Peptide Reconstitution Guide

Step-by-Step Instructions for Safe Preparation

Materials Needed

- Lyophilized (freeze-dried) peptide vial
- Bacteriostatic water (BAC water) - preferred diluent
- Alcohol swabs (70% isopropyl)
- Insulin syringes (1 mL with 29-31G needle)
- Sterile mixing syringe (if needed for larger volumes)
- Clean, flat work surface
- Sharps disposal container

Reconstitution Calculator

Use this formula to determine your concentration:

Concentration (mcg/unit) = Peptide Amount (mcg) / BAC Water Added (units)

Common reconstitution examples:

Peptide Amt	BAC Water	Concentration	100 mcg Dose	250 mcg Dose
5 mg (5000 mcg)	1 mL	50 mcg/unit	2 units	5 units
5 mg (5000 mcg)	2 mL	25 mcg/unit	4 units	10 units
10 mg (10000 mcg)	2 mL	50 mcg/unit	2 units	5 units
10 mg (10000 mcg)	3 mL	33 mcg/unit	3 units	7.5 units
2 mg (2000 mcg)	1 mL	20 mcg/unit	5 units	12.5 units

Step-by-Step Reconstitution

Step 1: Prepare Your Workspace

- Wash hands thoroughly with soap and water for at least 20 seconds
- Clean work surface with disinfectant
- Gather all materials before beginning
- Allow peptide vial and BAC water to reach room temperature

Step 2: Clean the Vials

- Remove protective caps from both peptide and BAC water vials
- Swab the rubber stoppers of BOTH vials with alcohol swabs
- Allow to air dry for 30 seconds - do NOT blow on them

Step 3: Draw the Bacteriostatic Water

- Using a clean syringe, draw the desired amount of BAC water
- Pull back the plunger to the correct volume marking

- Remove any air bubbles by tapping the syringe and pushing air out

Step 4: Add Water to Peptide Vial

- Insert the needle through the rubber stopper of the peptide vial
- CRITICAL: Aim the stream of water against the SIDE of the vial, NOT directly onto the powder
- Inject the water SLOWLY - let it drip down the side of the vial
- Do NOT shake, swirl aggressively, or drop the vial

Step 5: Mix Gently

- Allow the vial to sit for 1-2 minutes
- Gently roll the vial between your palms to dissolve remaining powder
- NEVER shake the vial - this can damage the peptide structure
- The solution should be clear and colorless when fully dissolved
- If cloudy or contains particles after 5 minutes, do NOT use

Step 6: Store Properly

- Label the vial with: peptide name, concentration, date reconstituted
- Store in refrigerator at 36-46 degrees F (2-8 degrees C)
- Keep away from light
- Use within 4-6 weeks of reconstitution (follow provider instructions)
- NEVER freeze reconstituted peptides

Drawing Your Dose

- Clean the vial stopper with alcohol swab before each use
- Draw air into syringe equal to the dose volume
- Insert needle and inject air into vial (prevents vacuum)
- Invert vial and draw the correct dose
- Remove air bubbles by tapping and pushing excess air out
- Verify the correct volume before injecting

Important Safety Notes

- Always use a NEW syringe for each injection
- Never reuse needles or share vials between patients
- Dispose of sharps in an approved sharps container
- If the solution changes color, becomes cloudy, or has particles - discard it
- Keep reconstituted peptides refrigerated at all times
- Do not use past the expiration date or recommended use-by date