

Transcript of HCG by Injection

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## **HCG Diet Instructions 23 day with 5000IU HCG by Injection**

We are mixing 5000 IU of HCG for your 23 day phase. For your mixing supplies, you will need your alcohol wipes, your mixing syringe, your bacteriostatic water, an empty vial and your HCG. First, you are going to wash your hands and then sterilize the area that you are working with. Next, you are going to disregard the water that comes with the HCG, it is not enough to get you through the 23 day phase, so, throw it away. Next, you are going to sterilize all 3 bottles. Take the caps off, open an alcohol wipe, wipe down all 3 tops. Next, open your mixing syringe, make sure the needle is on tight; take the cap off, and then, we are going to pull 5 cc of air first into the syringe. We are going to inject the air into the bacteriostatic water and then because the bacteriostatic water is pressurized, you flip it up to 90 degree angle and it should automatically come back to 5 cc. You are going to want to make sure that there are no bubbles in the syringe. If there are, you are not getting a full 5 cc. Then pull and make sure that you have a total of 5 cc in your syringe. Next, you are going to inject 1 cc of water into your HCG and then make sure when you mix it because the HCG is freeze-dried, it should automatically mix correctly but if there is anything at the bottom just twist and turn, make sure all the powder is liquefied. Then, put the rest of the 4 cc in your empty vial. Then, go and extract the HCG mixture and add that to your empty vial. Put the cap back on your needle, twist and turn, separate the needle from the syringe put your HCG in the fridge and that will last you for 23 days.

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