

## Daily Lupron Injection Instructions

Supplies: 1 – 2 week Lupron kit with medications, syringes, alcohol wipes.

### Preparing Syringe and Medications for Injection

Lupron in leg daily:

Start on \_\_\_\_\_ in PM

Do 10 units daily & reduce to 5 units on \_\_\_\_\_.

1. Wash hands with soap and water.
2. Place supplies on a clean dry surface.
3. Remove cap from Lupron vial.
4. Open an alcohol wipe, wipe off rubber stopper to cleanse. Let alcohol air dry.
5. Open the Lupron syringe and needle and remove needle cap.
6. Draw up 10-15 units of air in the syringe.
7. Insert the needle through the stopper of the vial of medication & inject the air into the vial. (This will facilitate the ease of the medication being drawn out.)
8. Withdraw 10 units of Lupron then slowly push plunger back up to desired dose, while needle is still inserted into the vial. (This will remove the air from the syringe.)
9. Check your dosage to be sure you have the correct amount. If not, add to the correct line on syringe, remove the syringe from the vial and loosely replace the cap on the needle.

### Injection Sites

1. Open an alcohol wipe and be seated comfortably.
2. Grasp a small area of skin on the upper thigh and cleanse the area with an alcohol wipe, let air dry.
3. Pick up the syringe and allow the cap to drop off. Hold the syringe between your thumb and first two fingers (as a pencil) and insert into injection site, straight in or at a slight angle with a smooth dart like motion. Release the fold of skin. With your index finger reach to the end of plunger and slowly push the medication into the thigh. Gently withdraw the needle and discard it into a safety container. You may hold a gauze pad over the injection site a few moments with slight pressure. This will blot any liquid from area. A small amount of bleeding may occur. Just blot with gauze or apply pressure.

Lupron can be refrigerated or stored at room temperature.

Side effects are not common and usually not seen unless prolonged treatment is necessary (given 3-4 weeks alone without hormone replacement). Side effects of Lupron may include: mild hot flashes, mild headache, or irritability.