Injection and Reconstitution Card

FREE BONUS 1 · THE HCG ADVANTAGE BY NELSON VERGEL

Mixing, storing and injecting hCG, from Chapter 10. Follow your pharmacy's label where it differs. Your dose comes from your prescriber.

Mixing (reconstitution)

1 Prepare
Wash your hands for at least 20 seconds. Work on a clean, flat surface. Check both vials are intact, sealed and in date.

2 Work out the water volume
Concentration (IU per mL) = IU in the vial ÷ mL of bacteriostatic (BAC) water added. Most people use 1,000 IU/mL: 5 mL into a 5,000 IU vial, or 10 mL into a 10,000 IU vial.

3 Clean the stoppers
Wipe both rubber stoppers with a fresh alcohol swab and let them dry for about 30 seconds.

4 Add the water gently
Draw up the BAC water. Insert the needle at an angle and let the water run down the inside wall of the hCG vial. Never squirt it straight onto the powder.

5 Swirl, never shake
Swirl until fully dissolved. Clear to pale yellow is normal. Do not use it if it stays cloudy. Write the mixing date on the vial.

Vial	BAC water	Concentration	Volume for 500 IU	Volume for 1,000 IU
5,000 IU	5 mL	1,000 IU/mL	0.50 mL	1.00 mL
5,000 IU	2 mL	2,500 IU/mL	0.20 mL	0.40 mL
10,000 IU	10 mL	1,000 IU/mL	0.50 mL	1.00 mL
10,000 IU	5 mL	2,000 IU/mL	0.25 mL	0.50 mL
10,000 IU	2 mL	5,000 IU/mL	0.10 mL	0.20 mL

Built from Table 9.2. Aim for injection volumes of 0.1 to 0.5 mL. Use plain BAC water (0.9% benzyl alcohol), never plain sterile water. The book mentions a free hCG calculator on ExcelMale.com.

Storage

State	Keep it	How long
Powder, sealed	Room temperature below 25°C / 77°F, or refrigerated (preferred long term). Never freeze.	Until the labeled expiry
Mixed with BAC water	Refrigerator, 2-8°C / 36-46°F. Never freeze.	30 to 60 days; follow your pharmacy's label
Out of the fridge while you draw a dose	Return it right away	A few minutes, not hours
Short trips (1-3 days)	Insulated cooler with an ice pack, without letting it freeze	1 to 3 days
Longer trips	Bring powder vials and mix at your destination	As above

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Throw it out and mix a fresh vial if you see

Cloudiness or particles, color beyond pale yellow, foam that will not settle, or a dose that suddenly stops working.

Injecting

- Use a 1 mL insulin syringe, 28 or 29 gauge, 5/16 inch (8 mm). Inject under the skin, not into muscle.
- Sites: abdomen 2 to 4 inches either side of the navel (avoid the 2 inches around it), outer thigh midway between hip and knee, or back of the upper arm.
- Pinch a fold of skin and inject into the fold. Rotate spots within and between sites to avoid lumps.
- Put used needles in a sharps container, never in household trash.

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