



The IVF Dad's 10 Step Shot Giving Checklist

- ❑ Step 1: Wash your hands vigorously up to the wrists for 30 seconds in warm water with antibacterial soap, dry thoroughly.
- ❑ Step 2: Get EVERYTHING out and prepared—all vials, syringes, rubbing alcohol or other antiseptic swabs, sterile gauze, soap, towels, bandages(s) and any “support” items like a fun playlist.
- ❑ Step 3: Assemble syringes, open vials, swab vial tops with a rubbing alcohol pad after opening.
- ❑ Step 4: If any medicines require mixing, check directions and mix accordingly, then fill syringes with proper dose. Dispose of any needles used for mixing. For any medicines with pre-loaded syringes, ensure the dose is set to the correct amount.
- ❑ Step 5: Check one final time to ensure all doses are correct and syringes are loaded and ready. Wash hands again if you've touched anything other than the sterile materials.
- ❑ Step 6: Open sterile gauze square and bandage, set nearby for easy use after shot is over.
- ❑ Step 7: Prepare the injection location by thoroughly swabbing the area with rubbing alcohol.
- ❑ Step 8: Take a deep breath!
- ❑ Step 9: Administer shots, then place sterile gauze over the injection site, applying light pressure.
- ❑ Step 10: Place needles/syringes immediately into disposable sharps container.

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Disclaimer: The IVF Dad has made every effort to ensure all information herein is accurate. This list is neither intended to be, nor should it be used as, a substitute for the medical advice of a licensed physician. Follow all guidance and instructions from your fertility clinic pertaining to administering injections, and always consult with a doctor in any matters relating to your health and/or the health of your partner.