

Injectable Delestrogen (Estradiol Valerate)

Do not refrigerate this medication

This medication is packaged with 1 vial of liquid
Roll the bottle between your hands to loosen the liquid
Peel the plastic covering that is around the top of the vial
Clean the rubber stopper with alcohol
Using a 1cc/ml syringe with a 1 ½” needle (make sure the needle is on securely)
Pull the plunger back to your recommended dose
With the needle pointing up, the top line of the black piece should be at your recommended dose (your nurse will instruct you on the dose that you are to take)
Carefully remove the cap from the needle
Insert the needle through the rubber stopper of the vial
Invert the vial and pull the tip of your needle down close to the rubber stopper
Push on the plunger injecting air into the vial
Withdraw your recommended dose of delestrogen by pulling back slowly on the plunger (the liquid is thick go slow)
Pull back past the recommended dose then push back up to the dose
Remove the needle from the vial
With the needle pointing up, pull back on the plunger to leave airspace at the top
Recap and remove the needle
Replace it with a new 1 ½ ” needle
Slowly push on the plunger to remove the airspace (until you see a drop at the top of the needle)
Snap on any air bubbles to remove them (snap out what you can and do not worry about the rest they will not hurt you)

Delestrogen is for intramuscular injection only

Inject into the Muscle located in the upper outer quadrant of the buttocks
Cleanse the area with alcohol, let the alcohol dry (do not blow on it)
Hold the syringe like a pencil or a dart, the needle should be approximately 1 inch away from the skin, insert the entire needle quickly straight into skin (not hard but quick)
Pull back slightly on the plunger (if no blood appears proceed if blood does appear remove the needle, replace it with a new needle and move your injection site slightly to the right or left)
Inject the medication slowly
Remove the needle and place entire syringe into a sharps container
Wipe with gauze to remove blood from surface blood vessel and massage area to help dissipate the medication

If you have any questions please contact Patient Educational Services at 781-434-6524

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