Progesterone Injection Instructions

PROGESTERONE IN OIL (PIO)

You will begin these injections the morning after the egg retrieval. Administer your PIO injection around the same time each morning.

Instructions:

1. Wash your hands.
2. Flip off tab on top of the vial, wipe rubber stopper with an alcohol pad and allow time to dry.
3. Using a 3cc/mL syringe with an 18-gauge needle, draw up 1cc/mL of air and inject it into the progesterone bottle.
4. Keep the needle in the bottle and turn the bottle upside down. While keeping the needle below the fluid level, pull back the plunger and withdraw 1cc/mL of medication. Flick the syringe with your finger to force any air to the surface and then gently push up the plunger to expel the air until only medication remains.
5. After drawing up 1cc/mL of the medication, change to the 25-gauge needle for injection into the buttock (see picture below for location).
* To help alleviate discomfort, make sure the muscle is relaxed and you may apply ice packs to the injection site before and after injection.
* Soreness, bruising and lumps at the injection site are common side effects. Try to alternate injection sites. Mild rash and itching at the injection site are also common side effects, however if welts appear, rash and itching spreads to other areas or you experience problems breathing contact us immediately or go to the ER.

