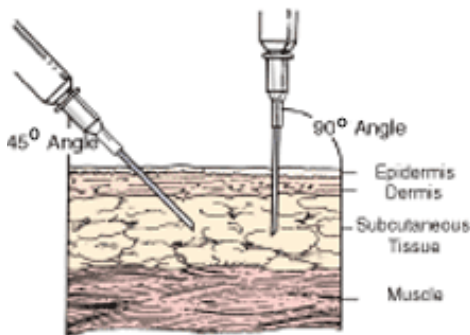


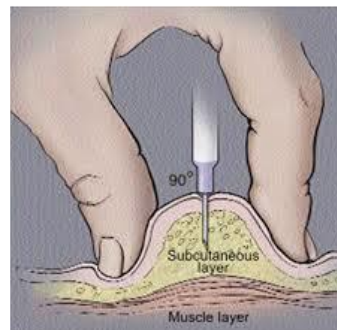
hCG Injection Tips

Self-Administration

1. In a circular motion, clean the injection location with the alcohol pad you were given with your needles.
2. Be sure to allow the alcohol to air dry. This will ease discomfort or pain on insertion as there will be less of a sting.
3. The injection can be given anywhere below the waist to just above the hip bone and side to side to within 2 inches of the belly button. Avoid the belly button.
4. If you can grasp 2 inches of skin between your thumb and first finger, give the injection at a 90° angle. If you can only grasp 1 inch of skin, give the injection at a 45° angle.
5. Hold the syringe with your writing hand and pull the cover off with your other hand. Place the syringe between your thumb and forefinger and let the barrel rest on your middle finger.
6. With your other hand, gently pinch the skin and insert the needle in to the subcutaneous fat layer between the skin and the muscle.
7. Once the needle is all the way in, press down the plunger to inject the medicine.
8. Pull the needle out at the same angle it went in.



(Step 4)



(Step 6)

Tips for Easing Discomfort

1. Ice the injection location for 2 to 5 minutes to numb the injection area.
2. Allow the pre-injection alcohol to air dry prior to the injection.
3. Be sure to relax your muscles and breathe slowly prior to injection.
4. Release the skin prior to injection to reduce irritation.
5. Quickly inject to reduce pain and trauma.
6. Withdraw the needle in one swift motion.
7. Do not rub or massage the injection site as it can cause bruising or bleeding under the skin.

Proper Disposal of Used Syringes

It is important to dispose of needles and syringes properly. If you do not have a proper Sharps disposal container at home, please follow these instructions.

1. Please do not throw needles in the trash or recycle bin.
2. Use a plastic bottle with a screw lid to place the used syringe and needle in.
3. Ensure that both the syringe and the needle fit in the container easily and will not break through the sides.
4. At your next appointment, return the bottle with the used syringes to the clinic for safe disposal.