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How much bacteriostatic water to mix with hcg

Chances are if you are about to begin your journey with the HCG Diet Protocol you may be wondering what bacteriostatic water is, and why it is important to incorporate it into the HCG hormone delivery. Simply put, bacteriostatic water is water specially cleaned or filtered for the purpose of medical use. Completely sterile, it contains 0.9% Benzyl alcohol designed to prevent the formation of microbes developing in what is basically a carrier solution for the administration of the injectable hormone, HCG. It goes without saying that injecting any substance using contaminated water solution will lead to major medical problems. Purchasing your bacteriostatic water from a reputable online source, equipped with updated information, such as HCG Supplies will ensure you are injecting a clean solution. What Does it Look Like? Typically arriving in a flip-top plastic vial, bacteriostatic water is not pressurized. With a typical shelf life around 1 year to 18 months unopened; it should be immediately refrigerated after opening, with the remainder discarded after 28 days. Can I Use Sterile Water instead of Bacteriostatic Water for HCG? While sterile water can be great for some things, bacteriostatic water is the most recommended means with which to transport the hormone into your system. Sterile water is for mixing a single dose to be injected all at once, since it has no bacteriostatic properties. Bacteriostatic water can be used to mix a multi-dose mixture to be used for up to 28 days. Safety First! Most likely, you will be administering your HCG hormone shots at home in a nonclinical environment. Sterile water, while on the surface, should suffice; it is only sterile until a foreign micro-organism is introduced into the solution. In plain terms, we cannot see micro-organisms with the naked eye. The cat dander, the dust mites in the bedroom from dog hair. That sneezed into tissue your six-year-old left on the kitchen table. All the daily activities and incidents that we don't even think about that take place at home, would never take place in a doctor's office. So, at home, sterile water is subjected to too much risk of contamination. Bacteriostatic water, however, containing benzyl alcohol makes for a better choice, especially for use at home when using a mixture intended for multiple injections. Bacteriostatic Water Close Up Cleaned and sterilized, any microorganisms are removed from the water, rendering it sterile. At this point, the 0.9% blending of benzyl alcohol is introduced, thus completely sanitizing the water and protecting it from the growth of bacteria. Administering the Bacteriostatic Water: With an alcohol pad, wipe the rubber stopper on the empty mixing vial, the HCG medication vial, and the Bacteriostatic Water vial. Check to make certain any use-by dates are still good on both the HCG and the Bacteriostatic Water. If in any doubt, DO NOT USE! Next, slowly draw back the plunger on the mixing syringe until the volume of air drawn into the mixing syringe rises to the volume of water to be withdrawn from the Bacteriostatic Water vial. Inserting the mixing needle into the top of the Bacteriostatic Water vial, introduce the air from the mixing syringe into the Bacteriostatic Water vial. Finally, withdraw the mixing needle from the Bacteriostatic Water vial. Next, with the empty mixing vial, insert the mixing needle, you can now withdraw the amount of equivalent air to the measure of Bacteriostatic Water you wish to infuse into the empty mixing vial. This may sound complicated at first, however, the experience will teach you what the correct amounts look like. Additionally, you should also check out further how-to information available on your HCG Supplies website. Now you are ready to withdraw the mixing needle from the empty mixing vial. Both vials should now be pressurized and arranged to exchange the liquids more effectively. Preparing for the Injection Utilizing the mixing syringe, insert the mixing needle into the Bacteriostatic Water vial and withdraw the intended volume of Bacteriostatic Water. Withdraw the mixing needle. Insert the mixing needle into the HCG medication vial. Insert a limited quantity of Bacteriostatic Water to reconstitute the powdered HCG. It doesn't make a difference precisely the amount Bacteriostatic Water that you're ready to mix. The powder dissolves right away. Invert the HCG medication vial and withdraw every drop of liquid into the syringe. In order to recover the majority of HCG hormone into the syringe, make sure the tip of the needle is practically even with the rubber stopper. Withdraw the mixing needle. Insert the mixing needle into the vacant mixing vial and infuse the majority of the liquid into the unfilled mixing vial. Withdraw the mixing needle. Presently your solution is blended for injections. Discard all waste in an appropriate waste repository, notably a receptacle suitable for sharps, or needles. Keep away from all pets and children. Do not reuse needles. Discard the Bacteriostatic Water and the blended solution around 28 days later. Each time you do an injection, make a point to clean the top of the mixing vial and the injection site with an alcohol pad. Utilizing another injection syringe each time you inject will help maintain a sterile and safe injection. Draw back the plunger on your injection syringe until the volume of air approaches the volume of the solution you intend to inject. Insert the needle into the mixing vial and inject the air into the mixing vial. Invert the mixing vial and withdraw the volume of solution that you intend to inject. Withdraw the needle from the mixing vial. Hold the needle pointing upward and tap on the syringe barrel until any air bubbles have ascended to the top of the syringe. Push on the plunger to oust all air from the syringe. At this point, you are prepared to inject. Again, discard all waste in the appropriate container, preferably one suitable to house sharps. Performing this procedure correctly and in the most sanitary way possible is important for the success of the HCG Diet Protocol. Speaking with your primary care physician, you may be able to arrange daily visits to your doctor for the injections to be professionally administered. Alternatively, if you feel comfortable performing the injections yourself, you may do so. Making sure, instructions are meticulously followed can help you achieve a successful outcome. If you have a 10,000iu vial of hCG to mix for the hCG diet, we will have a special video and post on this soon- for now, you can follow the tutorial for the 5,000iu vials EXCEPT for one difference-You will mix 10ml's of mixing solution/bacteriostatic water into your 10,000iu hCG vial (instead of 5ml's)-This keeps your RATIO of hCG to liquid the same, which means all the other things like what number on the syringes equal what particular hCG dosage will all still be the same. The above is my most updated video on mixing hCG injections. Please note: These instructions are for how to mix hCG injections from 5000iu vials from U.S. sources like those listed on my blog, for use with the following standard sized syringes that are typically sent with hCG: 30 unit syringe = .3 ml/cc50 units syringe = .5 ml/cc100 unit syringe = 1 ml/cc Check out Online Providers If you have not already purchased hCG, you can check out my HCG Injections page and compare the three companies I currently feel comfortable recommending- all 3 sources are real, unmix, pharmaceutical hCG - not homeopathic or amino acids, and not premixed. If you choose to buy through me, I do get a small commission at no extra cost to you. You totally ROCK if you go through me so thanks!! Supplies for mixing 1 vial of 5,000IU hCG: (lasts approx. 3-4 weeks) These supplies will come WITH the hCG injections kit you purchase from the online hCG providers in the U.S. 1. 5,000iu vial of hCG- will be either a powder or a tablet. Note A: If you get just hCG, the powder will be white. If you get the hCG with B12, the powder will be pink.)Note B: if you bought a "longer" kit - like 40-50 days type kit, you will receive 2 vials of hCG- don't mix the 2nd vial till the 2nd half of the round. If you bought the "shorter" kit - 20-25 days kit, you only have 1 vial of hCG). 2. Mixing Syringe - yeah that HUGE one. 3. Vial of Mixing liquid - there are couple different types of mixing liquid you might get: A. A glass vial of clear mixing liquidB. A glass vial of pink mixing liquid - it will be pink if it contains B12C. A plastic bottle that says "bacteriostatic water" ANY of these 3 is fine as your mixing liquid. It just depends on how the hCG company sends it. 4. Rubbing Alcohol Swabs 1. Swab the tops of all bottles with alcohol. 2. Using your mixing syringe, pull out 5mls of your mixing solution and insert into your bottle of powdered hcg. Swirl gently until the hCG is completely dissolved. 4. Done! You should now have a vial that contains 5,000IU of hcg + 5ml of bacteriostatic water. Here's a slightly more detailed description of the mixing: Wash hands, clean surface area. Twist the tip of the mixing needle on the syringe clockwise to make sure it's tight. Then, twist off the safety cap from the mixing needle when you're ready to mix.Snap off plastic caps from the one hCG vial and the vial of mixing liquidClean off the top of each bottle with an alcohol swabDraw up 5 ml's of AIR into your mixing syringe first. Insert this into your mixing vial and push the air into the vial. Hold the vial of mixing liquid upside down. While still holding it upside down, pull out 5ml of liquid. If you get a large bubble, just push the liquid back in the vial and try again. It may feel a bit hard to pull the liquid out because you will feel a sort of vacuum-like pressure pulling against you - this is what injecting air into the vial first helps compensate for- you'll be fine, just keep hold of the plunger and keep pulling it downwards slowly. Once you have 5ml of mixing liquid in the syringe, pull the vial of mixing liquid off the needle.Insert the 5ml of mixing liquid into your vial of powdered hormone.Swirl to make sure all the powder dissolves into the liquid. Don't shake.Cover vial with some foil and keep in the fridge at all times. Wrap the mixed hCG vial with foil to keep out light. - Store in the refrigerator at all times- remove only to draw out daily injections. Note: If you accidentally leave the hormone out of the fridge overnight, the potency may have dropped significantly while being left out. When in doubt, re-mix a new solution with new hCG. What Dose of Daily hCG Injection Should You Take? Most people will take anywhere between 125-200IU's with each dose/injection (1x per day). Find your dose for no/limited hunger: Most people start with 150IU's per dose, but 125iu works well for a large majority lately I've noticed, and doses of 175iu and 200iu are sometimes needed. The differences have to do with the hCG vial to begin with (legal parameters for active ingredient in compounded hCG has a WINDOW - I don't know exactly what it is but it's something like 90-120% - remember these batches of hCG are compounded by hand so there is a little wiggle room - so say if you get a vial of hCG that actually has more than 100% active ingredients - say 5,300iu of hCG in a 5,000iu vial of hCG, in this case, you might need a lower dose than normal), the current level of potency of your mixture (as it gradually degrades over the weeks once you've mixed it), and your own body and its metabolism. Please see my very detailed post to help you find the right dose of hCG here. Finding your dose on the syringe A full more detailed post on finding your hCG dose on the syringe with VIDEO here!If you have mixed the hormone as I outlined here, the following doses can be found on your insulin syringe in this way: 10 units = 100 iu12.5 units = 125iu 15 units= 150 iu 17.5 units= 175 iu 20 units= 200 iu 22 units = 220 iu 25 units = 250 iu etc.- see the pattern? The numbers match up with the dose amount, making it easy to adjust your dose as needed without remixing a new batch of hCG. Basically, you just move the decimal over one place to the right, and you can then know what that dose equates to. If you mixed in a different ratio (ie NOT 5ml's to 5000iu hCG, then these numbers do NOT apply). TIP: If you are having trouble finding a good dose you feel little/no hunger with. Skip a dose entirely one day- if you find yourself more hungry overall, you most likely need to increase your dose. If you find yourself less hungry overall, you most likely need a smaller dose. How To DO Your hCG Injection I have since created several video tutorials showing you how to do an injection! (to be done once in the morning daily) Swab the injection site with alcohol. It can be in your belly somewhere (at least an inch or so away from your belly button) or alternatively, your upper thigh. Swab the top of the bottle with alcohol as well.Take one injection syringe out and remove the safety cap. Stick the needle into the bottle of hCG and then turn the bottle upside down then slowly draw out your designated dose (12.5 units= 125iu, 15 units= 150iu, 17.5 units= 175iu, 20 units= 200iu).Remove the needle from the bottle. Pnch the injection site just a little bit and stick the needle straight in (not at an angle). You will feel either nothing (if you have a good amount of fat there) or just the slightest twinge (if you don't have a lot of fat left).Slowly inject the full dose. Remove the syringe, put the safety cap back on. Dispose of the syringe ideally in a designated container- like a Sharps Container. Tip 1: Occasionally, you will probably get a little bruising if you stuck the needle in slightly funky. This is infrequent and it's really not a big deal. Tip 2: Change up the injection sites- switch from one side of the belly to the other each day, etc. See my full post on various suitable spots to inject hCG. Where to Purchase Mixing Supplies If for some reason you find you don't have everything you need to mix your hCG or you got your hCG from other places, you can buy mixing supplies (but not the hCG itself) ala carte at MissouriMedicalSupplies.com Most find it easier to just buy the hCG and mixing supplies all as one kit from the online U.S. providers. The final mix of the hormone will be a solution containing: 5,000IU of hcg + 5ml of bacteriostatic water. Mixing hCG Injections When You Have the Odd-Sized Syringes This is applicable ONLY to individuals who may have purchased hCG and dosing syringes from overseas- very uncommon nowadays, but just in case: So if you happen to get the weird syringes where it says 40 units = 1 ml/cc, you will mix and dose your injections in a 2:1 ratio instead of a 1:1 ratio. Mix 10 ml's of bacteriostatic water with 5000iu hCG Finding hCG Dose for Odd Sized Syringes If you mix in a 2:1 ratio, the following hCG dosages apply (JUST for the 40 unit = 1 ml/cc syringes): 125ius hCG dose = 10 units150 ius dose = 12 units175 ius dose = 14 units200 ius dose = 16 units225 ius dose = 18 units250 ius dose = 20 units Want Motivation? 37,000+ hCGers Join hcgChica'sEmail Tribe how-to's | interviews | pep talks Yup, I want this! Related posts:

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