

MENOPUR

Store at room temperature. Refer to doctor's orders for dosage amount as well as timing of injection(s). Vary injection sites to minimize tenderness.

Injection Instructions – Subcutaneous

1. Assemble supplies:
 - alcohol swabs/cotton balls
 - Menopur vials
 - Sodium Chloride diluent vial
 - Q-Cap
 - syringe
 - 27GA ½ -inch needle (gray hub)
 - disposal container
 - band-aid (optional)
 2. Wash your hands. Remove caps of vials and wipe vial tops with alcohol.
 3. Open syringe package. Remove Q-Cap from blister pouch, taking care not to touch the ends. Twist smaller end of Q-Cap onto syringe.
 4. Pull out the plunger to volume of diluent to be removed from vial, typically 1.0 ml.
 5. Insert spiked end of Q-Cap and syringe into the rubber stopper of the diluent vial. Push plunger down to transfer air from syringe into diluent vial. Turn vial and cap/syringe upside down and withdraw 1.0 ml of diluent from vial.
 6. Remove Q-Cap and syringe from diluent vial. Discard empty vial.
 7. Insert Q-Cap and syringe into rubber stopper of Menopur vial. Slowly push plunger to inject diluent into Menopur vial. Gently swirl until powder is dissolved – do not shake.
 8. Turn Menopur vial and syringe upside down and withdraw contents into syringe.
- NOTE: Up to six vials of Menopur may be combined into one syringe prior to an injection. After the first vial of Menopur is diluted, each additional vial of Menopur can be prepared by repeating steps 7 and 8 using the solution already in the syringe.
9. Twist Q-Cap off syringe. Twist 27GA needle onto syringe. Remove cap from needle and save.
 10. To eliminate air bubbles, withdraw slightly on plunger and tap on side of syringe with needle pointed upward. Press down on plunger to push air out of needle and a small drop forms on the tip before injecting.
 11. Select an area near your belly button (about two inches away) and swab with alcohol. Let it dry.
 12. Pinch up the skin and insert the needle with a dart-like motion into the cleaned area. Inject the diluted Menopur and remove the needle from the skin.
 13. Apply pressure to the site with a clean, dry cotton ball for a minute or two. Cover with a band-aid, if needed.
 14. Cap needle and dispose with syringe in container. Discard vials.