



MIXING INSTRUCTIONS FOR:

INJECTABLE FERTILITY DRUGS

(Gonal-F, Menopur, Follistim and Bravelle)
ampules and vials

These medications come with boxes of separate vials containing water/saline and powder, which contains the actual drugs. They should be reconstituted just prior to injection. Gonal-F shown to the left, is packaged in glass top vials. To open them, snap the glass top off with the dot pointed away from you. Menopur, Follistim and Bravelle come in vials with rubber stoppers covered by a plastic cap. To open, simply snap off the plastic cap.



If the shots are once a day, do them at a regular time in the evening. If they are twice a day, these drugs are given in the morning.

All needles and syringes should be disposed of in sharps container or a liquid laundry detergent bottle. Call your township to find out where the container of needles should be brought. Please do not bring your used needles into our office.

STEP 1 Open the vial of powder and water:

_____ vials of Gonal-F powder _____ vials of water
Follistim
Menopur
Bravelle

STEP 2 Use the 22G needle on a 3cc syringe to draw up _____ cc of water

STEP 3 Inject the water you have drawn up into one of the powders and mix gently. Draw the mixture up into the syringe. Inject that mixture into the next powder. Repeat this process until all of the opened powders are dissolved in the water.

STEP 4 SUBCUTANEOUS INJECTIONS

Twist off the 22G needle and put on a 30 G or other small needle. Chose an injection site in the stomach, thigh or upper arm. Clean the area with an alcohol wipe or cotton ball with rubbing alcohol. Insert the needle in at 45⁰ or 90⁰ angle, draw back to make sure there is no blood, and then inject.



STEP 4 INTRAMUSCULAR INJECTIONS

Twist off the 22G needle and put on a fresh 22G needle. Chose an injection site in the buttocks as shown below. Clean the area with an alcohol wipe or cotton ball with rubbing alcohol. Insert the needle in at a 90⁰ angle, draw back to make sure there is no blood, and then inject.

