



National Custom  
Compounding

PHONE: 07 55 229477

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## *HCG Nasal Spray* Human chorionic gonadotrophin (hCG)

### Consumer Medicine Information

#### What is in this leaflet

This leaflet answers some common questions about HCG.

It does not contain all the available information.

It does not take the place of talking to your doctor or pharmacist.

All medicines have risks and benefits. Your doctor has weighed the risks of you taking HCG against the benefits they expect it will have for you.

**If you have any concerns about using this medicine, ask your doctor or pharmacist.**

**Keep this information with your medicine.** You may wish to read it again.

#### What HCG is used for

HCG belongs to a group of hormones known as gonadotrophins which play an important part in human fertility, reproduction and metabolism. It signals the Hypothalamus to release stored fat, to be used as fuel and nourishment.

Your doctor may have prescribed HCG for another reason.

HCG is not addictive.

A doctor's prescription is required to obtain this medicine.

**Ask your doctor if you have any questions about why this medicine has been prescribed for you.**

**Ability to drive or operate machinery.**

As far as is known, HCG has no effect on alertness and concentration.

#### Before you use HCG

***When you must not use it***

**Do not use HCG if:**

- you are allergic (hypersensitive) to human gonadotrophins or any of the ingredients listed at the end of the leaflet.
- you have a cancer or tumour of the ovary, breast, prostate, hypothalamus, uterus, or pituitary gland
- you have malformations of the sexual organs which make a normal pregnancy not possible
- you have fibroids in the uterus which make a normal pregnancy not possible



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**Do not use HCG if you are pregnant or breast-feeding.** It is not known whether hCG passes into breast milk.

### ***Before you are given it***

**Tell your doctor if you have allergies to any other medicines, foods, preservatives or dyes.**

**Tell your doctor if you have or have had any of the following medical conditions:**

- a thyroid, adrenal or pituitary gland disorder
- an ovarian cyst
- cancer or a tumour of the breast, ovary, uterus, prostate, hypothalamus or pituitary gland
- polycystic ovarian disease (irregular or no periods, acne, obesity, excess hair growth)
- unexplained vaginal bleeding
- menopause
- premature puberty
- high blood pressure
- epilepsy
- migraine
- kidney disease
- heart or blood vessel disease
- blood clots

If you have any of the conditions listed above, you may not be able to use HCG or you may need a dosage adjustment or special tests during treatment.

**Tell your doctor if you have or have had any other medical conditions.**

### **Pregnancy:**

When women become pregnant after treatment with gonadotrophic preparations, there is an increased risk of having twins or triplets and even higher order multiple births. Such pregnancies often have obstetric problems and may deliver very prematurely.

Multiple pregnancies and characteristics of the patients undergoing fertility treatment (e.g age of the female, sperm characteristics) may be associated with an increased risk of congenital abnormalities.

Generally in women undergoing fertility treatment there may be a slightly higher risk of miscarriage. Women with damaged fallopian tubes have a slightly increased risk of the fetus growing outside the womb (ectopic pregnancy).

### ***Taking other medicines***

**Tell your doctor or pharmacist if you are taking any other medicines, including any that you get without a prescription from your pharmacy, supermarket or health food shop.**



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### How HCG is given

Your doctor will decide the dose of HCG.

HCG is administered in a nasal spray.

Keep all doctors appointments so your therapy can be monitored.

## *How to use it*

1. Shake the bottle gently and remove the dust cap.
2. Gently blow your nose.
3. Close one nostril and put the nozzle into the other nostril.
4. Tilt your head forward slightly, keeping the bottle upright.
5. Start to breathe in gently or slowly through your nose and whilst you are breathing in squirt a spray of fine mist into your nose by pressing down ONCE with your fingers.
6. Remove the nozzle from this nostril and breathe out through the mouth.
8. Repeat steps 3 to 6 for the other nostril. After using the spray, wipe the nozzle carefully with a clean tissue and replace the dust cap.
9. Put back into the refrigerator.



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### ***If you are given too much***

The dosages in each spray is not excessive however if you have used the spray more than is prescribed you may experience side effects. HCG can be associated with the rare condition called Ovarian Hyperstimulation Syndrome (see Side Effects).

### **While you are using HCG**

#### ***Things you must do***

**Tell your doctor immediately if you think you are pregnant or become pregnant while using this medicine.**

**If you are about to be started on any new medicine, tell your doctor and pharmacist that you are taking HCG.**

**If you are about to have any blood tests, tell your doctor that you are taking this medicine.**

#### ***Things you must not do***

**Do not use this medicine to treat any other complaints unless your doctor tells you to.**

**Do not give your medicine to anyone else, even if they have the same condition as you.**

### **Side Effects**

**Tell your doctor as soon as possible if you do not feel well while you are using HCG.**

**If any of the following happen, tell your doctor immediately or go to Accident and Emergency at your nearest hospital:**

- Severe Ovarian Hyperstimulation Syndrome (OHHS). Symptoms include severe stomach pain and swelling, nausea or vomiting, diarrhoea, weight gain, shortness of breath or urinating less than normal. This condition is rare.
- Signs of an allergic reaction such as shortness of breath, wheezing or difficulty breathing; swelling of the face, lips, tongue or other parts of the body; rash, itching or hives on the skin.
- Signs of a blood clot such as pain, warmth, redness, numbness, or tingling in your arm or leg; confusion, extreme dizziness or severe headache. This condition is rare.



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**These side effects are extremely rare however, tell your doctor if you notice any of the following and they worry you:**

- Skin rash or fever
- Breast tenderness or swelling in women
- Fluid retention e.g. swelling of the ankles or feet
- Breast enlargement in men

**Tell your doctor if you notice any other side effects.**

**Other side effects not listed in this leaflet also occur in some people.**

### **After using HCG**

#### ***Storage***

**Keep HCG in the original bottle in a safe place out of reach of children.**

**HCG must be stored at 2 degrees C to 8 degrees C (Refrigerate. Do not freeze). Protect from light.**

#### ***Disposal***

Return any unused medicine to your pharmacist.

### **Product Description**

#### ***What it looks like***

*HCG comes in a Amber nasal spray bottle with a white spray nozzle and clear protection cap.*

#### ***Ingredients***

- Human chorionic gonadotrophin
- Carmellose sodium
- Sodium phosphate monobasic anhydrous
- Sodium phosphate dibasic anhydrous
- Mannitol
- Benzyl Alcohol
- sodium chloride
- purified water
- water for injections