

# Injection Guide for MENOPUR<sup>®</sup> (menotropins for injection)

Your doctor has prescribed MENOPUR for subcutaneous injection. This instruction guide will help you prepare and inject yourself with MENOPUR at home. Always take MENOPUR exactly as directed by your doctor. Prior to injection, the Q•Cap<sup>®</sup> vial adapter (shown in photo) is used to prepare MENOPUR.



## GET READY

### 1 ASSEMBLE

- **Wash** hands well with soap and water
- **Dry** your hands with a clean towel
- **Place** the necessary supplies on a clean surface



### 2 PREPARE

- **Check** the vial(s) of MENOPUR to make sure there is powder or a pellet in the vial(s)
- **Check** the 0.9% Sodium Chloride, USP vial to make sure that the liquid is clear and does not contain any particles
- **Do not use** the vial(s) and call your pharmacist or healthcare provider if you do not see powder or a pellet in the MENOPUR vial(s) or if the liquid in the 0.9% Sodium Chloride, USP vial is discolored or contains particles
- **Check** the Q•Cap blister pack package to make sure it is intact but do not use if it is damaged
- **Remove** the plastic caps from the vials of MENOPUR and 0.9% Sodium Chloride, USP
- **Wipe** tops of vials with an alcohol pad and allow them to dry
- **Do not touch** the tops of the vials after you have wiped them
- **Place** the vial of 0.9% Sodium Chloride, USP on the table
- **Open** the Q•Cap blister pack by peeling back the lidding
- **Do not take** the Q•Cap out of the blister pack at this time, and do not touch the spike or connector ends of the Q•Cap



Please see Important Safety Information throughout and full Prescribing Information, including Patient Information, for MENOPUR.

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## FILL THE SYRINGE

### 3 CONNECT

- **Hold** the 0.9% Sodium Chloride, USP vial in 1 hand
- With your other hand, **hold** the sides of the Q•Cap blister pack, turn the blister pack over, and place it on top of the vial
- **Push** the Q•Cap straight down into the rubber stopper of the vial until the spike pierces the top of the vial and snaps into place
- **Do not use** the Q•Cap if it falls out of the blister pack; throw it away and use a new one
- **Remove** the blister pack and throw it away in your household trash
- **Do not touch** the connector end of the Q•Cap
- **Take** the syringe and pull down on the syringe plunger rod until you have reached the line that corresponds with the amount of 0.9% Sodium Chloride, USP that your healthcare provider told you to use; typically 1 mL
- **Be very careful** not to touch the syringe plunger during this step
- **Place** the tip of the syringe into the connector end of the Q•Cap
- **Twist** the syringe clockwise until it is tight
- **Be careful** not to overtighten the syringe



### 4 EXTRACT

- **Slowly push** down on the syringe plunger to push air from the syringe into the vial
- **Keeping** the syringe and Q•Cap together, turn the vial upside down and pull down on the syringe plunger to withdraw the right amount of 0.9% Sodium Chloride, USP from the vial
- **Your healthcare provider should tell you the right amount of 0.9% Sodium Chloride, USP to use**
- **Separate** the Q•Cap and syringe from the vial by pulling up on the syringe barrel
- **Do not pull** the plunger to remove the Q•Cap
- **Throw away** the 0.9% Sodium Chloride, USP vial in your household trash



## MENOPUR® (menotropins for injection)

MENOPUR® (menotropins for injection) is a prescription medicine that contains hormones. MENOPUR contains follicle stimulating hormone and luteinizing hormone activity. These hormones stimulate healthy ovaries to make eggs. MENOPUR is used for women who need medical help to get pregnant. Your doctor may prescribe more than one medicine as part of a pregnancy plan.

### Important Safety Information

- Do not use MENOPUR if you: have ovaries that are not able to make eggs even with the use of hormones, are pregnant or think you may be pregnant, have problems with your thyroid gland or adrenal gland that are not controlled by taking medicine, have tumors in your female organs (including breasts), have a tumor of your pituitary gland or any other tumor in your brain, or have heavy or irregular vaginal bleeding and the cause is not known. Do not use MENOPUR if you have a known previous allergic reaction to these medications.

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# MIX WITH MENOPUR

## 5 COMBINE

- **Hold** the vial of MENOPUR powder in 1 hand
- **Hold** the sides of the syringe with your other hand and place the tip of the Q•Cap over the top of the vial
- **Push** the tip of the Q•Cap into the rubber stopper of the vial until it stops and snaps into place
- **Be careful** not to push down on the syringe plunger during this step



## 6 SWIRL

- **Slowly push down** on the syringe plunger to push the 0.9% Sodium Chloride, USP into the vial with the MENOPUR powder in it
- **Gently swirl** the vial until the MENOPUR powder is completely dissolved
- **Do not shake** the vial as this will cause bubbles



## 7 TRANSFER

- As soon as the powdered medicine has completely dissolved, **push** the plunger down to empty any remaining air from the syringe, then turn the vial upside down and pull down on the plunger to withdraw all of the MENOPUR into the syringe
- **Be careful** not to pull the plunger stopper all the way out of the syringe barrel



## 8 REPEAT

- **If your healthcare provider tells you to use more than 1 vial of MENOPUR:**
  - **Mix** your first vial of MENOPUR powder with 0.9% Sodium Chloride, USP
  - **Do not inject** your dose yet
  - **Use** the liquid in the syringe you have just mixed to mix the next vial of MENOPUR
  - **Repeat** steps 5 through 7
  - **Note** that you can use the liquid in the syringe to mix up to 5 more vials of MENOPUR
  - **Your healthcare provider will tell you how many vials of MENOPUR to use**



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# PREPARE THE INJECTION

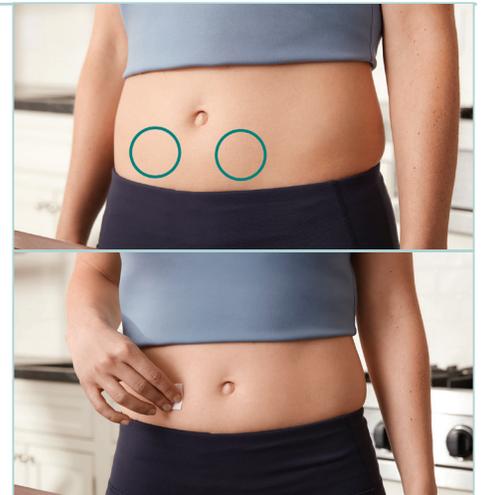
## 9 ATTACH

- When you have finished mixing the last vial needed for your injection and have withdrawn all the medicine into the syringe, **remove** the syringe from the Q•Cap
- **Twist** the syringe counterclockwise while holding the Q•Cap steady
- **Throw away** the Q•Cap with the attached vial into your household trash
- **Your healthcare provider will tell you what needle you should use for your injection**
- While holding the syringe with the syringe tip pointing up, **place** the needle onto the syringe
- **Gently push down** on the needle and twist it onto the syringe in a clockwise direction until it is tight
- **Do not remove** the needle cap until you are ready for your injection
- **Carefully set** the syringe with the needle down on the table



## 10 CHOOSE

- **Select** a site on your stomach area (abdomen), 1-2 inches below the navel, to inject MENOPUR
- **Choose** a different injection site each day, alternating between the left and right sides of your lower abdomen, to help reduce soreness and skin problems
- **Clean** the site with an alcohol pad and let it air-dry



### Important Safety Information (continued)

- MENOPUR may cause serious side effects such as overstimulation of the ovaries. This is called ovarian hyperstimulation syndrome (OHSS) and can be a serious medical problem. OHSS may cause pelvic pain or breathing problems, or it may make you urinate less. In rare cases, patients with this problem have had serious lung problems. MENOPUR can also cause blood clots and strokes. Call your doctor or get medical help right away if you have: severe pelvic pain, nausea, vomiting, diarrhea, sudden weight gain, swollen stomach, trouble breathing, or decreased or no urination.
- MENOPUR may cause pregnancies with twins or more than two babies at the same time, miscarriages, birth defects, and pregnancies located outside the uterus.
- Do not use MENOPUR if you are nursing.
- The most common side effects with MENOPUR are headache, stomach pain, and upset stomach. Sometimes there is an injection-site reaction that can cause bruising, pain, or redness.

These are not all the possible side effects of MENOPUR. For more information, ask your healthcare provider or pharmacist.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. You may report side effects to FDA at 1-800-FDA-1088.

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# INJECT YOUR MEDICATION

## 11 CHECK

- **Carefully remove** the needle cap from the syringe
- **Hold** the syringe with the needle pointing straight up
- **Pull down** slightly on the plunger and tap the barrel of the syringe so that any air bubbles rise to the top
- **Slowly press** the plunger up until all the air is out of the syringe and a small drop of liquid is seen at the tip of the needle
- **Tap** the syringe to remove the small drop of liquid at the tip of the needle
- **Do not** let the needle touch anything, to keep it sterile



## 12 INJECT

- **Hold** the syringe in 1 hand
- With your other hand, **gently pinch** a fold of skin where you will insert your needle
- **Hold** your skin between your thumb and index finger
- **Hold** your syringe at a 90-degree angle to your skin
- **Quickly insert** the needle all the way into your skin fold
- **Push** down the plunger of the syringe with a steady motion
- **Keep pushing** until all the fluid is injected into your skin
- **Release** the skin fold and pull the needle straight out of your skin



## 13 SOOTHE

- If there is any bleeding at your injection site, **place** a gauze pad over it
- **Apply** gentle pressure to stop the bleeding
- **Do not rub** the site
- If your injection site becomes sore or red, **place** ice on your injection site for 1 minute and then take it off for 3 minutes
- **Repeat** 3 or 4 times if needed



## 14 CLEAN UP

- **Put** your used needles and syringes in an FDA-cleared sharps disposal container right away after use
- **Do not throw away** loose needles and syringes in your household trash
- **Please see** Patient Information and Instructions for Use if you do not have an FDA-cleared sharps container and for additional information on proper disposal of your sharps container



Visit [www.FerringFertility.com](http://www.FerringFertility.com) to view our MENOPUR injection training video and to download a version of this injection guide in additional languages.

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# CALENDAR AND NOTES

Use this calendar and notes to track your stimulation cycle.

Month _____						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

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