Your guide to injecting MENOPUR®
(menotropins for injection)

A summary of step-by-step instructions for preparing and injecting MENOPUR from the comfort of your own home

Your doctor has prescribed MENOPUR for subcutaneous injection. Always take MENOPUR exactly as directed by your doctor.

For an easy way to summarize the detailed instructions, just remember...

READY

the medication

SET

up the injection site

INJECT

MENOPUR

READY

1. Wash hands well with soap and water
2. Dry your hands with a clean towel
3. Place the necessary supplies on a clean surface

SET

1. Check the vial(s) of MENOPUR to make sure there is powder or a pellet in the vial(s)
2. Check the 0.9% Sodium Chloride, USP vial to make sure that the liquid is clear and does not contain any particles
3. 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
4. Check the Q•Cap blister pack package to make sure it is intact; do not use if it is damaged
5. Remove the plastic caps from the vials of MENOPUR and 0.9% Sodium Chloride, USP
6. Wipe the tops of the vials with an alcohol pad and allow them to dry
7. Do not touch the tops of the vials after you have wiped them
8. Place the vial of 0.9% Sodium Chloride, USP on the table
9. Open the Q•Cap blister pack by peeling back the lid
10. 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 on back cover and accompanying full Prescribing Information, including Patient Information, for MENOPUR.
3. **Hold** the 0.9% Sodium Chloride, USP vial in one 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 to the amount of 0.9% Sodium Chloride, USP that your healthcare provider told you to use (typically 1 mL). Air is being drawn into the syringe at this step
   - **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. **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 (typically 1 mL)**
   - **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

5. **Hold** the vial of MENOPUR powder in one 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. **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. 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. If your healthcare provider tells you to use more than one 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 (repeating steps 5 through 7 for each additional vial of MENOPUR you need to mix)
   - 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

9. 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 by twisting 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

SET

10. 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

11. 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, so that it remains sterile

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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.

- MENOPUR may cause serious side effects. They sometimes stimulate the ovaries too much. 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, 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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