

- You will be advised by your specialist nurse when your medication is ready for collection at the Birmingham Women's Hospital Pharmacy. On the same day when collecting your medication, you can also collect the supplies of your needles and syringes at QEHB.

Please remember that the timing of your appointment is important, so please report directly to the unit at the time specified in your appointment letter. If you are unable to keep your appointment, please contact the department and we will try to rearrange it for you.

Contact Details

When you arrive for your appointment you should report to:

Endocrine Day Case Unit

Area 1A, Outpatients Ground Floor,
Queen Elizabeth Hospital Birmingham,
Mindelsohn Way, Edgbaston,
Birmingham B15 2GW

If you have any questions please contact the Endocrine Clinical Nurse Specialist Team via the details below:

EndocrineNurses@uhb.nhs.uk
0121 371 6950

Your injection schedule:

Medication 1	
Dose	
Frequency	
Schedule	

Medication 2	
Dose	
Frequency	
Schedule	



The Trust provides free monthly health talks on a variety of medical conditions and treatments. For more information visit www.uhb.nhs.uk/health-talks.htm or call 0121 371 4323.

ENDOCRINE
Queen Elizabeth Hospital Birmingham
Mindelsohn Way, Edgbaston
Birmingham, B15 2GW
Telephone: 0121 627 2000



University Hospitals Birmingham
NHS Foundation Trust

A patient guide
to having
gonadotropin
injection

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Your doctor has recommended that you should begin gonadotropin injections as part of your fertility treatment.

What are gonadotropins?

Gonadotropins are hormones produced by the pituitary gland. This gland plays an important role in human fertility and reproduction.

The main human gonadotropins are:

- **Follicle stimulating hormone (FSH),**
- **Human chorionic gonadotropin (HCG)**
- **Luteinising hormone (LH)**
- In women, FSH and LH control the release of eggs from the ovary. Treatment with gonadotropins can help women to ovulate (produce eggs) and are usually used in combination with other fertility medications
- In men, FSH stimulates spermatogenesis (the production of sperm) and LH controls production of the sex hormone testosterone. Treatment with gonadotropins in men can help treat delayed puberty or low sperm count (oligozoospermia)
- In the Reproductive Clinic at the Queen Elizabeth Hospital Birmingham (QEHB), the main hormones used are HCG and FSH. Male patients being treated for reduced sperm count are usually started on HCG first, with addition of FSH if necessary at a later stage.

How do I prepare for my appointment?

- It is important that you collect your medications (injections) from the Pharmacy at Birmingham Women's Hospital before you attend for your appointment at QEHB
- You need to bring your medications with you for your appointment as you will be having your first injection on that day
- Your appointment will last for no more than 1 hour
- Please also bring a list of any other current medication you are taking.

What will happen during my appointment?

- You will be seen by a specialist nurse in endocrinology who will introduce him/herself to you
- A clinical examination will be undertaken including a testicular examination
- The nurse will explain to you what the injection is for, some of the potential side effects, method of administration, storage of the medication and how to request for supplies of your injection equipment
- You will be shown how to prepare and administer your injection
- You will be given a chance to practice the preparation and administration of your injection using a dummy injection pad
- Once you are comfortable with your

injection technique, you will be supervised by the nurse in preparing and administering your first injection

- You will be given a pack containing your needles and syringes including the contact details of your specialist nurse. Your supplies will last for 3 months

Side effects from the medication do not appear immediately after the injection (except for irritation around the injection site), so you are able to drive home following your appointment.

What will happen after my appointment?

- You need to continue with your injections regularly as directed by the specialist nurse (either twice or three times weekly)
- A letter will be sent to you, informing you of a follow up appointment. This appointment will be in around 3 months' time. If you have any queries or if you experience any untoward side-effects, please contact your specialist nurse.

How can I order further supplies of medication and injection equipment?

- If you need further supplies of medication or needles/syringes, you need to let your specialist nurse know in advance by email or phone. It is important that you give 2 weeks' notice to avoid you running out of supplies