6000 Unit HCG Kit & Patient Instructions

Your Physician will instruct you on the dose and length of time to take the HCG.

6000 Unit HCG Kit includes
- (1) Sterile 600 units HCG Lyophilized POWDER vials
- (1) BD 10mL Syringes with (1) BD 1-21 gauge needle
- (1) 30cc OR 10cc Vial of Bacteriostatic Water (only 6cc is needed) (30cc = 30mL) (10cc = 10mL)
- (30) Alcohol Swabs
- (30) BD 3/10 mL, 31 Gauge, Ultra-Fine Insulin syringes
- (1) Patient Instruction Sheet

About the 6000 Unit HCG Protocol:
- The 6000 Unit Protocol KIT uses (1) vial of HCG, 6000 Units per vial.
- Your physician will instruct you on the amount of HCG to inject.
  (15 Units measured on the 3/10mL Insulin syringe is 150 units of HCG).
  (18 Units measured on the 3/10mL Insulin syringe is 180 units of HCG). etc.
- Each 6,000 Unit vial of HCG will supply over (30) injections. (Depending on the number of Units your physician prescribed).

Bacteriostatic Water Syringes:
The 10mL syringes do not come preassembled with needles. You will need to attach the needle as described below (in “Mixing the HCG”).

Look closely at the 10mL syringe. Notice that it can measure up to 10 mL of liquid. You will also notice the plunger head is not flat. You will measure from the edge nearest the needle hub. For example, the syringe in the picture below (right) reads 2 mL of liquid.
**Insulin Syringes: (10 syringes in bag)**
The 3/10mL Insulin syringes are pre assembled with 31G needle. You will notice an orange cap over the needle.

Look closely at the 3/10 mL syringe. Notice that it can measure up to 30 Units. You will also notice that the plunger head is flat. You will measure from the edge nearest the hub, similar to the example in the picture above.

**Mixing the HCG solution:**

**Important Things to Remember:**
- Use ONLY the bacteriostatic water provided for you to mix the HCG solution.
- Mix the vial the night before you start the injections and store the vial in the refrigerator.

**What You Will Need:**
- 10 mL syringe
- Bacteriostatic water for injection vial
- HCG vial containing HCG powder (6,000 Units)

1. Wash your hands with soap and water and dry them completely.
2. Pop off the red tab (Not the entire cap) from the top center part of the HCG vial and set it aside for now. You will see a metal ring with a gray rubber stopper in the center.
3. Pop off the purple tab from vial of bacteriostatic water and set it in front of you. This will look similar to the top of the HCG vial.
4. Using a new alcohol swab, wipe the gray stopper on both the HCG vial and bacteriostatic water vial to clean them. Do not touch the stoppers after cleaning them.
5. Remove the 10mL syringe and the 21 G needle from their packages.
6. Twist the needle onto the syringe in clockwise motion until it is tight. Touch only the needle cap. Be careful not to touch the hub of the needle.
7. Remove the cap from the needle. Be careful not to touch the needle.
8. Insert the needle straight down through the center of the stopper in the bacteriostatic water, and press down on the plunger to inject 6 mL of air into the vial of bacteriostatic water. (See illustration (8) below)
9. Turn the vial attached to the syringe upside down. (See illustration (9, 10) below)
10. Allow the plunger to move back out of the syringe and allow the bacteriostatic...
water to enter. You may need to slightly pull the plunger back to approximately the 7 mL mark. (See illustration (9,10) below)

11. Remove the larger air bubbles by tapping the syringe and pushing the plunger back and forth in the vial. It is ok to leave a few small bubbles in the syringe.

12. Adjust the plunger until you reach the 6mL line.

13. Set the vial down and remove the needle and syringe from the stopper.

14. Insert the needle straight through the gray stopper of the HCG vial. There may be a vacuum inside the HCG vial that will draw in some of the water from the syringe.

16. Leave the needle inside the vial for few seconds to allow the pressure to equalize. This may cause the syringe to fill with air from the vial.

17. Ensure that there is no liquid inside the syringe and pull the needle out.

18. Immediately discard the syringe and needle into the Sharps container.
   - Do not try to bend, break, or remove the needle
   - Do not dispose of the needle or syringe in the regular trash.

19. Swirl the HCG vial (Do not shake) to mix the contents until all of the white powder has completely dissolved. The liquid should be clear. Any bubbles or foam in the vial will disappear overnight.

20. Store the HCG vial in the refrigerator.
Preparing the Syringe

Important Things to Remember
- Never use any solution if it contains crystals or lumps
- Never use any solution if it changes colors or becomes cloudy.
- It is easier to control the needle and syringe if you hold the barrel of the syringe near the needle end. Do not touch the needle or needle hub.

What You Will Need:
- Alcohol wipe
- 3/10mL Insulin syringe
- HCG solution (prepared)

1. Wash your hands with soap and water and dry them completely.
2. Gently swirl the HCG vial to mix the contents.
3. Use an alcohol swab to clean the gray stopper on the HCG solution. Set it down to dry.
4. Remove the syringe from the packaging.
5. Remove the orange cap covering the needle.
6. Pull back the plunger to the 15 Unit mark, or 18 Unit mark, or prescribed dose by your physician. You will soon inject this into the vial to maintain equal pressure.
7. In one slow motion, insert the needle straight into the gray stopper in the HCG vial and press down on the plunger to inject air into the vial.
8. Turn the vial attached to the syringe upside down.
9. Pull the plunger back to fill the syringe past the 15 Unit mark, or 18 Unit mark, or prescribed dose by your physician. The HCG will fill the syringe slowly. Be patient.

10. Remove larger air bubbles by tapping the syringe and pushing the plunger back and forth in the vial. It is ok to leave a few small bubbles in the syringe. These will not harm you.

11. Adjust the plunger until it reaches the 15 Unit mark, or 18 Unit mark, or prescribed dose by your physician.

12. Set the vial down and remove the needle and syringe from the stopper. Be careful not allow the needle to touch anything. If you need to set it down, carefully replace the cap so it does not become contaminated.

**Administering the Injection**

**Important Things to Remember:**

- You will administer an injection every morning as instructed. If your physician instructs you to skip a day, you can administer an injection every morning for 6 days, skipping the 7th day, and then repeating the cycle.
- Use a new syringe for each injection to avoid contamination and reduce the risk of infection.
- Rotate injection sites to reduce pain and avoid creating scar tissue.

“Rotate” means alternating the left and right leg or left or right side of abdomen to inject. This also means not injecting in the same spot in more than once (For example: move each injection ½ inch from the last injection in the respective legs or abdomen.

**What You Will Need:**

- Alcohol swab
- 3/10 mL Insulin syringe measuring 15 Units, or 18 Units, or prescribed dose by your physician on syringe (150 Units, 180 Units, or prescribed Units instructed by your physician, of the mixed HCG solution)

1. Sit with your knee at a 90-degree angle. Make sure you can relax your leg.
2. Choose your injection site. This should be in an area on the top of the thigh, slightly to the outer side. The ideal injection site for the thigh an area that starts around 3-4 inches above the knee, continuing for another 6 inches. The ideal injection site for the abdomen is 6 inches to the left or right of the belly button. Rotate injection sites as described above.
3. Clean the injection site area with a new alcohol swab and allow this to dry. The alcohol will sting if it is not allowed to dry before injection.
4. When injecting into the thigh, use your free hand to hold your leg. Your hand should make a “C shape a few inches from the injection site. You do not need to pinch the skin. Relax your leg as much as possible. Injecting into tense muscles is much more painful.
5. When injecting into the abdomen, you must must pinch the skin.
6. Hold the syringe like you would hold a dart. With one quick motion from the wrist, insert the needle at a 90-degree angle into the injection site. Do not let go of the syringe.
7. Hold the syringe with one hand and push the plunger to inject the HCG into the Skin. When the plunger is completely depressed (when you cannot push it any farther), wait for 3 seconds to ensure all of the liquid is injected.
8. Remove the needle by pulling it straight out.
9. Immediately discard the syringe and needle into the Sharps container.
   - Do not try to bend, break, or remove the needle.
   - Do not dispose of the needle or syringe in the regular trash.
10. It is normal if you see a drop of blood. Simply wipe it with a clean tissue or cotton swab. You can also use a band-aid to cover the site.

**General caution about the Syringes:**

***It is important to DISCARD the reconstituted (mixed) HCG solution after (30) days.***
***It is VERY important to use a new syringe for each injection to avoid contamination and reduce the risk of infection.***
***It is VERY important to dispose of the syringes with needles in the Sharps container provided.***
Prostaglandin E1/Phentolamine/Papavine Injection Patient Information- Used to treat certain causes of Erectile Dysfunction. It should begin to work within 5-20 minutes, and its effects should last about 1 hour.

Precautions:
- Follow the dosage regimen your doctor prescribed. Do not use higher doses than recommended.
- Wait a minimum of 24 hours between injections. Do not use more than 3 times per week.
- Keep your medication in the light-protective bag provided. If cloudiness occurs or appearance changes, DISCARD.

**Do not use this medication if you have:**
- Hypersensitivity or allergy to any component of this formulation.
- Conditions predisposing you to priapism (a painful erection lasting 4 hours or more) such as sickle cell anemia, multiple myeloma, or leukemia.
- Anatomical deformation of the penis or penile implants.
- Been told by your physician that sexual activity is inadvisable or contraindicated.

**Possible side effects:**
Penile pain, Headache, Dizziness, Injection site bruising, or prolonged erection
- If you experience an erection lasting more than 2 hours, you may take Pseudoephedrine 30 mg by mouth once and apply an ice pack. If your erection does not go away within the next hour, contact your physician or go to the E.R. immediately. If any lumps, swelling, tenderness or curving of the erect penis occur, contact your physician.

**Storage directions**
- Store this medication in the refrigerator and it will last 3 days. In the freezer it will last 45 days. If stored in freezer, vial must thaw COMPLETELY before using. If you accidentally leave the vial out for more than 3 days DISCARD.

**Directions for use:**
- Gather the materials you will need and place them on a table near the chair or bed where you will be sitting down. (medication vial, syringes, and alcohol swabs). Wash hands with soap and water and then dry.
- Open alcohol swab and wipe the top of the vial. Allow to air dry. Remove syringe from package and attach needle if needed.
- While holding the syringe horizontally, pull the needle cover straight off and put it on the table.
- Draw up an amount of air into the syringe equal to the amount of medication you will be drawing up. Insert the needle straight down into the rubber stopper of the vial and push in the air.
- Turn bottle and syringe upside down. Draw up the recommended dose into the syringe. Tap the syringe gently and push the plunger to remove air bubbles. Place the bottle and syringe right side up on the table. Gently remove the syringe from the vial and recap the needle. Replace the needle with a fresh one.
- You should be sitting upright or slightly reclined when performing the injection. You will be injecting this medication into the corpora cavernosa, the spongy tissue on the sides of the penis. Choose an injection site on the side of the shaft of the penis. In the first ¼ of the area closest to the base of the penis. AVOID VISIBLE BLOOD VESSELS.
- Holding the head of your penis, stretch it lengthwise along your thigh so that you can clearly see the injection site. Position firmly against your thigh to keep it from moving during the injection.
- Clean the injection site with a new alcohol swab and remove the cover from the needle.
- Hold the syringe between your thumb and index finger. Using a steady motion, push the needle straight into the selected site until the metal part is almost entirely in the penis.
- With a steady motion, push down on the plunger so that the entire volume of solution is slowly injected. Grasp syringe barrel and pull the needle out of your penis. Apply pressure to the injection site with an alcohol swab for about 5 minutes.
- Place used syringe in a sharps container for disposal. Do not reuse the syringe.

***Remember: Alternate the side of the penis and vary the injection site with each use.***