

**HCG (Human Chorionic Gonadotropin)**  
**The “Trigger” Shot**  
**An Intramuscular Injection**

HCG is an intramuscular injection given to trigger ovulation.

Pregnyl, Novarel, Profasi, and Human Chorionic Gonadotropin are all the same basic medication, produced by different manufacturers, in similar packaging. The dilution and use of these medications is the same.

**Supplies Needed:**

Your medication will consist of two vials, one vial of powder, and one vial of liquid. You will also have a 3cc syringe with a big needle attached (for mixing), a separate slender needle (for injecting), an alcohol pad and a small bandaid.

**Prepare the Medicine – for 10,000 units of HCG:**

1. Snap off the plastic lids on the vials.
2. Fill the syringe with 1 cc of air and inject it into the vial of liquid. This will equalize the pressure within the vial.
3. With the needle inside the vial, turn the vial upside down, position the tip of the needle below the liquid level, and draw 1 cc of the liquid into the syringe. Inject it into the vial of powder.
4. Swirl the vial gently and allow the powder to dissolve.
5. With the needle inside the vial, turn the vial upside down, position the tip of the needle below the liquid level, and draw all of the medication (1cc) into the syringe.
6. Remove the needle from the vial and expel the air bubbles.
7. Remove the big needle from the syringe with a twisting motion. Attach the slender needle to the syringe using a twisting motion.

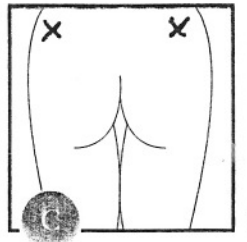
**Prepare the Medicine – for 5,000 units of HCG:**

1. Snap off the plastic lids on the vials.
2. Fill the syringe with 2 cc's of air and inject it into the vial of liquid. This will equalize the pressure within the vial.
3. With the needle inside the vial, turn the vial upside down, position the tip of the needle below the liquid level, and draw 2 cc's of the liquid into the syringe. Inject it into the vial of powder.
4. Swirl the vial gently and allow the powder to dissolve.
5. With the needle inside the vial, turn the vial upside down, position the tip of the needle below the liquid level, and draw only 1 cc of the medication into the syringe. 1 cc of medication will remain in the vial.
6. Remove the needle from the vial and expel the air bubbles.
7. Remove the big needle from the syringe with a twisting motion. Attach the slender needle to the syringe using a twisting motion.
8. Date the vial with the leftover medication, and refrigerate for later use up to 2 months.

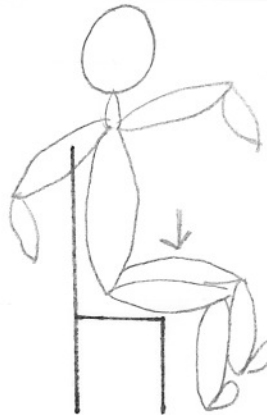
**Continued on other side**

### **Choosing an Injection Site:**

1. If someone else is giving your injection:  
Locate the proper area of the buttock for injection by placing your first two fingers on the top edge of the hipbone and point the thumb of that hand toward the crease of the buttocks. The curve between your thumb and fingers will outline the proper area for injection. See diagram below.



2. If you are giving the injection to yourself:  
Sit down in a chair. Visualize the large muscle running lengthwise along the top of the thigh. Choose the area on the crest of the muscle for the injection site. See diagram below.



### **The Injection:**

1. Select the area to inject and cleanse with the alcohol pad. Allow the alcohol to dry.
2. Hold the syringe three inches from the skin at a ninety-degree angle. With one smooth swift motion, insert the entire length of the needle into the skin.
3. Pull the syringe plunger back gently and slowly to check for a blood return. If you see blood appear in the syringe, withdraw the needle from the skin. Cleanse an adjacent area and inject again.
4. If no blood return is observed, inject by depressing the plunger slowly and firmly until all the medication is injected.
5. Remove the needle from the skin.
6. Place the bandaid over the injection site for several hours.
7. Discard the used syringe and needle in a sealable box or jar.