

MENOPUR MIXING INSTRUCTIONS

Supplies Needed:

_____ Menopur vials (each vial contains 75IU). Your dose is _____ IU Menopur.

One vial of 0.9% Sodium Chloride

3cc syringe (if there is a needle attached or a cap on the syringe, twist it off)

Subcutaneous needle (between 25g-30g and between 1/2" – 5/8" in length)

Q-Cap (included with Menopur)

Alcohol pad or cotton ball saturated in rubbing alcohol

IMPORTANT- ALWAYS MIX YOUR MEDICATION JUST BEFORE YOU USE IT

Mixing Instructions:

Twist the Q-Cap on to the end of the 3cc syringe. Be careful not to touch the ends of the Q-Cap.

Lift the plastic cap off the top of each vial to be used.

Insert the Q-Cap with the syringe attached into the vial of sterile diluent (0.9% Sodium Chloride). Turn the vial upside down and withdraw 1cc (1ml) of liquid.

Slowly inject liquid into vial of Menopur powder. Gently swirl to mix completely. Turn the vial upside down and withdraw entire amount of the liquid/Menopur mixture.

If using more than one vial of Menopur, inject the same liquid/Menopur mixture into the next vial of Menopur powder. Repeat again until you have the specified number of Menopur powders mixed with the 1cc of liquid.

NOTE-YOU MAY MIX UP TO 6 VIALS OF MENOPUR IN 1CC OF STERILE DILUENT

Twist off the Q-Cap and securely twist on the subcutaneous needle.

Hold the syringe with the needle pointing upward and tap the barrel of the syringe to move any air bubbles to the top. Slowly push the plunger upward to express any air in the syringe. You may notice a small drop of liquid at the top of the needle.

Performing the subcutaneous (SQ) injection:

Select the site to inject. Usual injection sites are the top part of the thigh or the abdomen. If using the abdomen, stay approximately 1" from the belly button. Remember to alternate injection sites.

Cleanse with alcohol.

Pinch up a small fold of skin.

Insert the needle into the fold of skin in a quick, dart-like motion up to the needle's hub. Depress the plunger to inject all of the medication in the syringe. Release the skin and pull the needle straight out.

Discard the syringe and needle into a sharp's disposal container. Discard any opened vials of medication and liquid. It may be necessary to apply gentle pressure with a dry cotton ball or gauze for a few seconds if bleeding is noted.

**REMEMBER TO GIVE YOUR INJECTIONS AT THE SAME TIME EACH DAY
(BETWEEN 7PM & 9PM) UNLESS DIRECTED OTHERWISE**

