

BIVF MEDICATION MIXING SHEET
(With 2 powdered vials)

LUPRON OR MICRODOSE LUPRON

This mixing sheet has been prepared for you to follow so that you can mix all the medications you are taking in your stimulation protocol together and administer as just one SC injection.

STEP 1

- a. Take one of your vials of powdered **Menopur 75 IU** and using your thumb lift the plastic cap off the vial. Wipe the top of the vial with an alcohol pad.
- b. Take your vial of **Lupron/ Leuprolide Acetate or Microdose Lupron** and using your thumb lift the plastic cap off the vial (if using for the first time). Wipe the top of the vial with an alcohol pad. Take a new Lupron syringe and remove the cap from the needle taking care NOT to touch the needle itself. Pull the plunger back to the number of units you have been instructed to take. Insert the needle through the rubber stopper into the vial of Lupron/Leuprolide Acetate or Microdose Lupron and inject the air into the vial.
 - With the needle still inside the vial, turn the vial so the stopper side is pointing down. Make sure the needle is below the fluid line then slowly pull back the plunger to withdraw the number of units of Lupron/Leuprolide Acetate or Microdose Lupron you have been instructed to take. Then remove the needle from the vial.
 - Insert the Lupron syringe needle through the rubber stopper of the vial of Menopur Inject the entire contents of the Lupron syringe. Remove the needle and syringe from the vial and discard in your sharps container.

Step 2

Dial the dose in units that you have been instructed to take on either your **Gonal F Pen or Follistim Pen**.

STEP 3

Without touching the top of the vial with your hands, inject the dialed dose of Gonal F Pen or Follistim Pen into the powdered vial of Menopur that you had injected your Lupron/Leuprolide Acetate or Microdose Lupron into.

STEP 4

Take a vial of **diluent/liquid that came with Menopur** and using your thumb lift the plastic cap off the vial. Wipe the top of the vial with an alcohol pad. Take a new **3 cc syringe and Q-Cap**. Pull the plunger of the 3cc syringe down to **0.5cc** (with the Q-Cap pointing up, the top ring of the black piece should be next to the long line at the number **0.5 or 1/2cc**).

Insert the Q-Cap through the rubber stopper of the vial of diluent then inject the 0.5cc of air into the vial. With the Q-Cap still inside the vial, turn the vial so the stopper side is pointing down. Slowly pull back on the plunger to withdraw **0.5 cc of diluent**. Remove the Q-Cap from the vial.

STEP 5

Take the **0.5 cc of diluent** and insert it through the rubber stopper of the vial of Menopur mixed with Gonal F or Follistim and Lupron/ Leuprolide Acetate or Microdose Lupron and inject.

With the Q-Cap still inside the vial, turn the vial so the stopper side is pointing down. Slowly pull back the plunger to withdraw **the entire contents of the vial**. Remove the Q-cap from the vial.

STEP 6

Take your second vial of Menopur, and using your thumb lift the plastic cap off the vial. Wipe the top of the vial with an alcohol pad. Take a your **3 cc syringe syringe containing your medication with Q-Cap**, attach Q-cap onto second vial of Menopur and inject all medication to dilute second vial from power into liquid. **(Now you have mixed all 3 of your medications together to give yourself a single injection)**.

Step 7

Remove the Q-Cap by twisting it off. Dispose of the Q-Cap in to your sharps container. Carefully open a new 27 G ½ needle from its package and twist it on the syringe clockwise until it is securely fastened.

Holding the syringe with the needle pointing upward, gently tap the barrel of the syringe to move any air bubbles to the top. Once you have the air at the top of the syringe, slowly push the plunger upward to dispel the air. Stop when the air is gone and you see a tiny droplet of the medication at the needle tip.

STEP 8

Select your injection site on your abdomen and gently wipe with an alcohol pad. Securely hold the medication syringe in one hand and remove the cap from the needle with the other hand. Do NOT touch the needle or allow it to touch any surface.

STEP 9

Hold the syringe in your dominant hand like a pen. Gently grasp a small fold of skin between your thumb and index finger at the selected injection site. Insert the needle into the fold of skin in a quick dart like motion at a 90 degree angle up to the needle hub. **Release the pinch** and push on the plunger to inject the entire contents of the syringe. Once the injection is complete, remove the needle and place it in your sharps container.

You may see a small drop of blood or medication at the injection site. Gently massage with sterile gauze for a few seconds.