

# GUIDE TO SELF-INJECTION

## What to do before administering the Fertility injection

1. Check expiry dates on every box
2. Check that you have the correct drug AND strength
3. Wash hands and clean skin around injection area
4. Do not touch any uncovered needle
5. Dispose needles safely to avoid accidents

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## Before starting, make sure you have all the material you need:

Drug vial (powder)



Diluent ampoule (solution)



1 Syringe



2 Needles (25G and 27G)

2 Alcohol Swabs

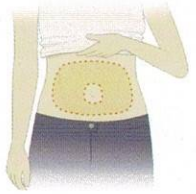
You may view the injection guide video on the following link  
<http://www.firstline.com.my/injection-guide/>



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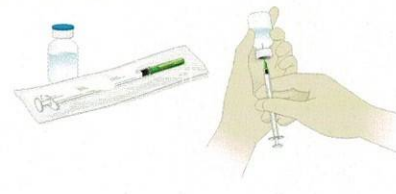
# How to administer a Subcutaneous Injection



- 1** Choose your injection site - 2 inches from navel



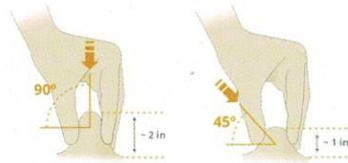
- 2** Wash hands and clean injection site with alcohol swab



- 3** Take the prepared needle and injection



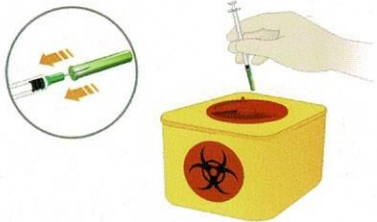
- 4** Gently pinch skin at your chosen injection site using the thumb and index finger of the hand that is not holding the needle. Pinch up the skin



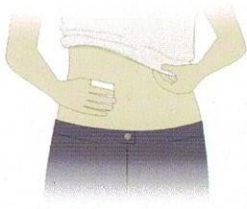
- 5** Quickly insert the needle all the way into the pinched area of skin  
a. at 90 degrees angle if 2 inches of skin has been grasped  
b. at 45 degrees if only 1 inch of skin can be grasped



- 6** With the needle inserted, release the skin and inject the medication by pushing down on the plunger slowly (20 seconds)



- 7** Remove the needle at the same angle it was inserted and discard safely



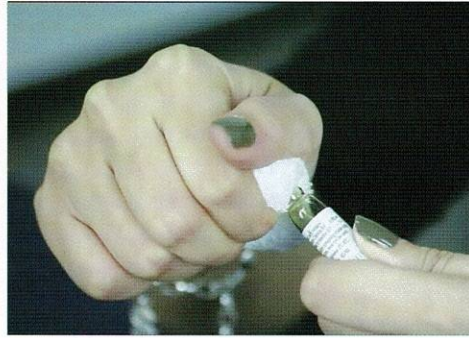
- 8** Put pressure on the injection site with a gauze swab for 20 seconds

## TIPS FOR LESS PAINFUL INJECTION

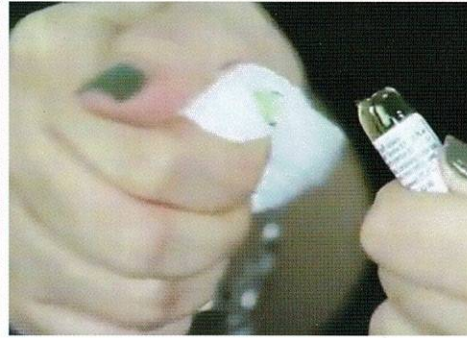
- 1** Massage the injection site to calm the area of injection
- 2** Time is Key! Injecting the drug slowly and continuously helps to reduce pain
- 3** TRY to relax before the injection



1 Attach needle to syringe for mixing (25G x 1 1/4in), twist to tighten. Set aside.



2 Hold ampoule base upright. Tap ampoule gently to ensure all solution is at the base. Look for the scoring/line at the neck of the ampoule. Hold top and base firmly.



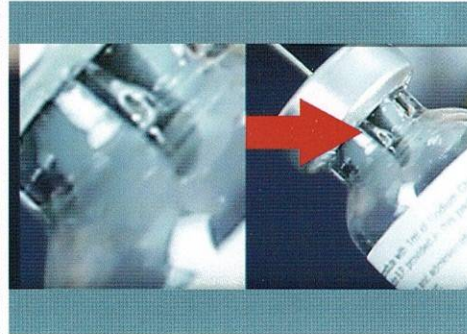
3 For safety, use a piece of cloth to hold the top. Apply pressure at 90°, turn and snap top off. The ampoule should break at the neck only.



4 Insert needle and draw out all the solution from the ampoule.



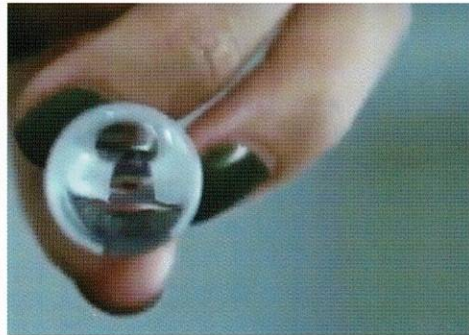
5 Remove the cap from vial and wipe the top of vial with alcohol swab.



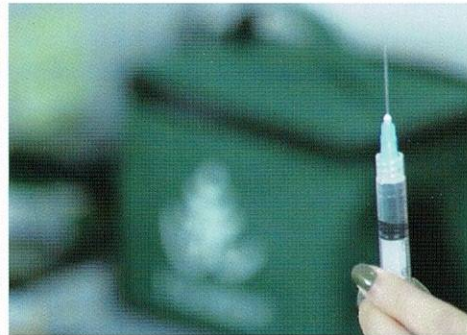
6 Insert the needle at an angle through the grey rubber circle. Point the needle tip to the wall of vial and gently empty the solution into it.



7 Remove the needle and rotate the vial by swirling it between your thumb and index finger.



8 Swirl until the solution is clear.



9 Pull back the plunger to the dosage mark before inserting needle into the rubber circle.



10 Gently inject air into the vial to equalize the pressure so that withdrawal of the solution is easier.



11 Keep the needle in vial and gently invert the vial (upside down).



12 Gently pull back the tip of needle to the same level as the rubber stopper.



13 Withdraw the correct dosage by pulling back the plunger, or allow the fluid to enter syringe automatically.



14 Follow step 15 when you have reached your prescribed vial dosage (up to 4 vials).



15 With needle in vial, tap the syringe to remove any air bubbles. Depress plunger to expel air into vial.



16 Turn the vial upright before removing the needle.



17 Change the needle (27G x1/2") and the injection is now ready to be injected into the tummy.



Scan QR code to directly access video link.