

Injection Guide

How to take your shot at a *successful pregnancy* with MENOPUR

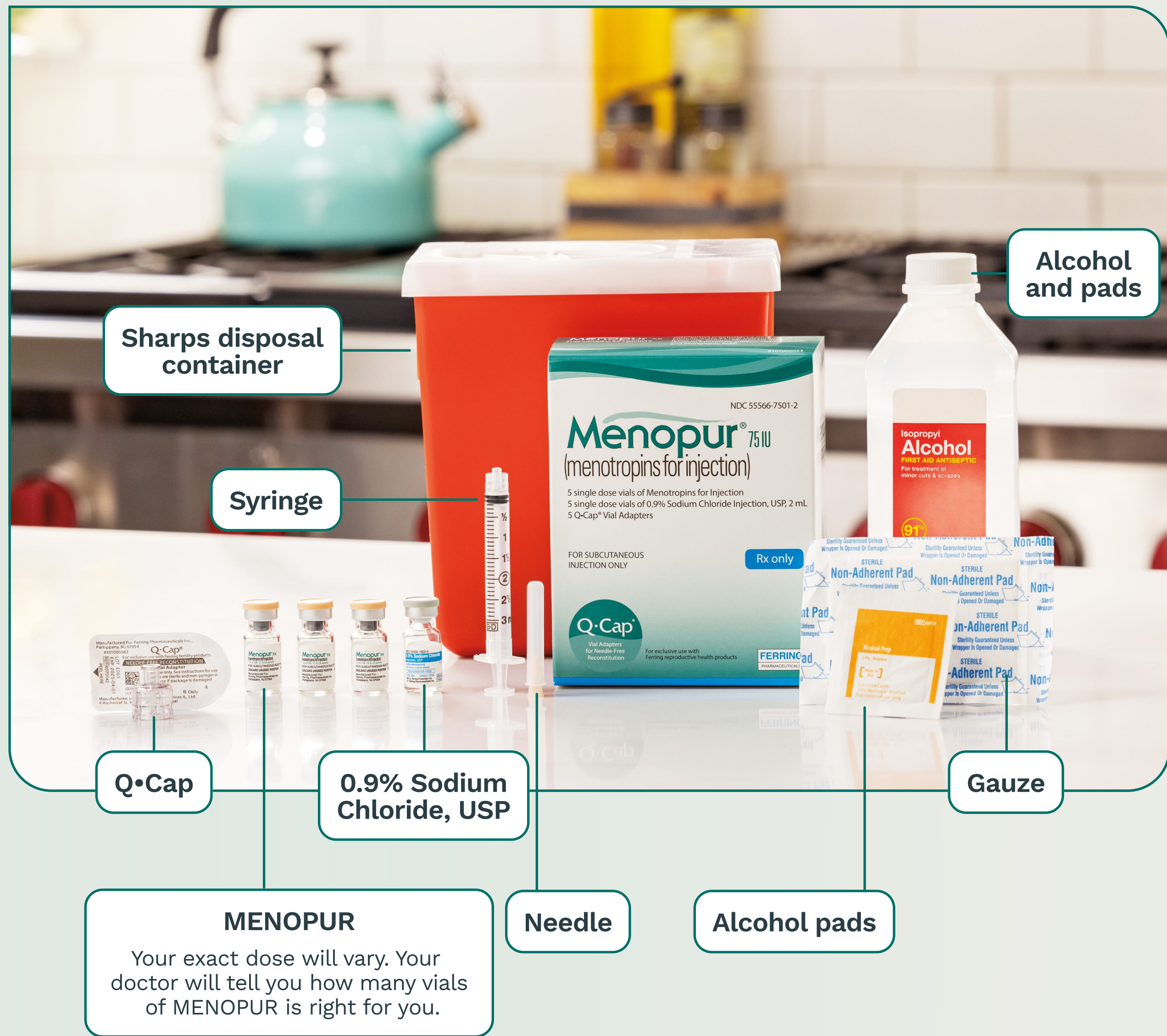


Now that your healthcare provider (HCP) has prescribed MENOPUR for the ovarian stimulation part of your fertility journey, you're ready to get started with self-injection of your medication. Or, maybe you're not quite ready. That's understandable! To get comfortable with the premise of preparing and self-administering MENOPUR, here's what you need to know.



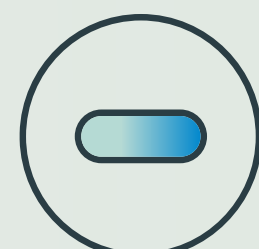
Preparation is key

1. This first step is easy—just wash your hands with soap and water, dry them off with a clean towel, and lay out all of the supplies (shown below) on a clean surface



Take a closer look

2. With everything in front of you, it's now time to inspect your vial of MENOPUR. Look closely to make sure there is powder or a pellet inside. Be sure to look closely, because it's a small amount and might be difficult. If you don't see it, it could be stuck at the top of the vial. Try gently tapping on the vial with your finger to release it
3. Make sure the Sodium Chloride vial is full of clear liquid that's free of particles and inspect the Q-Cap blister pack package to make sure that it's intact



Remove the caps

4. Remove the plastic caps from the vials of MENOPUR and Sodium Chloride. Then wipe the tops of the vials with an alcohol pad and allow them to dry. Do not touch the tops of the vials after you have wiped them. Place the Sodium Chloride vial on your surface. Open the Q-Cap blister pack by peeling back the lid. **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**





Ready the syringe

5. Hold the sides of the Q•Cap blister pack. Turn the blister pack over, and place it on top of the Sodium Chloride 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. If the Q•Cap falls out of the blister pack, throw it away and use a new one. Remove the blister pack and discard it. Do not touch the connector end of the Q•Cap

Next, draw air into the syringe by pulling down on the syringe plunger rod until you have reached the line that corresponds to the amount of Sodium Chloride that your healthcare provider told you to use (typically 1 mL). Be very careful not to touch the syringe plunger during this step



Withdraw the right amount of Sodium Chloride

6. Place the tip of the syringe into the connector end of the Q•Cap. Twist the syringe clockwise until it is tight, without over-tightening

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 Sodium Chloride from the vial. Your healthcare provider should tell you the right amount of Sodium Chloride to use (typically 1 mL). Separate the Q•Cap and syringe from the vial by pulling up on the syringe barrel. Be careful not to remove the Q•Cap from the syringe. Discard the Sodium Chloride vial



Mix with MENOPUR

7. 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

Slowly push down on the syringe plunger to push the Sodium Chloride 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 air bubbles

As soon as the powder 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



If your healthcare provider tells you to use *more than one vial* of MENOPUR:

Mix your first vial of MENOPUR powder with Sodium Chloride but do not inject your dose yet.

Use the liquid in the syringe you have just mixed to mix the next vial of MENOPUR, repeating step 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.

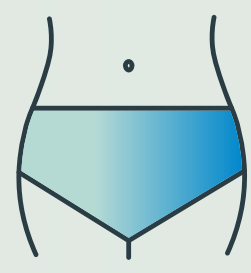
Your healthcare provider will tell you how many vials of MENOPUR to use. Keep in mind that the more vials you mix, the more concentrated the solution will become, meaning the mixture will appear less watery.



Prepare to inject

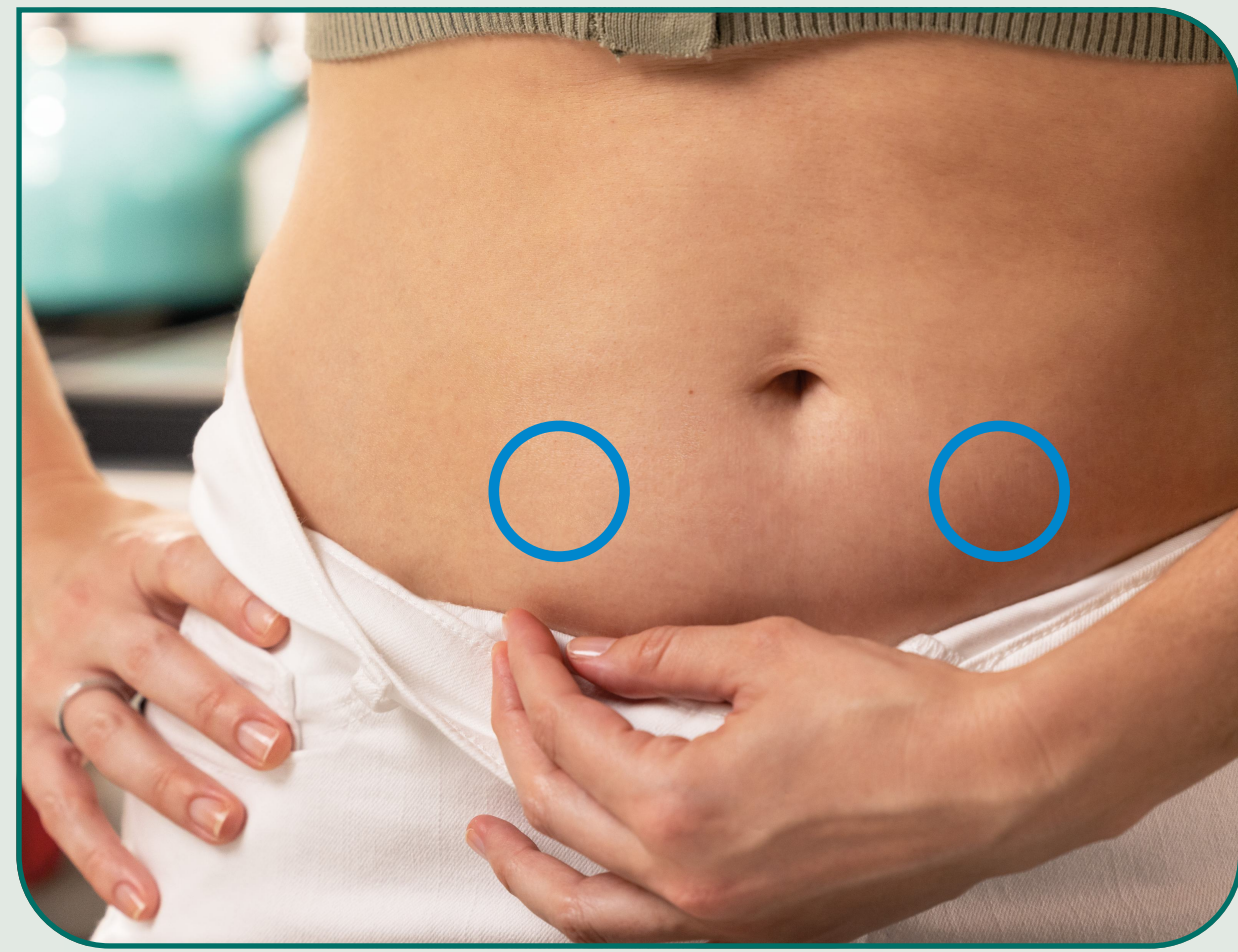
- When you have finished mixing the last vial needed for your injection and have withdrawn all the medicine into the syringe, remove the syringe from the Q•Cap by twisting the syringe counterclockwise while holding the Q•Cap steady

Discard the Q•Cap with the attached vial. While holding the syringe with the syringe tip pointing up, place the needle on the top of 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 your surface



Select an injection site

- Select a site on your abdomen, 1-2 inches below the navel, to inject MENOPUR. Clean the site with an alcohol pad and let it air-dry



Choose a different injection site each day, alternating between the left and right sides of your lower abdomen, to help reduce soreness and skin irritation.

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



Inject

- Hold the syringe in one hand. With your other hand, gently pinch a fold of skin where you will insert the needle. Hold your skin between your thumb and index finger. Hold the syringe at a 90-degree angle to your skin

Quickly insert the needle all the way into your skin fold. You might feel a small pinch or stinging sensation. Push down the plunger of the syringe with a steady motion and keep pushing until all the fluid is injected into your skin (typically, this can take up to 5 seconds). Release the skin fold and pull the needle straight out of your skin. If there is any bleeding at your injection site, place a gauze pad over it and apply gentle pressure to stop the bleeding. Do not rub the site



If your injection site becomes sore or red, place ice on your injection site for 1 minute, take it off for 3 minutes, and repeat 3 or 4 times if needed



Disposal and cleanup

Put your used needles and syringes in an FDA-cleared sharps disposal container right away after use. Do not throw away loose needles and syringes in your household trash

Discard the rest of your debris (empty vials, packaging, gauze, etc.) in your household trash

Please see Patient Information and Instructions for Use if you do not have an FDA-cleared sharps container and for additional information on proper disposal of your sharps container



Scan QR code or visit [MENOPUR.com](https://www.MENOPUR.com) for more information about MENOPUR, *including a helpful step-by-step video of this guide.*

Sodium Chloride vial = 0.9% Sodium Chloride, USP vial.

MENOPUR® (menotropins for injection)

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, or you can call Ferring Pharmaceuticals at 1-888-FERRING.

Please see full Prescribing Information, including Patient Information, for MENOPUR at www.MENOPUR.com.



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