

The Sher Institutes for Reproductive Medicine

Medication Administration Guidelines

Tips

- 1 ml = 1cc
 - Needles are **STERILE**; do not touch them before using them to inject, and only use them once.
 - Rotate injection sites from one side of the abdomen to the other, and from one thigh to the other
 - With multi-dose medication vial, swab the top of the medication vial with an alcohol swab before each use
 - **WHEN IN DOUBT ABOUT THE MEDICATION DOSAGE OR INJECTION, PLEASE CALL THE OFFICE FOR CLARIFICATION. DO NOT GUESS!!**
 - There should always be someone on call after hours. Please call 646-792-7476 and follow the prompts for the on-call service. Please call before administering the medication if you are in doubt, and please call before 10:00 pm if at all possible.
 - Read all the medications labels before taking the medication to ensure that you are taking the correct medication.
 - Report all medication errors to your coordinator as soon as possible.
 - Report all unusual reactions to your coordinator as soon as possible.
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Birth Control Pills

- Remember to remain on the active pills only until told to stop. (Please refer to your calendar)
- The pill can be taken any time during the day at roughly the same time every day.
- Refer to your calendar for the last day to take your pill. Stop on that day no matter where you are in the packet of the active pills.
- You should expect a period to come 3-4 days after the last pill but it's ok if it comes 2-5 days later, as long as your period starts prior to your hormone-stimulation medications (i.e., E2V, Gonal-f or Follistim) starts.
- If you experience some spotting or even bleeding while on the pill, do not worry - you will still have a withdrawal bleed after stopping the pill on the day indicated on your calendar.
- Breakthrough bleeding (bleeding while on the pill) is normal.

Dexamethasone 0.75mg tablet

- This is a low dose steroid tablet.
- It is given to decrease inflammation and reduce the inflammatory response of your body to foreign bodies (your embryo) before the embryo transfer.
- Take once a day in the morning with a full meal (Breakfast , lunch or dinner) to decrease GI upset.
- Potential side effects are insomnia, increased appetite and bloating.

Lupron (Leuprolide Acetate)

- Lupron is taken to suppress your hormone at the pituitary level; it does not suppress your ovaries.
- Injection should be given subcutaneously in either the upper outer thigh (this gives you a space about the size of your hand to work with) or in the lower abdomen (one inch below your belly button and you have your whole panty line to work with).
- **TO BE GIVEN IN THE AM BETWEEN THE TIME THAT YOU WAKE UP AND 12:00 NOON**
- The vial is a multi dose vial.
- Use the insulin syringes with the orange top to draw up the dose and inject.
- Refer to your calendar for the dose and measure the units (marking on the syringe)
- The most common side effect is hot flashes. These will be relieved by the start of your stimulation meds (Gonal-f or Follistim)

This medication can also be used as trigger shot (instead of HCG) . The Doctor will decide if you are a candidate for this based on your history and protocol. If used as a trigger shot, it will be an intramuscular injection. The normal dose is 2mg =0.4cc/ml on the syringe.

Ganirelix/ Antagon/ Cetrotide

Please refer to your calendar for the dose. It normally comes in 250mcg (or 25mg). You may or may not use a full dose

- To be taken like the Lupron - subcutaneously in the AM
- Also, like the Lupron, it is taken to suppress your own hormones and has a better long term effect with few side effects. It also prevents you from ovulating on your own.

How to split the dose if your pharmacy hasn't done so already

ANTAGON/ GANIRELIX (comes in a prefilled syringe 250mcg (25mg)

1. use a 1cc syringe that does not have a needle and pull the plunger to 0.25cc
2. insert the needle of the prefilled Antagon / Ganirelix in the hole of the 1cc syringe and fill the empty syringe
3. place a 27 gauge ½ inch needle on the 1cc syringe to inject

4. save the remaining 0.25cc in the original Antagon/ Ganirelix syringe for the next morning dose
5. **KEEP MEDICATION REFRIGERATED WHEN NOT IN USE**

CETROTIDE- comes in a kit with a syringe fill of water and a vial of power

1. To split the Cetrotide, fill the vial of powder with the prefilled syringe of water.
2. Now you will have 2 doses in the vial.
3. Use one of the insulin syringes (the orange top syringe the same you used for the Lupron) and withdraw 50 units (this = ½ the dose)
4. Save the other half in the refrigerator for the following day
5. NOTE--- the second dose may measure a little less than the first because the medication will thicken a little. Just draw it out completely and use whatever is left in the second dose.

E2V= Estradiol Valerate or Delestrogen

- Not all protocols involve E2V, so if it is NOT on your calendar, please disregard these instructions!!!!
- This is given to prime the receptors on the ovaries to improve reponse of your stimulation medications in the following week. It also helps to improve your endometrial lining.
- This is an Intramuscular injection (IM) given in the PM (between dinner and bedtime) in the upper outer quadrant of the buttock.
- Give while lying down to relax the muscle.
- **VERIFY THAT YOUR DELESTRGEN CONCENTRATION IS 20mg/ml in the VIAL**
- Use a 1cc syringe and attach an 18ga. needle to withdraw the medication (**DO NOT INJECT WITH THIS NEEDLE**). Draw out 0.2cc =4mg or whatever dose you are instructed to use. Once you have the correct dose, switch your needle to the 22ga. 1½ inch needle to inject.

ESTRADIOL PATCH/ CLIMARA 0.1MG

Please refer to your calendar for the frequency of the medication.

This medication comes in a patch form like a band aid. You will peel and stick it to your lower belly or upper buttock. We recommend that you get some surgical tape and tape around it to keep it in place.

E2V 2mg Vaginal Suppositories

- Not all protocols use the Estradiol Valerate vaginal suppositories
- These are given to ensure that the uterus is being supplied with enough estrogen
- Insert vaginally at bed time.
- These may not continue after cycle day 9 (CD9) on your calendar

PLEASE READ YOUR LABEL CAREFULLY, AS YOU WILL HAVE SEVERAL DIFFERENT SUPPOSITORIES. PLEASE MAKE SURE YOU ARE USING THE CORRECT ONE. MAKING A MISTAKE MAY RESULT IN YOUR CYCLE BEING CANCELLED!

Folic Acid 1mg Tablet or Folgard 2.2mg

- This is prescription strength. Over-the-counter dose is only 400mcg which is not enough for our purposes.
- These tablets are taken to prevent spinabifida-type problems in the fetus
- They have no side effects and can be taken anytime.
- You may opt to take a Prenatal Vitamin instead. This is fine as long as it contains 1 mg of the Folic acid

Viagra Vaginal Suppositories

- Given to increase blood flow to the endometrial lining.
- Taken vaginally 4x a day
- No side effects except possible vaginal irritation in combination with other suppositories
- Place the suppositories over the course of the day about every four to six hours, with the last one being at bedtime
- You may wish to wear a panty liner since not all of the wax will absorb, and you may experience slight oozing
- You should try to sit for at least 15 minutes after insertion.

Heparin 5000 units

- Use only if indicated on your calendar
- This is a blood thinner. Used to increase blood flow thru the vessels
- This is used twice a day - once in the AM and once in the PM
- Given subcutaneously
- Verify the dose on your vial. If it's a 10,000 unit vial this is good enough for two doses. Please use a Lupron syringe (insulin), draw out to the 50 unit mark and inject in the belly or the thigh.
- You may experience some bruising at the injection site. Do not rub site after injection.
- Please be careful about bumping into things or cutting yourself, as bruising can be exaggerated and clotting can take longer.

Lovenox 30 mg

- Used for the same purpose as Heparin

- Should be injected subcutaneously once per day
- The price between the two varies. We will order the one that cost the least based on your insurance coverage

Gonal-f/ Follistim/ Bravelle

- This is FSH (Follicle stimulating hormone) or stimulation medications
- This is given in the SQ in the evening between dinner time and bedtime

Gonal-f may come in pen or multi-dose vial form

- **Multidose-** comes in a kit with a syringe filled with water and a vial of powder. Inject the water into the vial, mix, then discard the syringe. In the box there are specially marked syringes for injecting. Draw out the dose to the marking that you need, then inject subcutaneously.
- **Pen-** Looks like a pen – hence the name. It is pre-filled so no mixing is needed. Remove the cap, attach a needle that comes with the pen to the threaded tip, then dial your dose and pull the plunger to lock the dose in place. Then hold in the palm of your hand and inject in the belly or thigh with your thumb pushing the plunger.
- You may contact Fertility Lifelines at 1-866-538-7879 for Gonal-f support 24 hours a day

Follistim

- Comes in cartridge form.
- You will need to use the Follistim pen to inject.
- Remove the cap and unscrew the pen (yellow and blue piece).
- Place the cartridge in the yellow piece with the metal tip down, then screw the two pieces back together.
- Attach the needle that comes with the Follistim to the threaded tip of the yellow piece. Remove the outer shell casing. Please note that the needle still has a protective shield that you will have to remove before injecting.
- Dial the dose that you need.
- Hold in the palm of your hand and inject in belly or thigh, using your thumb to push the plunger.

Bravelle - Comes in powder form. Please refer to Repronex for mixing instructions.

Please note: The highest dose you can turn on the pen is 450iu. You may have to give yourself two injections to make up a full dose.

Repronex/ Luveris/Menpur—please refer to the dose on your calendar!!

- This is the Luteinizing Hormone (LH)
- To be given as a separate injection in the PM after your Gonal or Follistim or Bravelle
- This is given SQ and will cause some stinging
- The dose is always 1 amp = 75 units comes in powder form with a vial of water to mix
- Use a 3cc syringe with a 22 ga. 1½ inch needle to mix. Draw out 1 cc of water and inject into the powder. Swirl to mix and draw out completely. Switch the needle tip to the 27 ga. ½ inch needle to inject (they screw on and off)
- **If splitting the dose, follow the same instructions, but once it is mixed, you will only draw out ½ cc/ml of the mixture**

HCG 10,000 IU IM(Human Chorionic Gonadotropin) , Novarel, Pregnyl or Profasi

- This is your “trigger shot”
- **You MUST administer this shot at the recommended time! If not, your cycle may be jeopardized!**
- Comes in powder form.
- Use a 3cc/ml syringe with a 22 ga. 1½ inch needle to mix. Draw out 1cc/ml of water, inject into the powder mix, and draw out completely. Switch the needle tip to the 25 ga. 1 inch and inject in the deltoid (upper arm near shoulder like a flu shot).

Progesterone in Oil

- This medication supports your pregnancy.
- Started prior to transfer
- Comes in an oil-based solution
- Use a 3cc/ml syringe with an 18 ga. needle to draw out the dose, then switch the needle to a 22 ga. 1½ inch and inject intramuscularly (in the buttock) at night time.

Please pay attention to the dose:

50mg = 1cc/ml

100mg= 2cc/ml