

# *hGH Injection Procedures*

## **Note To Patients;**

Please familiarize yourself with the procedures provided in the following pages before performing your first self-injection. Do not use Humatrope if the solution appears cloudy or contains any precipitation!

## hGH Injection instruction

### Dosage

1. Total daily dosage = 100 units per day
2. There are two injections per day.
3. Each injection dosage is 50 units.

### Materials

1. One bottle of pre-mixed hGH.
2. One 50 unit (.5cc) insulin syringe

**Important: Do not use Humatrope if solution appears cloudy or contains any precipitation!** (Do not confuse condensation on the glass of the bottle when you take it out of the refrigerator with the cloudy precipitate which will occur in the liquid of the solution due to high temperature exposure).

### Filling the Syringe

1. Take the insulin syringe (50 unit / .5cc) in your non-dominant hand. If you are right handed, the non-dominant hand is your left hand.
2. Remove the protective cover from the plunger. (Do not remove the needle guard)
3. Draw 50 units of air into the syringe by pulling the plunger back to the thirty-sixth line for a single injection.
4. The end of the plunger nearest the needle is the measuring point in the barrel of the syringe.
5. Before removing the needle guard, clean the septum (top) of the Humatrope vial with an alcohol swab.
6. Remove the needle guard.
7. Insert the needle as far as possible, directly into the middle of the rubber stopper of the vial.
8. Inject the air from the barrel of the syringe into the vial by pushing the plunger all the way down.
9. Invert the vial with the needle still inserted into it.
10. Make sure that the tip of the needle remains submerged in the solution when the vial is held upside down. If the needle is not



## **Injection Technique**

1. Take some loose skin from the abdominal area between the fingers of your non-dominant hand.

The skin may be taken from the bottom of the rib cage to the top of the pubic area.

The skin may be taken from one flank to the other.

### **Always alternate sites of the injection.**

Cleanse the area selected for the injection with an alcohol swab. Insert the needle at a 30 degree angle to the skin.

Push the needle all the way through the skin into the space between the skin and the fat overlying your abdominal muscles.

If blood enters the syringe, withdraw needle from skin, discard the syringe and hGH, and prepare another injection.

Push the plunger all the way downward at an even pace until all of the contents of the barrel have been emptied.

Before pulling the needle out of your skin, apply the alcohol swab (with light pressure) directly over the injection site.

### **This must be done while the needle is still in place (inside the skin).**

While withdrawing the needle from the skin, gently increase the pressure on the alcohol swab against the skin overlying the site of the injection.

The purpose of this is to provide compression in the rare event that a tiny blood vessel (capillary) would be punctured and would leak a drop of blood into the skin.

This event would cause a black and blue mark. Compression with the alcohol swab will prevent this from occurring.

Wipe the septum (the rubber stopper) of the Humatrope vial again with a clean alcohol swab to prevent contamination by repeated needle insertions.

14. Restore the unused Humatrope in refrigerator at 36 - 46 degrees Fahrenheit (2 - 8 degrees Celsius)—Do not freeze Humatrope! Unused Humatrope should be discarded after 14 days.

**Disposal of the Syringe**

1. Place the needle guard back on the needle.
2. **Dispose of each syringe in a Bio-hazardous waste container after each injection.**

Ensure that the container is disposed of in accordance with EPA regulations. Please contact your local Environmental Health Agency for rules and regulations.

