

FOLLISTIM

*Store cartridges in refrigerator. Start when calendar indicates or IVF Team instructs.
Use Follistim pen as syringe. Each cartridge holds either 300 or 600 units.
Refer to calendar or doctor's orders for dosage amount and frequency.
Vary injection sites to minimize tenderness.*

Injection Instructions – **Subcutaneous**

1. Assemble supplies:
 - alcohol swabs/cotton balls
 - Follistim cartridge(s) from refrigerator
 - Follistim pen and needles
 - disposal container
 - band-aid (optional)
2. Take Follistim cartridge(s) out of refrigerator to warm to room temperature for at least 15 minutes before proceeding.
3. Wash your hands.
4. Remove cartridge of Follistim from the box and insert it cap down into the Follistim pen. Screw the pen closed while making sure the blue arrow and yellow dot line up.
5. Peel the paper cover off one of the pen's needles and twist it onto the pen while pushing firmly. Remove the external cover and save it for removing needle later.
6. Dial the appropriate dose on the top of the pen.
7. Remove the needle cap and save it.
8. Select an area near your belly button (about two inches away) and swab with alcohol. Let it dry.
9. Pinch up the skin and quickly insert the needle with a dart-like motion into the cleaned area. Push down on the top of the pen to inject the Follistim, then remove the needle from the skin.
10. Apply pressure to the site(s) with a clean, dry cotton ball for a minute or two. Cover with a band-aid, if needed.
11. Recap the needle and put on the external cover, then twist (counterclockwise) and pull the needle off. Dispose of needle in container.
12. You may leave the pen with a partially used cartridge inside it on the counter at room temperature until time for your next injection.
13. If first cartridge did not contain a complete dose of medication, repeat steps 4, 5, 7-11 with a second cartridge. Use a new needle as well as a new injection site. Each pen will let you dial an entire dose but then will only inject the amount available in the pen. Once a new cartridge is loaded, you don't need to dial again – just administer the second injection.