

## FOLLISTIM® AQ CARTRIDGE 300 IU, 600 IU, 900 IU

For Use With Follistim Pen™



**Description:** A prefilled, premixed recombinant gonadotropin. Packaged in 300 IU (International Units), 600 IU and 900 IU cartridges. The Follistim Pen allows the user to dial a specific dose in 25 IU increments from 50 IU to 450 IU per subcutaneous injection.

**How it works:** Follistim is administered as a subcutaneous injection. Follistim acts like naturally produced FSH by stimulating a follicle (egg) to develop and mature in the ovary. Follistim is also used to stimulate the development of multiple eggs for assisted reproductive technologies.

**Potential side effects:** Side effects may include some local discomfort, bruising and soreness at the injection site. Changes in mood, abdominal discomfort, bloating and cramping, ovarian cysts, breast pain, back pain, constipation and headache are other possible minor side effects. Multiple births occur in about 20-25% of pregnancies of which 70% are twins. Excessive enlargement of the ovaries, called ovarian hyperstimulation (OHSS) may occur. Symptoms of OHSS include excessive fluid retention and severe abdominal discomfort.

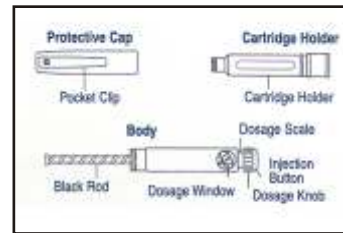
**Storage:** Store refrigerated until the expiration date or at room temperature (77°F) for 3 months or until expiration date, whichever occurs first. Once the cartridge has been pierced by a needle, it can be stored for a maximum of 28 days refrigerated or at room temperature (36-77°F). Protect from light. Do not freeze.

### Injection Instructions

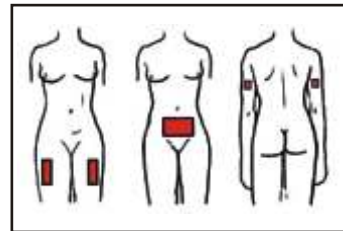
*Please use these directions in conjunction with the instructions given to you with the Follistim Pen.*

- Pull cap off pen and unscrew pen body, separating pen body from the cartridge holder.
- Clean rubber stopper of cartridge with alcohol wipe and insert into cartridge holder, **rubber stopper end first**. Reconnect pen body and cartridge holder lining up the arrow and square on the pen.
- Clean end of cartridge holder with alcohol wipe and attach a BD Micro-Fine Pen needle. Tighten needle by twisting.
- Cleanse your selected SUBCUTANEOUS injection site with an alcohol wipe and allow to dry.

- Remove OUTER needle shield carefully. Do not discard.
- Remove INNER needle shield carefully.
- Hold Follistim Pen with the needle pointing upwards and dial to prescribed dose.
- While holding the pen with your dominant hand between your thumb and finger (as you would a pen), pinch the skin (with your other hand) at the site you have selected.
- With a quick, dart-like motion, insert the entire needle (up to the hub of the syringe) at a 90° or a 45° angle and depress the injection button (top of pen) all the way down and hold to the count of **five** before pulling the needle out of the skin. Dosage window should display "0".
- After the injection is complete, quickly pull out the needle. If bleeding, apply pressure to the injection site with a sterile gauze pad.
- If discomfort occurs after your injection, you may gently massage the injection site to alleviate your discomfort.
- After injecting the medication, carefully replace the outer needle shield onto the used needle and twist off and dispose of into the Sharps waste container.
- Never leave needle attached to pen when not in use.



FOLLISTIM™ Pen parts



**NOTE:**

*If dosage window does not read "0" after injection, this indicates you did not receive the complete dose. Document the amount that appears in the dosage window, replace cartridge and needle, dial pen to the documented amount and inject to complete dosage.*

*The Follistim AQ Cartridge may be OVERFILLED.*

*Always note your dosage and follow the instructions given with the Follistim AQ Cartridge.*

## FOLLISTIM® AQ VIAL 75 IU, 150 IU



- Description:** A premixed aqueous recombinant gonadotropin. It is packaged in 0.5 cc 75 IU and 150 IU vials for subcutaneous or intramuscular administration.
- How it works:** It is a gonadotropin that stimulates the ovaries to produce eggs.
- Potential side effects:** Side effects may include some local discomfort, bruising and soreness at the injection site. Changes in mood, abdominal discomfort, bloating and cramping, ovarian cysts, breast pain, back pain, constipation and headache are other possible minor side effects. Multiple births occur in about 20-25% of pregnancies of which 70% are twins. Excessive enlargement of the ovaries, called ovarian hyperstimulation (OHSS) may occur. Symptoms of OHSS include excessive fluid retention and severe abdominal discomfort.
- Storage:** Store refrigerated (36-46°F) until the expiration date or at room temperature or below (77°F) for 3 months or until expiration, whichever occurs first. Protect from light. Do not freeze. Store in original carton.
- Mixing:**
- Pop off the plastic top of the vial of Follistim AQ.
  - Swab the top of vial with an alcohol pad to prevent contamination.
  - Select a 3cc syringe with a 1 ½" needle. Twist to secure the needle.
  - Using your syringe, draw back 0.5cc of air into the syringe.
  - Firmly insert the needle through the rubber stopper into the vial. Invert the vial and syringe as one complete unit and depress the air into the vial in order to equalize the pressure, which will make the withdrawal of the Follistim AQ easier.
  - Once you depress the plunger of the air-filled syringe into the vial, make sure the tip of the needle is **BELOW** the liquid level and pull the plunger to withdraw 0.5cc of the Follistim AQ. Remove the syringe from the vial.
  - Invert the syringe so the needle is pointing upwards and tap the syringe to force any air bubbles to the top. Depress the plunger to expel the air.

*SUBCUTANEOUS INJECTION- When you are ready for your injection, recap and remove the mixing needle by twisting and replace it with a smaller subcutaneous injection needle (usually ½" needle).*

*PROCEED TO SUBCUTANEOUS INJECTION INSTRUCTIONS.*

*INTRAMUSCULAR INJECTION- When you are ready for your injection, recap and remove the mixing needle by twisting and replace it with an intramuscular needle (usually 1 ½" needle).*

*PROCEED TO INTRAMUSCULAR INJECTION INSTRUCTIONS.*