

INJECTION HANDBOOK

Self-Administered Hormone Medicine



www.alphafertilitycentre.com

No. 31, Level 2. Jalan PJU 5/6
Dataran Sunway. Kota Damansara
47810 Petaling Jaya. Selangor



Tel : +603 6141 6166



Fax : +603 6141 6166



Email : enquiry@alphafertilitycentre.com



Facebook : Alpha Fertility Centre



Instagram : [alphafertility](https://www.instagram.com/alphafertility)

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INTRODUCTION

A GUIDE TOWARDS SELF ADMINISTERED HORMONE INJECTIONS



The purpose of this booklet is to guide you on what you need to know about your home injections. Our counsellors at Alpha Fertility Centre understand your concerns on performing self-injected hormone medications. Each medication comes in various forms and usage. By following the guide and instructions, you will be able to:

- Be more confident in performing self-injected medications upon returning home.
- Understand the importance of injecting the correct medications, technique, route, dose and timing.
- Able to dispose needles and syringes correctly.
- Able to identify the side effects of hormonal drugs and when to seek medical professional advice in case of side effects.

Your Injection Schedule

- Your injection schedule is given to you as a reminder on when to start your injections, type of medication, dosage and the timing of your injections.
- A nurse will explain to you the purpose of each medication and how to self-inject using the proper technique. Please refer to page no.4.
- To avoid mistakes, you should STRICTLY follow your given injection schedule. Incorrect or missed injections may result in an aborted cycle.
- You will receive a new injection schedule sheet after every consultation until the egg retrieval day.

How to Prepare Your Injections

1. Remove medication from refrigerator 5 minutes before injection.
2. Wash hands thoroughly.
3. Check the expiry date of your medication, and ensure solution is clear and free from sediments. Please contact us if your medication is contaminated.
4. Before loading instructed dose for multidose medication,
 - Gonal-F® and, Puregon® injection: Swab the open end of cartridge with alcohol wipes.
 - Suprefact® injection: Swab the rubber cover of the vial with alcohol wipes.This is to maintain sterility of the medication.
5. Each medication instruction will be demonstrated from page 6-12.

How to locate injection site

1. Inject in the lower abdominal area, subcutaneous layer (fatty layer of tissue under your skin, *Figure 1*). Measure the subcutaneous area by placing 1 finger below and away from your belly button (*Figure 2*).
2. Injection may be done by you or your partner.
3. The injection site shall be changed daily to lessen possible injection site reaction. Do not inject into areas which you feel lumps, firm knots, depressions or bruises.

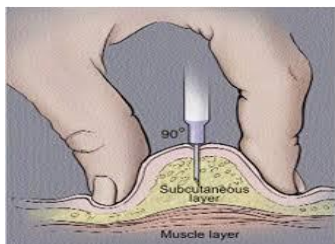


Figure 1.

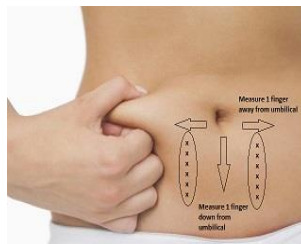


Figure 2. Measure 1 finger away and down from umbilical. X marks injection site.

Taking care of your medication and syringes

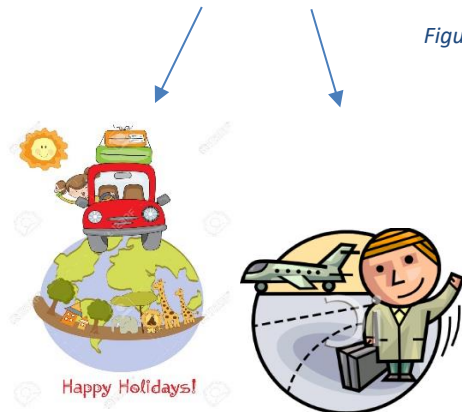
- All medications must be kept cool at all times.
- At home, keep medications refrigerated (2°-25°). (*Figure 3*)
- **Do not freeze.** Frozen medications can't be used anymore.
- While travelling to home, clinic, holidays or business trips, keep medications in a cooler bag with dry ice (*Figure 4*)
- Keep syringes in a safe place away from children at home in a dry clean bag.



Figure 3.

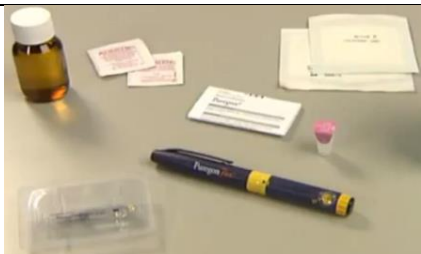


Figure 4.



Pictures shown are for illustration only.

INSTRUCTIONS FOR PUREGON® PEN



Step 1.
Preparation of alcohol swab,
cartridge, pen device.



Step 2.
Remove the cap, unscrew pen body.



Step 3.
Clean the cartridge tip with alcohol
swab.



Step 4.
Load the cartridge with the white
colored cap in first.



Step 5.
Screw the pen body and align the
arrow.



Step 6.
Gently remove needle shields,
without touching inner side.



Step 7.
Gently push and screw in needle cap to pen body until tight.



Step 8.
Dial dosage knob counterclockwise to the prescribed dosage ordered.



*If accidentally over dial dosage, turn knob all the way till the end to loosen the knob. And re-dial to prescribed dosage.



Step 9.
Locate injection site, clean with alcohol swab. (*Refer to page 4*)



Step 10.
Press knob to inject medication.



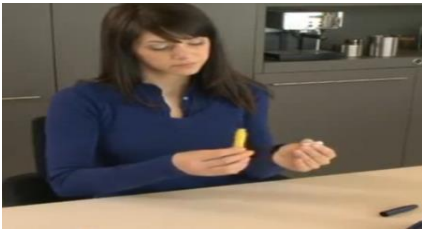
Step 11.
Press continuously until dosage number shows 0 upon completion.



Step 12.
Wait 5 seconds before removing
needle.



Step 13.
Recheck again to ensure all medication
is injected.



Step 14.
Unscrew needle cap counter
clockwise to remove from pen body.



Step 15.
Remove cartridge and keep back inside
fridge if there is excess.



Step 16.
Do not cover pen with attached
needle This will damage your pen
device.

INSTRUCTIONS FOR GONAL-F® PEN



Step 1.
Prepare the items.



Step 2.
Turn the knob to the dose instructed.



Step 3.
Peel off needle cap.



Step 4.
Screw the needle to the pen tightly.



Step 5.
Remove both white and green
protection tip.



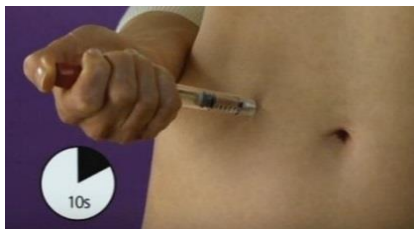
Step 6.
Locate injection site, clean with
alcohol swab. (*Refer to page 4*)



Step 7.
Press knob to inject medication.



Step 8.
Inject the pen until the reading says 0.



Step 9.
Count 10 seconds, remove the pen and gently press alcohol swab at injection site.



Step 10.
Remove needle, cap back injection pen and store in the fridge.

INSTRUCTIONS FOR SUPREFACT® INJECTION



Step 1.
Prepare the items.



Step 2.
Remove syringe wrapper, insert needle into Suprefact® vial.



Step 3.
Tilt vial, start filling medication into the syringe by pulling the plunger.



Step 4.
Stop until 0.50mls/ 0.10mls/ 0.08ml dosage ordered by your doctor.



Step 5.
Tap to remove air bubbles, push plunger upwards till a drop of solution appears.



Step 6.
Locate injection site, clean with alcohol swab. (*Refer to page 4*)



Step 7.
Inject needle into injection site, push plunger all the way to inject medication.



Step 8.
When complete, remove the syringe, and gently press alcohol swab at injection site.



Step 9.
Keep remaining Suprefact® vial in fridge.

INSTRUCTION FOR CETROTIDE® INJECTION



Step 1.
Prepare the items.



Step 2.
Remove blue cap of powder vial.



Step 3.
Unwrap yellow needle package.



Step 4.
Screw yellow needle to pre-filled syringe.



Step 5.
Carefully, remove yellow needle cap.



Step 6.
On a stable surface, insert yellow needle into powder vial.



Step 7.
Inject **all** solution from syringe into powder vial.



Step 8.
Gently swirl powder vial until solution is dissolved.



Step 9.
Using same yellow needle, syringe out all dissolved solution back into the pre-filled syringe.



Step 10.
Recap and remove yellow needle. Change to the grey needle.



Step 11.
Tap to remove air bubbles, push plunger upwards till a drop of solution appears.



Step 12.
Locate injection site, clean with alcohol swab. (*Refer to page 4*)



Step 13.
Inject needle into injection site, push plunger all the way in.



Step 14.
When complete, remove the syringe, and gently press alcohol swab at injection site.

Where & How to dispose my used needles?

1. Why should I dispose needles correctly?

Disposing needles and syringes is important whether you are at home, at work, at school, or in public places such as hotels and airports.

This is to prevent people (sewage workers, house cleaners, janitors, family members) and including your pet from being pricked by your used needle.

2. How do I dispose my needles?

• Option 1. At Home

- ✓ Put needles in a container with a strong lid or cover to keep the needles from sticking through the sides. Example, liquid detergent bottle. *(Figure 5)*
- ✓ Seal container tightly using masking tape when it's $\frac{3}{4}$ full.
- ✓ Put the container in the centre of your garbage for disposal.

• Option 2. At your local clinics or hospitals

- ✓ Put needles in a container with a strong lid or cover to keep the needles from sticking through the sides.
- ✓ Give to your local clinics or hospitals for needles to be properly disposed. *(Figure 6)*



Figure 5.



Figure 6.



(Adapted from American Nurse Association)

FAQS

1. What foods or supplements I can consume during injection period?

You may continue your vitamins/supplements daily. Taking folic acid tablet once a day is encouraged. Avoid food or supplements that contains Chinese and traditional herbs. For full information, please refer to AFC's IVF information guide.

2. What happens if I missed my daily dose of injections?

Immediately inject when you remember. Injection timing can be done latest within 1 hour from your scheduled time. Do not inject double dose on the day. Otherwise, immediately contact our clinic for further advice.

3. Do I need bed rest during this period?

Not necessary. You may continue your daily routine such as working and exercises. Reducing stress is highly recommended.

4. How can I clean my skin before injection if I am allergic to alcohol swab?

You may use a clean warm towel as a replacement.

5. What happens if I notice there are bruises on my injection site?

Do not inject back at the same area, inject at another site away from the bruises.

6. What should I do if I have misplaced my medications?

Do contact the clinic immediately for further advice.

7. What are the side effects of hormone injections?

Each individual responds to medications differently. Side effects include hot flushes, lethargy, increase of appetite, mood swings, and headaches. Advisable to keep yourself hydrated.

8. I am afraid I will forget my injection timing.

Injection timing must be consistent every morning. The only exception is the ovulation triggerin injection which should be done 36 hours before your scheduled egg pick up time. While travelling overseas with different time zones, set your alarm to your original country time.

9. Signs of severe Ovarian Hyperstimulation Syndrome:

- ✓ Severe lower abdominal and pelvic pain.
- ✓ Rapid weight gain
- ✓ Shortness of breath
- ✓ Minimal urine output
- ✓ Cold Sweats
- ✓ Bloating
- ✓ Nausea

Contact our clinic immediately if you have any of these symptoms!

All picture illustrations adapted from MSD®, Merck Serono® and Sanofi® companies.

NOTES :



Do not freeze!


Frozen medications
can't be used after
deep freezing


NOTES :

Deep breath,
relax! & enjoy
the process!



CONTACT US AT:

 Tel : +603 6141 6166

 HP : +603 012 213 1130

 Email : enquiry@alphafertilitycentre.com

 Website: www.alphafertilitycentre.com

 www.facebook.com/alpha.fertility.ctr

Address:

Alpha International Fertility Centre
No. 31, Level 2, Jalan PJU 5/6
Dataran Sunway
Kota Damansara
47810 Petaling Jaya
Selangor, Malaysia

Operation Hour:

Mon & Wed	8am-9pm
Tues, Thurs & Friday	8am-6pm
Saturday	8am-3pm
Sunday & Public Holiday	Closed