

MIXING INSTRUCTIONS

HOW TO MIX YOUR hCG

1. Remove Vial Caps & Prepare Mixing Syringe

- Remove the cap from the hCG vial and Bacteriostatic Water vial, either flip off the plastic lid or pry out the center punched circle and discard.
- Clean the top of each vial rubber stopper with an alcohol pad
- Remove syringe & capped needle from plastic wrap
- Grasp barrel & plunger, & twist the capped needle onto syringe, make sure it is on the syringe tightly.

2. Pressurize Water Vial

- Remove clear cap from needle
- Grasp Barrel & Plunger with one hand (this will keep the inner barrel from pulling back)
- Pull Plunger, drawing air to just past 2ml mark
- Tip vial upside down
- Pierce rubber stopper of Bacteriostatic Water with needle
- Make sure needle tip is in the liquid
- Fully depress plunger (This step allows for easy withdrawal of water from the vial)

3. Draw 5ml of Water into Syringe

- Make sure the liquid and the edge of the rubber on the plunger meet on the 5ml line
- Tip vial upright and remove needle
- Hold syringe with needle facing upward, and tap the barrel
- Slightly press plunger to remove any bubbles and stop at 5ml (save the remaining water for future use, refrigerate.)

4. Inject 5 ml of Water Into hCG Vial

- Pierce rubber stopper of hCG vial, at 45-degree angle
- Gently depress plunger to deposit all 5ml of liquid making sure the stream of water squirts against the glass and not into the hCG powder
- Tip vial upright, remove syringe and set aside.
- Roll the vial between your hands until the hCG is fully dissolved (Do Not shake)
- Store hCG in a container that protects the hCG from the light, on a shelf (not door) in refrigerator

5. Prepare Syringe for Safe Disposal

- (If hCG and kit are from Olympia Pharmacy)
 - Grasp Barrel with one hand, and the Flange with the other
 - Retract Flange until inner barrel locks in place
 - The Needle now locked in place, and safe for disposal
- (If your hCG and Kit are from Promise Pharmacy)
 - Your syringe does not have an outer flange cover you can remove the needle and dispose of the syringe in the trash and your needle in a [sharps disposal container](#).



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INJECTION INSTRUCTIONS

hCG INJECTION GUIDE

1. Prepare Vial and Injection Site
 - Clean top of hCG vial and injection site with alcohol swab
2. Fill .3ml Insulin Syringe to .12.5
 - Remove caps from each end of the syringe, discard of both caps
 - Pierce rubber stopper of hCG vial with needle
 - Tip: If difficult to withdraw liquid, try first injecting .12.5 of air into vial
 - Tip: the hCG vial upside-down, draw the syringe to .12.5 mark
 - Tip: the hCG vial upright, and withdraw needle
3. Inject The hCG
 - Gently pinch the injection site
 - Sanitize with alcohol wipe
 - Tip: The area 2-3 inches to right or left of the navel below the navel is the best injection site for hCG
 - Tip: hCG should be injected into any fatty tissue
 - Gently jab the needle into the injection site (needle should not be visible after insertion)
 - Depress the plunger on the syringe to inject all liquid (repeat procedure daily, alternating from side to side for duration of treatment period)
4. Proper Storage of Medication
 - To prevent harm of hCG liquid, do not shake
 - Store hCG on a shelf in the refrigerator, in a dark container to protect the hCG from the light. A sunglass case or pencil case work great. Do not store the hCG on the refrigerator door.
 - Potency of hCG is stable for at least about 19 to 20 days after reconstitution. We suggest filling all of your syringes around day 12 to 15 and placing them in the freezer to maintain potency. You can pull one out each night and place in a dark container in the fridge and it will be thawed in the morning.

SUBLINGUAL hCG TABLETS

1. Instructions
 - Dissolve 1 tablet under your tongue first thing in the morning, you may swallow the remaining powder.
 - Do not eat or drink for 15 minutes after taking your dose.
 - You will only take one dose each day.
 - Use the Phase 2 Food list to stay on Protocol.



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