



### 1 HOW TO DO BUSERELIN INJECTIONS

#### 1.1 What is Buserelin and what does it do?

Buserelin is an injection given just under the skin which suppresses your natural menstrual cycle and allows us to control the timing of your treatment (and prevent ovulation).

#### 1.2 When do I start Buserelin Injections?

You will be advised of the date to start your injections. Depending on your treatment this could be day 2 or day 21 of your cycle, or the day following your first scan appointment at the unit.

#### 1.3 What time should I do the Injections?

You should do the injections at the same time each day. Choose a time that suits your daily routine and do not stop until told to do so. If you are also taking FSH injections these should be done in the evening so you may wish to do both of your injections at the same time.

#### 1.4 How do I draw up the Injection?

- Remove cap from Buserelin (the next time you use the vial, you will need to clean the rubber top using the alcohol wipes supplied)
- Remove package and orange cap from syringe, and draw up 50 iu (0.5mls) of air
- Place needle into upturned Buserelin vial and inject air into bottle (always ensure tip of needle is below level of fluid). This should ensure that there are no air bubbles when drawing up injection
- Withdraw plunger until the fluid is at the 50iu (0.5mls) (last mark on the syringe). If the syringe contains a large air bubble return fluid to bottle and repeat steps, as above
- Your injection is now ready to give

#### 1.5 How do I give the Injection?

- We recommend you inject into the upper, outer thigh or lower area of the abdomen, avoiding any visible blood vessels or bruises
- Hold syringe like a pen and push quickly into skin (45° or 90° angle to the skin)
- Push plunger gently to release fluid
- Remove syringe quickly
- Press gently on injection site, do not rub

#### 1.6 What do I do with my used syringe?

The Unit will provide you with a sharps disposal bin, which can be returned to the Unit for disposal after use. **Please do not place any sharps in your household waste.** If you do not have a sharps disposal bin please replace cap on syringe after use, store in a strong, sealable, plastic container (eg a food storage box) and bring to the unit where it will be disposed of. Dispose of all waste paper/packaging for syringes, needles etc in household waste.

#### 1.7 Can I have a period whilst taking Buserelin?

You **may** have a period whilst taking Buserelin. This is a natural reaction to the drug therapy and you do not need to contact the Unit.

#### 1.8 Are there any side effects from Buserelin?

You may experience hot flushes, mood swings, headaches or light sweats. This is due to the lowering of your hormones. If you are worried about these side effects please call the Unit for advice. If you have any questions please do not hesitate to speak to the nursing staff.