

How to Inject Cerebrolysin

The depth at which an injection should be administered varies depending on the peptide and the instructions from your healthcare provider. Cerebrolysin is typically injected via an intramuscular injection or also can be via IV. It also has a response when used via subcutaneous (under the skin) delivery and that's how these directions are written.

Cerebrolysin comes in a liquid ampoule. For large doses (2-10 ml), intramuscular injection is preferred, just because of the amount of liquid. If you know how to do this and have the right needle gauge, go ahead. For a microdose (1 CC / 1 ml), we will inject it with a 30 gauge, ½ inch needle straight down into the middle top of the thigh. This may or may not reach the muscle, but it is deep enough to handle the liquid without leaving a bubble under the skin. If you want to do a larger dose (i.e. 2 ml), just do 2 injections, one in each thigh.

You will want to rotate through different areas for injecting, so familiarize yourself with your options. Injecting into the same area over and over can cause lumps or fatty buildup in the area. Pick an appropriate body region and use that area a while but move around within that area with each injection. Do not inject yourself in an area that is already bruised, swollen, sore, or an open wound. Inject at least 2 inches away from any scars. As with any injection procedure, infection at the site of injection is a possibility. Signs of infection at the injection site include severe pain, redness, swelling, warmth or drainage.

What You Need: Clean hands, alcohol swabs, your Cerebrolysin ampoule, syringe, syringe cap (for storage), filter needle, injection needle, clean, dry surface to work on.

Injecting Yourself, Step by Step:

1. Wash your hands with soap and warm water first.
2. Always make sure you're using the correct medication, at the correct dose, at the correct time.
3. Note the date and dosage on your daily peptide diary. Add any remarks/improvements from previous injection.
4. Remove the packaging from a blunt tip filter needle and lock tip syringe.
5. Twist the filter onto the syringe. If your ampoule is large, you may need two syringes for all the liquid, but you can use the same filter needle for both.
6. Tap the Cerebrolysin ampoule so that the liquid drops into the bottom.
7. Take note of the white dot located near the neck of the ampoule. This is where you should break it.
8. Wrap a paper towel around the ampoule while holding the bottom with one hand, and the top with thumb and finger of the other hand. The paper towel will help you protect your hands if the glass splinters.
9. Gently but forcefully snap the top of the ampoule off.
10. Hold the ampoule upright so that it doesn't spill.
11. Pull (don't twist!) the protective cover off the blunt filter needle.
12. Insert the filter into the ampoule and draw out all the liquid. Don't worry about bubbles right now.
13. Cap the filter needle, untwist it from the syringe. Discard filter and empty ampoule.
14. Twist on a needle for injection (27-30 Ga, ½ -1 inch). Use a new needle with every injection.
15. Hold upright and depress plunger to remove air bubble. A tiny droplet should escape the needle to tell you this.
16. Ensure that the plunger is at the correct required dose. You may have two or more doses in the syringe. If so, just inject the correct amount of liquid, and cap the rest for later use.
17. Choose your injection site. The middle center of the top of the thigh is preferred as there is little chance of hitting anything but fat and muscle in that area.
18. Use an alcohol swab on top the area you are going to inject. Let the alcohol air dry.
19. Insert the needle straight down into the body. No need to pinch the skin. You should do this quickly, but without great force.
20. Slowly push the plunger to inject the medication over 10-20 seconds, ensuring the plunger is fully depressed or down to the level you desire. Wait 3 to 5 seconds before withdrawing the needle.
21. Apply pressure to the site or rub the area. Bleeding should be very minor, if any. You may notice a little bruising later. It can be normal for some bruising and redness to appear by injection sites, especially if you nick a blood vessel. Just try to avoid that area next time to avoid further irritation.
22. Cap and dispose of the used needle properly. Insulin needles can be put in a Sharps container or in the trash with their cap back on. Ensure used syringes are always out of the reach of children.
23. Place blue cap on the syringe, and store remainder in refrigerator (dark area) ready for your next injection(s).