



INSTRUCTIONS FOR FOLLISTIM AND MENOPUR

Take _____ # of Menopur Vials.

Instructions for Diluting & Administering Medications:

- 1) To open each Menopur vial, snap off the cap
- 2) Dilute all of the Vials by drawing up 1 – 1 ½ ml of saline into the syringe, depending on the number of vials to be used. (This is not an exact amount, you may use more or less).
- 3) Insert the needle into the center of each rubber stopper & proceed to push 6-8 drops of saline into each vial.

Dial-up _____ IU's of Follistim

- 4) Assemble your pen as follows:
Remove the cap and then unscrew the pen. Place the Follistim cartridge in the yellow portion of the pen, with the rubber stopper facing towards the top of the pen. You will then screw the pen back together and apply a needle. (pink)
- 5) Dial up the appropriate dosage as indicated above.
- 6) SLOWLY inject the dialed up amount into any one of your diluted Menopur vials.
- 7) If you make a mistake dialing up the dosage, i.e., over dialed, simply dial up until dosage knob is released and begin dialing again. (NEVER DIAL DOWN)
- 8) When all the vials are diluted, Follistim included, proceed to draw the fluid from each vial back into the syringe.
- 9) Remove any air bubbles by tapping your syringe.
- 10) Change your needle and put on replacement needle (23 gauge) and then administer injection.

Injection is given intramuscularly in the upper/outer quadrant of either buttock.

- 1) Wipe area with alcohol.
- 2) Pinch site with thumb and index finger.
- 3) Inject needle at a 90 degree angle.
- 4) Release skin.
- 5) Inject medication.
- 6) Remove needle.
- 7) Massage area.



MEDICATION KEYPOINTS

- 1) Menopur should NEVER be pre-mixed. Medications should be administered immediately following mixing.
- 2) Follistim cartridges should be refrigerated.
 - a. Cartridges that are not refrigerated will be good for 3 months only.
 - b. Cartridges that are kept refrigerated are good for 3 years.
 - c. Use cartridge within 28 days of puncture.
- 3) Medications should be administered at approximately the same time each day. (Within a 3-hour time span).
- 4) If you give the injections in the morning hours, please do not give it on the morning you are coming into the office for monitoring. We MAY make changes to your daily dose.
- 5) Each day, you may alternate the side on which you give yourself injections.
- 6) Dispose of all used needles in the RED SHARPS CONTAINER provided by the pharmacy.
- 7) Initially, a 5-day supply of medications will be ordered from the pharmacy. Upon receipt of your medications, please confirm that you have received a COMPLETE 5 day supply. 5 Refills will be applied to all of your medications. You will need to call in refills after each office visit.
- 8) Included with your medications, you will find Novarel (Pregnyl), Floxin, Medrol, Valium and Progesterone Tabs and Oil. These will not be used until the time of your retrieval.
- 9) Starting today, take your Duet (once a day) and Folic Acid (twice a day) by mouth.