

Before you start, assemble the supplies you will need for the injection:

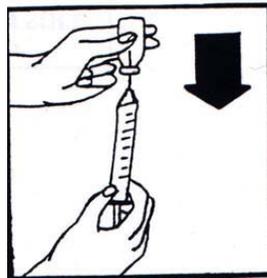
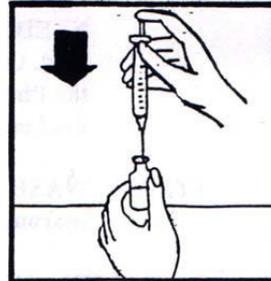
- medication
- 3 cc (ml) syringe 20G 1½ inch (yellow) needle
- 22G 1½ inch (black) needle
- alcohol swab
- gauze



To administer the medication you will have to prepare the syringe, select and prepare the injection site, then finally inject the medication. **Begin by washing your hands.**

To Prepare the Syringe:

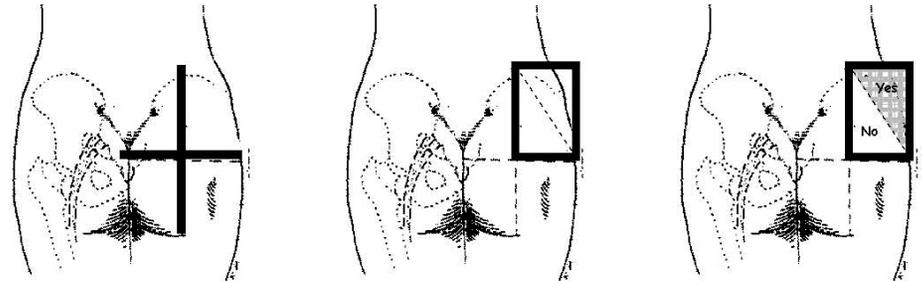
- Take the syringe out of its sterile wrapper, then open the 20 G (yellow) needle and screw it onto the syringe.
- Pull back on the syringe plunger and draw up 1 cc (ml) of air.
- Remove the cap from the medication, and use the alcohol swab to clean the rubber covering the medication bottle. Allow to dry.
- Insert the needle into the bottle and inject the air into the bottle.
- Keep the needle in the bottle and turn the bottle over. Hold the bottle straight up and confirm that the needle is submerged in the liquid. Withdraw at least 1 cc (ml) of medication - take more than you need because you will always have some air bubbles mixed in that you will need to squirt back into the bottle. You may notice that the progesterone oil is quite thick.
- With the needle still in the bottle, hold the bottle firmly and flick the syringe hard so that the bubbles rise to the surface. Then push on the plunger so that the bubbles (and the extra medication) move back into the bottle. Keep pushing on the plunger until you have exactly 1 cc (ml) of medication remaining in the syringe. Withdraw the needle from the bottle.
- Recap the 20G (yellow) needle and attach the new 22G (black) needle. Holding the syringe straight up, push gently on the plunger until you begin to see medication at the tip of the needle. Keep the needle capped until you are ready to give the injection.



To Select the Injection Site: (Select a new site each day)

You will be injecting the medication deep into the muscle of the buttock and it is important to avoid injecting near the large nerves that lie near the middle of the buttock. To do this, select the injection site as follows:

- Imagine that the buttock to be injected is divided into four equal squares.
- Now look more closely at the upper, outer square: Imagine that this square is divided into two triangles by a line running downward from the inside corner to the outside corner.
- The proper area for injection is inside the upper, outer triangle (shaded area in diagram).



To Inject the Medication:

You will be injecting the medication deep into the muscle of the buttock and it is important to avoid injecting into the large blood vessels in the area.

- Select a site that is clear of veins, and swab the skin with the alcohol swab.
- Uncap the needle and when the skin is dry, insert the needle (all the way) with a quick, smooth motion, perpendicular to the skin.
- **Check that it is not lying in a vessel:** using gentle but firm pressure, **pull back on the plunger of the syringe** and look to **make sure that blood is not running into the syringe**. If you see blood, remove the needle completely and start over (with another site and a new needle).
- Once you are sure that no blood is running into the syringe, slowly inject all of the medication.
- Withdraw the needle using a smooth, quick motion.
- Apply gauze and firm pressure to the injection site until bleeding has stopped.
- Do not recap the needle but do discard the needle immediately.

**THIS INFORMATION IS INTENDED AS A GUIDELINE AND MAY NOT CONTAIN
INFORMATION ABOUT ALL ASPECTS OF CARE**