

PROGESTERONE INJECTIONS

Gather Supplies:

- Progesterone (50MG/ML)
- 3cc syringe with 1 ½" needle
- alcohol swab
- 25 gauge needle 1" or 1 ½"

Wash your hands with soap and water before beginning.

Prepare Injection:

- 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. Since vials are pressure sealed, this will equalize the pressure and 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. This will help minimize the amount of air pulled into the syringe. Pull the plunger to withdraw the prescribed amount (50mg unless otherwise instructed).
- Remove the syringe from the vial and prepare for injection.
- Change the needle: recap and remove the withdrawal needle by twisting and replace it with a new intramuscular needle (usually 1 or 1 ½" 25 gauge needle). Holding the syringe with the needle tip up, press up on plunger until you see one drop of fluid at the needle tip. This will purge the air from the new needle.

Select Injection Site:

- Divide one buttock into 4 quadrants. You will always want to give the injection in the outer, upper quadrant, almost toward the hip. The selected area should be free of scars or bumps. It is easier to administer the injection with the patient leaning over not bearing weight on the side the injection is to be given on.
- Cleanse the site with an alcohol pad and allow it to dry. Do not blow on it or fan the site to quicken the drying process. That process can push bacteria back onto the site.

- 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.
- 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. You may feel slight resistance or see a small bubble - this is normal.
- **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. (This is rare!)**
- Depress the plunger slowly and steadily.
- Once the completed dose is administered, pull the syringe out in one motion.
- After injecting the medication, dispose of the syringe into the sharps disposal container.
- Apply pressure to the site with a gauze pad and gently massage the area to help disperse the medication and relieve discomfort. Application of Band-Aids is not recommended. Holding pressure is adequate.

Shaded areas indicate appropriate injection sites:



Rotate sides using a different site with each injection