

## Low Dose HCG (Pregnyl or Novarel)

1. WASH YOUR HANDS BEFORE STARTING. Make sure you are working on a clean, dry surface. You may have Novarel or Pregnyl (they are the same).



2. Remove lids from both bottles. Wipe both rubber circles down with an alcohol swab.
3. Attach the long needle (22or23G 1&1/2 in) to the 5ml syringe.
4. Remove the cap from the needle, and pull it back to 5 ml to pull air into the syringe. Keeping diluent bottle flat on the counter, insert needle into the rubber circle, then push air from syringe into the bottle. This will keep the pressure equalized when the water is removed.



5. Pick up the diluent bottle with the needle still inserted, tip it upside down, and withdraw a 5ml of fluid. Remove the needle.
6. Inject the 5mls into the bottle with the HCG powder. Inject all of the liquid into the bottle. Remove 5ml of air before removing the needle. You may inject some of the liquid and withdraw some air in steps. Just make sure you do not remove the syringe from the vial until all the liquid is in the vial and 5ml of air is in the syringe. Dispose of syringe in a sharps container.



7. Gently swirl the vial to mix. DO NOT SHAKE!
8. Use the insulin syringes to remove the dose from the vial. Please follow your physician's direction for how much to inject. Typical doses are 5 or 10 units measured in syringe (equal to 100 or 200 units of HCG). Tap side of syringe to remove any bubbles you see, and push the HCG up until you get the air out.



9. Store solution in the refrigerator between uses.