**IVF CLASS**

**IVF NURSE CONTACT INFORMATION:**
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**PLEASE NOTE:** If you do not have medications for the next day’s dose, you MUST go to the clinic that morning at 6:30 AM for more medications. You should always have a minimum of 2 to 3 days of medication and supplies available.

At your baseline appointment, you have received instructions regarding your individualized protocol for hormonal stimulation. Listed below are general facts and information concerning all possible medications/supplies that you may receive during the course of your treatment. Use this as a reference when preparing your prescribed dose. You may also visit [www.FreedomFertility.com](http://www.FreedomFertility.com) and watch tutorial online under MEDTEACH.

**MEDICATION POSSIBILITIES:**

**Lupron:** Multi-dose vial, always given SQ in your thigh or abdomen. Must be kept cold or refrigerated if you have a multi-dose vial that came from Freedom Pharmacy. Lupron in the kits DO NOT need to be refrigerated.

**FSH:** Gonal-F, Follistim, Bravelle, Fertinex. May be mixed with your HMG product (unless given in pen form) and given SQ in your thigh or abdomen.

**HMG:** Menopur, Repronex, Humegon, Pergonal. All are single dose vials/ampules and may be mixed with your FSH product and given SQ in your thigh or abdomen.

**HCG/ Human Chorionic Gonadotropin:** Novarel, Pregnyl, Profasi. All are single dose vials and are given IM in either the thigh or buttocks. This MUST be given at an exact time given by the physician. **USE ONLY 1cc/ml OF WATER TO MIX- DO NOT FOLLOW PACKAGE DIRECTIONS.**

**Progesterone:** The oil is packaged in a multi-dose vial and must be given IM in the buttocks. Oil is taken once daily for 2 weeks or vaginal suppository (Endometrin) three times daily for 2 weeks, if pregnancy test is positive this decreases to twice daily. This starts evening of retrieval surgery. **OIL WILL NEED TO BE SHIPPED FROM FREEDOM PHARMACY.**

**Antagon:** Packaged as a single dose, SQ injection. (Not used for all cycles, ONLY use as directed)
SUPPLIES

Alcohol Pads, Gauze or tissue, sharps container (to be shipped from Freedom)

Insulin Syringes (orange-capped needles): For SQ injection of Lupron Only! May not be used for any other medications.

Subcutaneous 25-30G 5/8” or ½” Needles (SQ): For SQ injection of Menopur as needed. SQ needles are shorter in length than IM needles. These are to be used to give the SQ injection of medication in the abdomen or thigh. Use no more than 2cc of diluent/liquid for the SQ injections.

3ml 22-25G 1 ½” Syringes (IM): (will be used for three different drugs) First to be used to mix Menopur (remove IM needle and then attach Q-cap to mix with water), second use for Novarel and third use for Progesterone Oil -both of these drugs are IM and you need to use with the needle that is attached. IM needles are longer in length than SQ needles. These are used to give IM injections in the buttocks (upper outer quadrant of the gluteal muscle).

Filter needle 20G 1 ½”: USED ONLY TO MIX NOVAREL AND DRAW UP PROGESTERONE OIL. Remove after medication is in syringe and then attach smaller 22G IM needle for injection.

PREPARING THE DOSE:

- Wash your hands thoroughly with soap and water.
- Lay out all your supplies and medication needed on a flat surface.
- Always carefully recap needles.
- If you contaminate a needle it must be discarded and replaced.

Multi-dose Vials or Single Vial with Diluent:

1. Flip off the protective plastic cap(s) or remove the foil cover. Never remove the rubber stopper. Wipe off the top(s) of the rubber stopper with an alcohol wipe.

2. Remember that it will work on a vacuum system. The amount of air that you back-load into your syringe should equal the volume of the dose. Using the appropriate needle and syringe, pull back on the plunger to draw into the syringe. Put the needle through the rubber stopper at a 90 degree angle and inject the air into the bottle.

3. Turn the vial and syringe upside down in one hand. Make sure that you keep the needle below the fluid level or you will get bubbles. Draw back on the plunger to draw up your fluid/medication.
4. If this is a single dose vial, you will then need to put the fluid (diluent) into the medication (powder) by putting the needle through that rubber stopper and injecting into the powder.

5. Remove the needle from the bottle. All injection needles should be changed to a clean needle appropriate for that injection. Note that the Lupron needle cannot be changed.

6. Check for air bubbles. To remove the air bubbles, gently tap the syringe while holding it vertically. Once the bubbles have moved to the top, pull down on the plunger a small amount, and then slowly push the plunger up, moving the medication into the hub of the needle. This will reduce the amount of medication that may be lost when preparing the syringe for injection.

**ADMINISTERING THE SQ INJECTION**

**Steps:**

1. Choose the site of your injection on the upper thigh or the abdomen. Be sure to change the site each time that you give an injection. Alternate sides of the body so that you do not use the same area on two consecutive days.

2. Clean the injection site. Wipe the injection site with alcohol and allow drying.

3. With one hand, grasp the cleansed area and pinch a fold of skin.

4. Insert the needle at a 90 degree angle (straight).

5. Administer the medication by pushing in the plunger.

6. After injecting, remove the needle from the skin using a quick motion.

7. You may apply pressure to the area with a clean gauze pad or tissue.

8. Dispose of the syringe and needle safely. Remember, never reuse your needles and syringes.

**ADMINISTERING THE IM INJECTION**

**Steps:**

1. Choose the site of your injection on either the thigh or buttocks. Be sure to change the site each time you give an injection. Alternate the sides of the body so that you do not use the same area on 2 consecutive days.
2. Clean the injection site with the alcohol pad. Use a four inch area and allow drying or blot with a tissue.

3. With one hand, holding the needle firmly like a dart, quickly insert the needle straight (at a 90 degree angle). Avoid moles, blood vessels, or any skin imperfections if possible. You don’t need to pinch for this shot.

4. Pull back slowly on the plunger of the syringe for about 0.5cc. If no blood enters the syringe, then proceed to step #8.

5. If blood enters the syringe, it indicates that the needle is in a blood vessel. Just withdraw the needle slightly a few mm from the current injection site and recheck 2nd time for blood (do not be concerned it is ok to take your own blood back). If you see no increase in blood with 2nd attempt, you are fine to inject medication.

6. Inject the medication by pushing in the plunger with a steady motion until the plunger stops. Do this while making sure that the needle is still inserted as far as it will go.

7. After injecting, remove the needle from the skin by pulling up on the needle in the same direction as it was inserted. Apply pressure with a tissue for a few moments to stop any bleeding.

8. Dispose of the syringe and needle safely. You must purchase a small sharps container and contact your waste company for proper disposal. The hospital doesn’t accept these back.

9. Remember never reuse your needles or syringes.

10. Injection sites can become sore. You may try sitting in a tub of warm water, hot moist washcloths, or heating pad to help reduce the soreness. You may only take Tylenol for pain. NO NSAID’S (Motrin, Advil, Aleve, etc.) in treatment or in pregnancy, they can cause bleeding.

11. It is uncommon to have complications. However, if you experience severe pain, persistent pain or tenderness, redness and swelling in an injection site, this may be an indication of an infection, hematoma or thrombosis. Please contact your nurse, physician, or clinic if these occur.

12. Never inject Progesterone in Oil in the thigh, this medication is too thick and will cause pain. Inject in buttocks only. If you need to self administer this medication, please see a nurse prior to doing so.

13. HCG must be given at the correct time. We will inform you of this time. If you are more than 10 minutes late, you must inform a nurse or physician the next morning. Do not be late, as this will delay your surgery.
GONAL-F

ADMINISTERING GONAL-F FROM A MULTI-DOSE PEN

GONAL-F PENS: These are multi-dose, multi-use pens filled with 450 IU of medication. You will need to clean the stopper with alcohol before attaching a new needle each time. After the paper tab is removed, click the needle into place on the end of the pen. You will then remove the outer plastic cover from the needle and see an inner needle cover; do not remove until ready to give your shot.
* You must dial in your correct dosage as prescribed by the doctor at your baseline appointment; this information is on your PINK or BLUE sheet. **DO NOT TAKE THE ENTIRE PEN!**
* After your dosage is dialed in correctly, you will pull the plunger at the end of the pen to set this dose (once plunger is pulled the dosage cannot be changed again).
* You will be injecting this in the same manner that Lupron is injected (SQ - abdomen or thigh). After prepping the skin with alcohol, pinch up the area for your shot and insert the needle at a 90 degree angle. You will then press in the plunger and hear clicking. Once the clicks have stopped and you cannot press plunger any further, all of the medication has been administered and you can withdraw the pen.
* Remove the needle by recapping with the outer plastic cover and twist until it comes off. Place this in your sharps container.
* You cannot mix any other drugs with the Gonal-F in pen form.

**As always, if you have any questions please call us first. It is better to ask than make a mistake that we cannot fix. Please call the IVF PAGER after hours or when the nursing staff is not available.**
ADMINISTERING GONAL-F FROM A MULTI-DOSE 450IU VIAL

*In the boxes that say Gonal –F 450 IU there are 6 needles, a needle with water and a vial of powder. This is a multi-dose vial of medication. There are 6 doses of medication in the vial. **DO NOT** take the entire bottle!

**GONAL-F 450 IU:** Insert the needle with the water into the powder and dilute the powder. Throw that needle in the sharps container. You will notice that there are syringes in the box (they are tucked in a fold in the box) they are calibrated at dosages of 37.5, 75, 150, 225, and so on.

*If you are mixing Gonal-F with Menopur and you are drawing 2 doses of Gonal-F you just inject the Gonal-F directly into the bottle of Menopur. Dissolve the Menopur and suck the medication back into the Gonal F needle and inject as usual.

*If you are taking one dose or 75 units of Gonal-F, suck that into the syringe as usual. Take a 3 ml syringe and pull down 0.5ml (1/2 ml) of the water that comes with the Menopur. Squirt that into the bottle of Menopur powder and dilute the Menopur. Now you can suck up the Menopur with the Gonal-F syringe and give the injection. We are doing this because it is a little difficult to dilute the Menopur with 75 units of Gonal-F. Using the water in the Menopur should work better.

***One word of caution, **DO NOT** read the label that the Pharmacy prints out. They have been known to make mistakes with this medication. Read the dosage **DIRECTLY** from the box that the manufacturer prints.

ADMINISTERING GONAL-F 75IU IN SINGLE DOSE VIALS

The boxes that say Gonal-F 75 IU are one dose units that contain a pre-filled syringe of sterile water, a vial with powdered medication, and two needles; 1 PINK to mix and 1 RED to use for injection. If you need more than one dose of medication, just get 2nd box of Gonal-F and use only the POWDER from box #2.

*One dose of Gonal-F is equal to 75 units, two doses are equal to 150 units and so on...

If you have HMG to take with your FSH shot also, just add it to the already mixed Gonal-F dose/s by moving the medication dissolved in the water to the HMG powder/s. You can add as many as 2 more doses of HMG powder to your syringe with Gonal-F. **DO NOT ADD MORE WATER TO THE SYRINGE!** You do not need to pre-mix Menopur with water; the water included in the Gonal-F is more than enough to dissolve all of your dosages (max of 4 vials). ALL of the water mixed with the medications is injected, THERE IS NO MEASUREMENT OF THIS MIXTURE THAT YOU NEED TO KNOW.

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