

## **PREGNANCY SUPPORT – HCG\***

*\*For the reference of York Fertility patients, who have attended their education session, only.*

### **How to Mix Each Box of HCG:**

Each box of HCG contains two bottles. One bottle is sterile water and the other is a powder (the medication). You will also be provided with four syringes. Each syringe holds 3 cc's.

To mix the medication, you will add 4.5 cc's (i.e. 4.5 ml) of the sterile water to the powder using one of the 3 cc syringes.

Since the syringe only holds a maximum of 3 cc's of sterile water at one time, adding 4.5 cc's will require two steps. First, draw up 2.5 cc's of the sterile water and inject it into the powder. Next, draw up another 2 cc's of the sterile water and add it to the mixture. This will create a 4.5 ml mixture. The medication will start to mix automatically on its own. Shake gently. The rest of the sterile water can be thrown away.

**Note:** Mix the medication right before you plan on giving an injection. After your injection, the remaining mixed medication must be stored in the refrigerator. Unmixed HCG may be stored at room temperature.

### **Instructions for Use:**

This is a subcutaneous injection (i.e. into the tissue just below the surface of the skin). Use the small 27 <sup>1/2</sup> gauge needle tip provided. Two sites of administration are available to you – the abdomen or the outside of the thigh.

You will inject 1 cc of HCG every third day. For example, if your start day is Monday, you will inject on: Monday, Thursday, Sunday, Wednesday, Saturday, and so on. You may inject any time of day. *Your start day:* \_\_\_\_\_.

Each mixed bottle of HCG will provide 4 individual injections and then you will need to prepare the next box of HCG as described above.

On the 4<sup>th</sup> injection, use up the remainder of the medication. Throw out the used bottle once empty or after 4 injections.

This medication is used to help support and stabilize your pregnancy. Continue HCG support until **12 weeks gestation**. A total of 5 boxes of HCG will be required.