

The Fertility Center of Oregon
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Infertility • Reproductive Endocrinology
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HMG & FSH SUBCUTANEOUS INJECTION INSTRUCTIONS

- Please take your HMG (Humegon/Pergonal/Repronex) or FSH (Follistim/Gonal-F) subcutaneous injection at 6 p.m. (plus or minus one hour) each evening unless given other specific instructions. If you are instructed to use twice a day injections, take the morning injection at 6:00-8:00 a.m. and the evening at 6:00 p.m. (about 10-12 hours apart).
- Please use 0.8-1.0 cc (ml) of the sterile fluid to reconstitute up to three amps of HMG/FSH for subcutaneous injection. For example, if you are using three amps of HMG or FSH, you would inject 0.8-1.0 cc of fluid into the first amp of powder, draw up the mixture and inject it into the 2nd powder amp, draw up the mixture and inject it into the third powder amp, and then draw up the final mixture. If you are using four to six amps of HMG/FSH, you will need to use 1.0 cc of the sterile fluid. Always change needles to the 30 gauge 1/2" before the injection.
- You may find that the injections are less painful if you let the diluent fluid reach room temperature before reconstituting the powder vial.
- If you are instructed to use one-half amp of HMG or FSH, you may save the other half for no more than 24 hours in the refrigerator. For example, if you are on 1.5 amps per day, you can reconstitute one powder amp in 1 cc of fluid. Then draw up 1/2 cc of this mixture into each of two syringes. Expel the air from one syringe and put it in the refrigerator until the next evening. Inject the remaining 1/2 cc into a 2nd amp of powder and mix to make 1.5 amps. Draw up and give injection. The next evening, remove the other syringe from the refrigerator, inject into another amp of powder, mix and draw up, etc. You may save 1/2 an amp overnight but do not reconstitute the 2nd powder amp until right before use.
- Estradiol blood tests are used to monitor your response to HMG/FSH. In order to have the results to monitor treatment each day, you need to have your blood sample drawn at our office at 7:00-9:00 a.m. daily (seven days a week) unless given other instructions. Please call the office by 4:00 p.m. (Monday-Friday) if you have not yet heard from a nurse with your instructions on medication dose and next visit.
- Estradiol blood tests on Saturdays, Sundays, and Holidays are always drawn at the same time (7:00-9:00 a.m.) at The Fertility Center. If you have any questions about your HMG/FSH treatment on Sundays or Holidays, please call the office at 8:30 a.m. at 683-1559.