pinch skin, then with a gentle dart action, stick needle in at a 45 - 90 degree angle into fatty tissue and slowly depress plunger.
9. Remove needle, and dispose of syringe into biohazard container.

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