

# Intramuscular Injections

*Humegon, Pergonal, Metrodin, hCG, and Progesterone*

## **Patient Instructions:**

1. Wash your hands.
2. Choose a different injection site each day. Select an area that is not red, sore or swollen. Clean the injection site with an alcohol pad. Start at the center of the site and wipe in a circular motion, widening the circle to a 2-inch area.
3. Uncap the needle. If you touch (contaminate) the needle after the medication is in the syringe, put the cap back on the needle and twist it off. Replace it with a clean needle.
4. Spread the skin taut between your thumb and index finger and position the needle at a 90 degree angle.
5. Hold the syringe like a pencil and insert the needle quickly with a dart-like motion. Release the skin after the needle is inserted.
6. Hold the syringe in place and pull the plunger back slightly. If blood appears in the syringe, withdraw the needle and put pressure on the injection site. Move to a different site and attempt the injection again.
7. If no blood appears in the syringe, push the plunger in slowly until all the medication has been injected.
8. Withdraw the needle quickly, the same angle at which it was inserted. Gently rub the injection Site with a cotton ball or gauze pad. Cover the injection site with a band-aid if bleeding occurs.
9. Use warm compresses 2-3 times daily to the injection site to increase absorption of the medication and soothe sore muscles.