

HCG Mixing Instructions

HCG comes in a powdered form and needs to be prepared by mixing it with water before it can be used.

1. First, gather the needed materials.
 - a. An empty sterile glass vial
 - b. A bottle of water for injections
 - c. A large mixing syringe with 1 ½ “ needle
 - d. A 500iu ampoule of HCG often comes packaged with an ampoule of Sodium Chloride, which is not used for the protocol. Discard the Sodium Chloride.
2. The glass vial contains air which compresses and resists the addition of liquid. Therefore, using the mixing syringe, create a vacuum in the vial by withdrawing 10cc of air from the vial and discharging it into the atmosphere.
3. Withdraw 2cc of water and inject slowly into the HCG ampoule. The HCG powder is freeze dried and therefore dissolves readily upon contact with water, so mixing should be done gently so as not to aerate the mixture. Focus on simply wetting all the HCG powder by gently turning the ampoule in all directions. Using the needle to help mix the water with the HCG powder is permissible.
4. Withdraw the HCG/water mixture from the HCG ampoule then slowly and gently inject it into the glass vial.
5. Repeat this procedure (items 3 and 4 above) to insure you have obtained all the HCG from the ampoule. You now have 4cc of HCG/water mixture in the glass vial.
6. Inject additional water into the vial according to the mixing chart.

Mixing Chart				
Type of Injection	Type of Kit	Additional amount of water to inject	Resulting Total in Vial	Dosage
SQ (subcutaneous)	25 Injection Kit (*50 Injection Kit)	6cc	10cc	25 @ 40ML (200iu HCG)
IM (intramuscular)	40 Injection Kit	16cc	20cc	40 @ .5cc (125iu HCG)

*For the 50 Injection Kit, repeat the SQ procedure when the first vial is emptied.

7. Store mixed HCG in the refrigerator.