

**POPE PAUL VI INSTITUTE  
TEACHING GUIDE FOR PROGESTERONE  
INTRAMUSCULAR INJECTIONS**

**You will need for each injection:**

1. 1 sterile 3-cc. syringe with an attached 22 gauge 1 ½ “ needle.
2. 1 18 gauge 1 ½” needle (this may be used to draw up two)
3. Alcohol wipes or alcohol bottle and cotton
4. Progesterone vial

**Your dosage is** \_\_\_\_\_

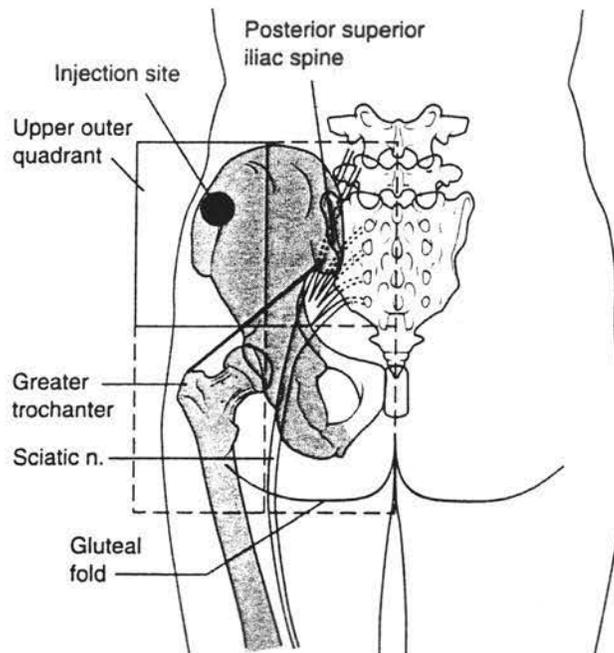
**1. DRAWING UP THE MEDICATION**

- a. Calculate correct amount of medication. There are two dilutions of Progesterone. The dilution is either 50 mg/cc or 100 mg/cc. Therefore the volume given depends on the dilution used. Check your bottle label. **Do not draw up or inject more than 2 cc in an injection site.**
- b. While in the wrapper, twist off the needle and take out the syringe, leaving the needle in the sterile wrapper.
- c. Place an 18-gauge needle on the syringe.
- d. Scrub the rubber cap of the vial with an alcohol wipe. Gently roll the vial.
- e. Pull back the plunger of the syringe to draw an amount of air into the syringe equal to the amount of medication to be given. Remove the needle cover and carefully inject air into the air portion of the vial (this prevents bubbles).
- f. Withdraw the correct amount of the medication – this may be difficult because of the thickness of the solution. Flick the syringe with your finger to remove the air bubbles.
- g. Remove the needle from the vial and replace the needle cover.
- h. Remove the 18-gauge needle and replace the 22-gauge needle.

**2. SELECT THE SITE FOR INJECTION**

The dorsogluteal sites are used for progesterone injection because these muscles are thick and permit injections of larger quantities of medicine.

- a. The site may be located by dividing the buttock into quadrants.
- b. The injection is given in the outer aspect of the upper outer quadrant of the buttock 2-3 inches below the crest of the ileum.



- c. For an IM injection, the patient may stand, lie face down, or on her side. In all cases the muscle should be relaxed (no weight bearing when standing). If lying down, toes should be pointed inward; if on side, leg should be bent.
- d. The muscle is palpated and the skin is wiped with an alcohol wipe. (Let the alcohol dry!).
- e. The skin is held taut and the needle is inserted at a 90-degree angle in a quick dart-like motion. When the needle is inserted smoothly and firmly, this is a relatively painless procedure.
- f. The hand holding the skin is then moved to hold the syringe firmly. Pull the plunger back in order to make certain the needle has not entered a blood vessel. (If small bubbles appear in the syringe – continue on; if blood appears, remove the syringe, change needles and start over).
- g. Holding the syringe steady, inject the medicine slowly (60-90 seconds for 1 cc and 90-120 for 2 cc). The slower the medicine is injected, the lesser the localized reaction. The medicine may be difficult to inject because of its thickness. Continue slowly. If difficulty is still encountered, the needle may be drawn back  $\frac{1}{4}$  to  $\frac{1}{2}$  inch. The rest of the medicine may then be injected.
- h. The needle is then removed quickly and the area can be massaged gently with a cotton ball to help absorption of the medication. Recap the used needle. Discard all needles and syringes carefully.
- i. Progesterone does not need to be refrigerated.
- j. If discomfort occurs, a heating pad to injection site or hot tub soaks may help.

**NEVER INJECT INTO SWOLLEN, REDDENED, OR BRUISED AREAS. NEVER INJECT MORE THAN 2 CC'S IN AN INJECTION SITE.**

**CALL THE NURSES IF YOU HAVE ANY QUESTIONS.**