

PROGESTERONE IN OIL INJECTION



Description: Progesterone is a hormone that helps to prepare the lining of the uterus for implantation of the fertilized egg. Supplemental progesterone is sometimes prescribed to ensure that the uterine lining is adequately prepared. Previous warnings concerning progesterone use in pregnancy apply to synthetic progesterone preparations. Progesterone that is prescribed during pregnancy is a natural preparation.

Side effects: Side effects could include: a possible delay in the onset of your period; nodules (small, hard bumps) in the skin; allergic reactions to the progesterone but more commonly to the particular oil used (sesame, olive, cottonseed or peanut).

Storage: Progesterone should be stored at room temperature. Do not refrigerate.

Injection Instructions

- Remove the tab from the top of the vial of progesterone.
- Swab the top of the vial with an alcohol pad to prevent contamination.
- Select a 3cc syringe with 1 ½" needle.
- Using your syringe, draw back 1cc of air into the syringe.
- Firmly insert the needle through the rubber stopper into the vial of progesterone. Invert the vial and syringe as one complete unit and depress the air into the vial in order to equalize the pressure, which will make withdrawal of the progesterone easier. Once you depress the plunger of the air-filled syringe into the vial, make sure the tip of the needle is BELOW the liquid level and pull the plunger to withdraw the prescribed amount.
- Remove the syringe from the vial and prepare for injection. If instructed by your center to change the needle, recap and remove the needle by twisting and replace it with a new intramuscular needle (usually 1 ½" needle).

Intramuscular Injection Instructions

- Cleanse your selected INTRAMUSCULAR injection site with an alcohol wipe and allow to dry.

- Hold the syringe with your dominant hand between your thumb and index finger (as you would a pencil). With your other hand, firmly stretch your skin at the selected injection site. **Make sure you are using the intramuscular needle (usually 1 ½").**

NOTE

To minimize bruising, firmly stretch the skin.

- With a quick, dart-like motion, insert the entire needle (up to the hub of the syringe) at a 90° angle into the stretched skin area between your thumb and index finger of the opposite hand.
- Using either hand to stabilize the syringe, pull back slightly on the plunger and watch for blood in the syringe. (This is rare). You may feel slight resistance or see a small bubble - this is normal. **If blood is not seen in the syringe, the needle is inserted properly. If blood appears in the syringe, DO NOT INJECT YOUR MEDICATIONS. Withdraw the needle, cover the site with a gauze pad, and apply pressure. Discard the syringe into the Sharps container. Begin again.**
- Depress the plunger slowly and steadily.
- Pull the syringe out in one motion.
- After injecting the medication, dispose of the syringe into the Sharps waste container. It is unnecessary to recap the needle as this could cause injury.
- Apply pressure to the site with a gauze pad and gently massage the area to help disperse the medication and relieve discomfort. Apply a bandage if necessary.

