

## Your Progesterone in Oil Injection

1. Prepare your supplies. You will need the following:
  - 1 x syringe (3ml) with a 22G 1 ½ (black) needle
  - 1 x 18G 1 ½ needle (pink)
  - 2 x alcohol swabs
  - Bottle of Progesterone in Oil medication (50mg/mL)
2. Take the supplies out of the packaging
3. Remove the plastic cap from your medication vial (1<sup>st</sup> time only)
4. Clean the rubber covering the top of the vial with alcohol swab. Let it dry.
5. Twist off the black needle and twist on the larger (pink) needle onto your syringe.
6. Pull back on the syringe plunger and draw up 1 ml of air.
7. Take the needle cap off, insert the needle into the medication bottle through the rubber and inject the air into the bottle.
8. Keep the needle in the bottle and turn the bottle upside-down.
9. Pull on the plunger and draw out 1 ml of oil. Make sure that your needle tip is inside the oil. The oil is thick so it is not easy to pull out.
10. Carefully recap your pink needle and twist it off your syringe.
11. Twist on the black injecting needle.
12. Take the cap off the black needle and push on the plunger until one drop of medication comes out. You are now ready to inject your medication.
13. Select your injection site as per nursing instructions and drawing below. Make sure to alternate your sites each time you do this injection.
14. Before injecting, clean the site with alcohol. Let it dry.
15. Make sure your muscle is relaxed. You can relax your muscle by taking your weight off the side you are injecting on and standing on the opposite leg.
16. Uncap your needle and insert the needle all the way at a 90 degree angle to the body.
17. Pull back on the plunger of the syringe and look to ensure blood is not entering the syringe. This is a check to make sure you are not in a blood vessel. If you do see blood in the syringe take the needle out and do not inject into that site.
18. Once you are sure that there is no blood in the syringe, inject the medication with a firm pressure.
19. Withdraw the needle when all of the oil has been injected.
20. Apply firm pressure to the injection site until bleeding stops.
21. Massage the area for several minutes to help your body absorb the medication.
22. Discard sharps as per nursing instructions.

