

How to Mix HCG for HCG Injections

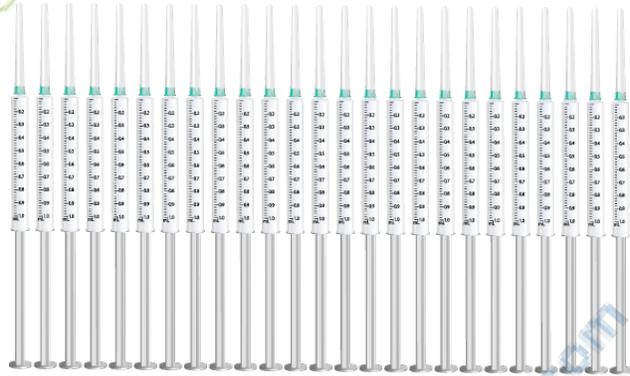
hCG or human Chorionic Gonadotropin is a hormone medication often administered as a subcutaneous (*subQ*) injection. It is important therefore for you to know how to correctly mix and administer hCG

Read and understand the different steps in preparing your HCG solution. This will prevent you from opening the packages and needles too soon and from contamination. After reading the instructions gather all the supplies and place them in one safe place.

Step 1

Open your HCG package which contains the following:

- One vial of Bacteriostatic water of 30 ml
- One vial of 5000 IU HCG powder
- One large mixing syringe
- 30 disposable single use syringe
- 30 alcohol pads



Step 2

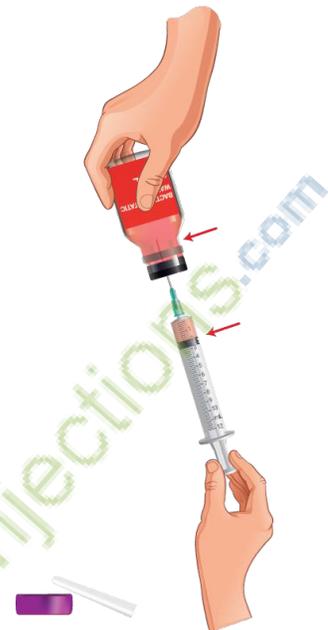
Remove the plastic caps from the top of the Bacteriostatic water and the hCG powder vial. Clean the top of both rubber stopper using an alcohol pad.



Step 3

Get the large mixing syringe then remove the cover of the needle. Be careful not to touch the needle. Insert the needle in the middle of the rubber stopper of the Bacteriostatic water bottle then turn it upside down. Be sure the tip of the needle stays in the Bacteriostatic water bottle. Slowly add 2--3 ml of air inside the bottle to then be able to withdraw the same amount in water from the bottle. To know how much, you are adding or removing check the marking at the plunger – see red arrow

Excess water can go in a empty cup to be disposed of , we only need 5 ml of water to be left in the Bacteriostatic water bottle -



Step 4

Once only 5 ml is left in the bacteriostatic bottle take 2 ml into the mixing syringe



Step 5

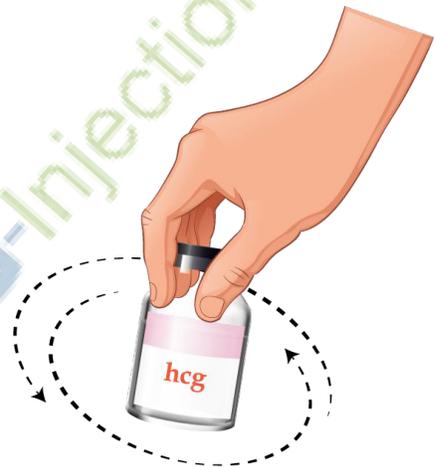
Now add the 2ml of water directly into the hCG bottle do this by injecting the needle at the center of the rubber stopper of the hCG vial.

Then Inject the water at the side of the hCG vial and not directly on top of the powder.



Step 6

Remove the needle then take the HCG vial between the palms of your hands. Gently swirl it until all the hormones dissolves. Do not shake the solution. You may slowly roll the bottle in your hands but don't shake it – or apply too much movement – once mixed with water it becomes very fragile so easy does it .



Step 7

Take the whole mixed liquid back out using the mixing syringe. Make sure that you pull out every drop of mixed HCG from the vial.



Step 8

Then put the mixed liquid back in the bacteriostatic water . Do this by injecting the needle into the center of the bacteriostatic water rubber stopper and inject the mixed hCG at the side of the vial.



Step 8

You can dispose of the other 2 bottles , only keep the bact water bottle that has now 5000iu mixed into 5 ml of water



Additional Instructions

You can use the 5 ml of HCG solution for your 26 day protocol if your weight loss goal is 15 pounds or less. Your supply of 5,000 IU will last approximately 3-4 weeks.

To complete your 46 day protocol you will need 2 vials of 5,000 IU each. During your 46 day protocol with HCG, mix only one vial at a time to ensure the potency of the HCG. Then after 23 days discard the first vial and mix the second vial.