

Progesterone Injection



How to use

1 • Wash hands



2 • Push the needle through the center mark of the rubber stopper of the vial positioning it below the liquid line. Draw up the solution.

3 • Check for large bubbles. These can be removed by pointing the needle upward, gently tapping the barrel of the syringe so that the bubbles rise to the top and pushing the air out with the plunger. Small bubbles can be ignored.

4 • Have the patient lie face down on the bed or couch with her toes crossed over each other. This helps her to relax the muscles. She may also stand leaning against a chair so that all the weight is on the foot opposite the injection.

5 • Clean the injection site with alcohol – upper, outer quadrant of buttocks – and let air dry (see figure). You will inject with the long needle already on the mixing syringe.

6 • Stretch the skin of the injection site with your opposite hand. Hold the syringe like a pencil at 90 degree angle (straight) and insert full length of needle with a quick, dart-like motion.

7 • After needle is fully inserted, pull back slightly on the plunger to check for blood. The appearance of blood is an indication that the needle has entered a vein. Do not panic. Simply remove the needle completely from the body and replace the needle with a new one; you may use the same solution. Select a new site on the opposite buttock and repeat the steps above.

8 • If there is no sign of blood, push the plunger in with a slow, steady motion. Gently withdraw the needle and discard into a safety container. Apply a small amount of pressure with a cotton ball if any bleeding is noted.

