

# Lubion<sup>®</sup> Progesterone 25mg solution for injection

An aqueous progesterone  
for luteal support of your IVF cycle

A subcutaneous self-injection guide



# How to use Lubion?

Before you start the first injection, wash your hands and prepare a clean work surface on which to place all the items you need:-

## Syringe

- Short injection needle (often yellow or grey)
- Long drawing-up needle (often green or pink)
- Vial of Lubion® liquid formulation
- Sharps bin



- Attach the larger drawing up needle to the syringe, leaving the needle's protective cover in place.



- Remove the protective plastic cap from the vial of Lubion®, exposing a rubber membrane in the top of the vial.
- Remove the protective cover from the larger needle.



- Puncture the rubber membrane in the top of the vial with the needle, gently push the needle to the bottom of the vial and slowly draw-up all of the solution into the syringe.
- Remove the needle and draw back the plunger slightly to ensure there is no liquid left in the needle.



- Detach the drawing up needle from the syringe and dispose of it in the sharps bin along with the empty vial of Lubion®.



- Attach the smaller injection needle to the syringe, leaving the needle's protective cover in place.



- Remove the protective needle cover from the injection needle and inspect the syringe for air bubbles.
- Hold the syringe with the needle pointing upwards and lightly flick the syringe with your finger until all the bubbles collect at the top.



- Gently push the plunger of the syringe until all the bubbles have been expelled and a drop of liquid appears at the end of the needle.

Lubion is injected by subcutaneous injection, either into the abdomen or the upper part of the thigh.



- When injecting into the abdominal site, it is recommended to do so somewhere in the area of an arc beneath the navel.
- As the product is given every day, it is recommended to rotate the site of injection so as not to repeatedly inject in the same place.



- Pinch the skin together firmly and insert the needle at an angle of between 45° to 90°.



- As you release the pinched skin, inject all the medication by pushing slowly and steadily on the plunger.

For a full video guide on how to prepare & inject Lubion, please scan the QR code or visit:  
[www.ibsapharma.co.uk/products/product/lubion](http://www.ibsapharma.co.uk/products/product/lubion)



## Why have I been prescribed progesterone?

During the first half of a normal menstrual cycle, eggs mature in structures called follicles, made up of layers of hormone-producing cells surrounding the egg and a lake of hormone-rich fluid. Follicles produce a hormone called oestrogen that causes proliferation (building up) of the endometrium or lining of the uterus. Women usually have one dominant follicle, which ruptures around mid-cycle, releasing an egg. This is called ovulation. After ovulation, the empty follicle changes to become a structure called the **corpus luteum**, which produces progesterone.

Progesterone changes the endometrium to make it favourable for accepting and nourishing the embryo. Progesterone maintains the endometrium and ensures the secretion of certain substances that prevent it from breaking down. Progesterone affects the immune system and is therefore vital for the establishment of early and continued pregnancy.<sup>1,2</sup>

If you have had treatment through Assisted Reproductive Technology (ART) such as in-vitro fertilisation (IVF), Intra Cytoplasmic Sperm Injection (ICSI) or following egg donation, it is routine practice to provide additional progesterone for '**luteal support**'. This support usually starts soon after egg collection and continues until the body is producing enough progesterone independently and no longer requires additional support.

### References

1. Shah NM, Lai PF, Imami N, Johnson MR. Progesterone-Related Immune Modulation of Pregnancy and Labor. *Front Endocrinol (Lausanne)*. 2019;10:198. Published 2019 Mar 29. doi:10.3389/fendo.2019.00198
2. Schumacher A, Costa SD, Zenclussen AC. Endocrine factors modulating immune responses in pregnancy. *Front Immunol*. 2014 May;5:196.

### Adverse Events

If you get any side-effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet.

You can also report side-effects directly via the Yellow Card Scheme at <https://yellowcard.mhra.gov.uk/>.

By reporting side-effects you can help provide more information on the safety of this medicine.



IBSA Pharma Ltd

Sullivan House, 4-6 Colonial Business Park, Colonial Way, Watford WD24 4PR

[www.ibsapharma.co.uk](http://www.ibsapharma.co.uk)

Tel: +44 (0)1923 233 466