

Injecting low dose Pregnyl

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Pregnyl comes in special glass bottles called ampoules. Your doctor will prescribe the dose most suited to you and your treatment. Pregnyl can be injected just beneath the skin's surface.

Injections may be given by a nurse or doctor, but are easily done at home, either by you, a partner or a friend.

This leaflet provides an illustrated stepwise guide to injecting Pregnyl at home. Please read through carefully before your first injection.

Step 1 | Getting Ready

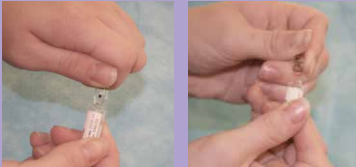


Wash your hands thoroughly and prepare a clean working space. Make sure you have everything that you will need.

- ♦ Pregnyl (1500iu) and solvent ampoule
- ♦ Drawing up needle
- ♦ 3ml syringe
- ♦ 0.5 ml insulin syringe for giving injection
- ♦ Alcohol swab

Remove the 3ml syringe and the large drawing-up needle from their protective packaging. Attach the needle, together with its safety sleeve, firmly onto the syringe.

Step 2 | Opening the Pregnyl & solvent ampoules



Remove the 2 glass ampoules from the Pregnyl pack. Make sure the content of both ampoules is below the neckline by gently flicking the ampoule.

Holding the Pregnyl ampoule firmly in one hand, with the other hand, grip the top of the ampoule between your thumb and your index finger and snap off the top. Dispose the top into your sharps bin. Repeat the procedure with the solvent ampoule.

Step 3 | Mixing Pregnyl with the solvent



Pick up the 3ml syringe and needle and carefully remove the plastic safety sleeve. Place the needle into the ampoule containing the solvent and draw up all the liquid (1ml) by slowly raising the plunger.

Now release all the liquid from the syringe into the open Pregnyl ampoule by slowly depressing the syringe plunger. The Pregnyl powder will dissolve instantly (**DO NOT SHAKE**).



Step 4 | Draw up Pregnyl into the syringe



Dosage	ume	Units	Vol
100iu		7	0.07ml

You have been prescribed a low dose of 100iu. You will have been given a small insulin syringe. Draw up the dose required from the ampoule using the insulin syringe according to the table.

Step 5 | Priming the needle



To remove any air bubbles from the injection liquid, hold the syringe with the needle pointing up and gently flick the syringe barrel until any air bubbles rise to the surface.

Then, slowly push the plunger to expel the air.

Step 6 | Injecting Pregnyl



You are now ready to inject Pregnyl. The ideal place to inject is just below the navel, although your doctor or nurse may suggest an alternative site.

First clean the injection site with an alcohol wipe. Let the skin dry for at least one minute. Pinch your skin and insert the needle fully under the skin at 90 degrees to the skin's surface.

Depress the plunger slowly, steadily and fully.

Remove the needle and press down on the injection site with an alcohol wipe.

Dispose of the syringe, plus needle in the sharps bin.