



GONAL-*f*®

Information For Your Fertility Journey

GONAL-*f*® 75 IU (5.5 µg)
Single-Dose Vials
(follitropin alpha for injection)

GONAL-*f*®
FOLLITROPIN ALFA



**EMD
SERONO**

INFORMATION FOR THE PATIENT

Introduction

This booklet contains answers to many questions about infertility and the treatments you are receiving with GONAL-*f*[®] (follitropin alpha for injection). Please read this information carefully and discuss any questions or concerns you may have with your doctor.

What is GONAL-*f*[®]?

GONAL-*f*[®] is follicle-stimulating hormone (FSH) with no urinary proteins, which stimulates oocyte (egg) development in women. GONAL-*f*[®] is a highly purified recombinant human form of FSH, manufactured using the latest technology with proven effectiveness and safety in clinical studies.

GONAL-*f*[®] is used to stimulate the maturation of follicles in ovulatory patients undergoing Assisted Reproductive Technologies (ART) such as *in vitro* fertilization (IVF). To complete the maturation of follicles, another hormone, hCG (human chorionic gonadotropin), is given.

GONAL-*f*[®] is also used to stimulate the maturation of follicles in some patients whose menstrual cycle is either irregular or absent. To complete the maturation of follicles another hormone, hCG, is given.

How is GONAL-*f*[®] Different From Other Treatments?

Over the years, the gonadotrophin drugs used in the treatment of infertility have undergone significant changes and improvements. Many other products, that are not derived from recombinant technology, contain FSH and varying amounts of LH and urinary proteins.

GONAL-*f*[®] is produced through rDNA technology and consists only of highly purified r-hFSH.

Who Should Not Take GONAL-*f*[®]?

GONAL-*f*[®] should **not** be used if:

- you are hypersensitive to FSH or to any of the other ingredients of GONAL-*f*[®].
- you have tumours of the hypothalamus and pituitary gland.
- you are pregnant or breastfeeding.
- you have ovarian enlargement or a cyst not due to polycystic ovarian disease (PCO) .
- you have a gynaecological bleeding of unknown cause.
- you have ovarian, uterine or breast cancer.

How is GONAL-*f*[®] Administered?

GONAL-*f*[®] cannot be taken orally because it would be digested in the stomach and for this reason, it must be taken by injection. Due to its high level of purity, GONAL-*f*[®] is approved for subcutaneous injection (just under the skin), which is easier and less painful than intramuscular injections (in the muscle). In fact, with professional guidance, you can learn to inject yourself, in the comfort and privacy of your own home.

How Long Will One Treatment Cycle Last?

This depends on your follicular response to therapy. Each treatment cycle is individualized and your doctor will need to carefully evaluate how you respond.

Are There Any Side Effects With Gonadotrophin Therapy?

Fertility drugs are safe to take with close monitoring by your doctor. As with all medication, there is a potential for side effects. Some patients undergoing gonadotrophin therapy may experience some breast tenderness, fatigue, bloating, weight gain, nausea or diarrhea. These are temporary and will resolve once treatment is stopped.

Other adverse reactions may include a rash and local swelling at the injection site.

The greatest concern your doctor will have is ovarian hyperstimulation syndrome (OHSS). To avoid the development of OHSS, your doctor will carefully monitor your response to GONAL-*f*[®]. Ovarian enlargement, sometimes accompanied by abdominal bloating and pain, may occur in about 20% of women taking gonadotrophins. This is generally reversed with cessation of treatment and severe life-threatening cases are rare. In cases where OHSS is developing it is recommended to not give hCG, and women should prevent pregnancy at this time by not having sexual intercourse.

Since women with infertility undergoing assisted reproduction, particularly IVF, may have tubal abnormalities, the incidence of ectopic pregnancies (pregnancy in the fallopian tubes) might be increased. Early ultrasound to confirm that a pregnancy is in the uterus is important.

Miscarriages may be higher than in the normal population, but comparable with the rates found in women with fertility problems. There have been isolated reports of non-serious allergic reactions to GONAL-*f*[®]. If you had this type of reaction to similar medicines, inform your doctor.

The incidence of multiple births with GONAL-*f*[®] is no different from any other gonadotropin and is dependent upon the protocol used by the clinic. Your doctor will monitor you closely to help minimize the possibility of a multiple pregnancy. The majority of births (about 80%) are single babies. Of those women who do have multiple births, the majority of these are twins. Only very few women conceive 3 or more babies. Even so, neither single nor multiple births can be guaranteed.

A causal relationship between treatment with fertility drugs and ovarian cancer has not been established.

If you experience any unusual symptoms or side-effects, you should report them to your doctor immediately. It is also wise to discuss the possibility of side effects with your doctor before you begin treatment.

How is GONAL-*f*[®] Dosed?

Always take GONAL-*f*[®] exactly as your doctor has instructed you. You should check with your health care provider if you are unsure. Every treatment is individualized. Your treatment has been carefully designed for you by your doctor. Over the course of your treatment, doses may range between 75 to 450 IU depending on your specific medical condition and your response to the medicine.

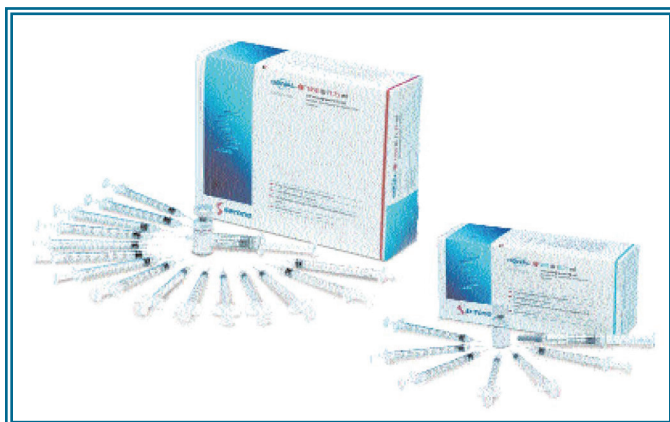
Overdose

What should I do if I accidentally inject more than my prescribed amount of GONAL-*f*[®]? The effects of an overdose of GONAL-*f*[®] are unknown. You should contact your doctor for advice if you take more than your prescribed dose of GONAL-*f*[®].

Missed dose

What should I do if I forget to take my GONAL-*f*[®]? Do not take a double dose to make up for any doses you have missed. Contact your doctor for advice if you forget to take a dose of GONAL-*f*[®].

What Dosage Forms Are Available?



GONAL-*f*[®] is available in 1050 IU (77µg*) and 450 IU (33 µg) Multi-Dose vials.

Depending on the dosage regimen, the 450 IU (33 µg) vial can also be administered as a Single-Dose injection.

- Each box for the Multi-Dose contains a vial of medication (white powder), a pre-filled syringe containing bacteriostatic sterile water for injection USP, as well as injection syringes.



GONAL-*f*[®] is also available in 75 IU (5.5 µg) Single-Dose vials.

- Each box for the single doses contains a vial of medication (white powder), a vial or pre-filled syringe of sterile water for injection, Ph.Eur./USP (liquid) and a needle for mixing and a needle for injection.

* µg is pronounced 'microgram' and is a unit of measure.

Is There a Difference Between GONAL-*f*[®] 1050 IU (77 µg)/ 450 IU (33 µg) Multi-Dose Vials and the GONAL-*f*[®] 75 IU (5.5 µg) Single-Dose Vials?

Both products contain the same, highly pure r-hFSH. However, the 1050 IU (77 µg) Multi-Dose vial contains the equivalent of fourteen 75 IU (5.5 µg) vials and the 450 IU (33 µg) Multi-Dose vial contains the equivalent of six 75 IU (5.5 µg) vials. The 1050 IU (77 µg) and 450 IU (33 µg) Multi-Dose presentations are stable for 28 days after reconstitution when stored at or below room temperature (between 2 to 25° C).

The GONAL-*f*[®] Multi-Dose vials are over-filled in order to deliver approximately 1050 IU (77 µg) or 450 IU (33 µg) in several smaller daily doses, respectively. It is common for a small amount of drug to be left over in each vial that cannot be retrieved with a syringe. This is normal. Any irretrievable drug remaining in the vial after your treatment is complete should be discarded.

Single-Dose vials of 75 IU (5.5 µg) must be used immediately after mixing and are available to satisfy specific dosing needs.

Vials of GONAL-*f*[®] lyophilized powder for reconstitution are stable when stored at or below room temperature (25°C) and protected from light.

Do not freeze.

Do not use the product after the expiry date indicated on the label.

Important Points To Remember:

Always Follow The Basic Principles Of Self-Injection:

- It is recommended that you inject GONAL-*f*[®] at around the same time each day
- Use a clean work surface and clean skin as directed
- Always check expiry date before use - never use expired GONAL-*f*[®]
- Check dosage and instructions for mixing
- Be sure to use the correct strength and correct amount of diluent.
- Check medication after reconstitution - do not use if medication is cloudy, lumpy or discoloured
- Alternate injection sites each day
- Check and record site of injections each day

If you are unsure about the mixing of the solution, or have difficulty with the injections, call your clinic or contact MOMENTUM at 1-800-387-8479 immediately.

How To Inject GONAL-*f*[®] A Step by Step Guide

Understandably, you may be a little apprehensive at first about giving yourself an injection. That is why this booklet has been produced. Refer to it as necessary and follow each instruction step by step. If you have any questions or concerns that are not addressed here, please consult your clinic or contact MOMENTUM at 1-800-387-8479.

Every treatment is individualized. Yours has been carefully designed for you by your doctor according to your own specific needs. It is very important that you keep your appointments and follow your doctor's instructions, particularly with regard to the amount and frequency of the medication you are taking. If you have concerns regarding your dosage, consult your doctor. Do not adjust your dosage without being instructed to do so. If you forget or miss an injection, do not panic, but you should call your doctor for advice.

Instructions for Using GONAL-*f*[®] 75 IU (5.5 µg) Single-Dose Vials

Please read through the following instructions before you begin, in order to become familiar with self-administration of GONAL-*f*[®] Single-Dose vials.

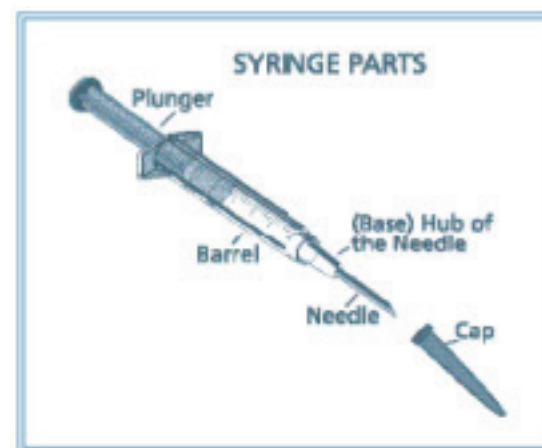
1. Getting Ready

On a clean work surface, lay out everything you will need:

- GONAL-*f*[®] Single-Dose vial(s) of white powder
- Diluent in the pre-filled syringe
- One 1^{1/2} inch, 21 or 22 gauge needle (pink for mixing)
- One 1/2 inch, 25, 27 or 29 gauge needle (grey for injection)
- Two alcohol wipes
- Needle disposal container



If you use your kitchen to prepare the injection, ensure that all medicines and needles are kept well away from food. As for the injection itself, it can be given in any room where you feel comfortable.



2. Cleanse

- Before you start, wash your hands well with soap and water. It is important that your hands and the items you use be as clean as possible.
- Needles should not touch any surface except inside the vials and alcohol-cleaned skin; keep them capped prior to use.
- Make sure you use a new needle each time you inject to avoid contamination.



3. Prepare The Pre-Filled Syringe of Diluent

- Holding the ‘barrel’ of the pre-filled syringe, carefully twist off the cap at the tip of the barrel of the pre-filled syringe.
- Remove the pink mixing needle from its package, being careful to keep the protective needle cap in place.
- Carefully twist the pink mixing needle onto the barrel of the pre-filled syringe until it is tightened.
- Carefully lay the syringe down on your work surface.

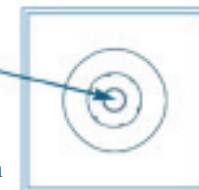


Reconstitution Volumes

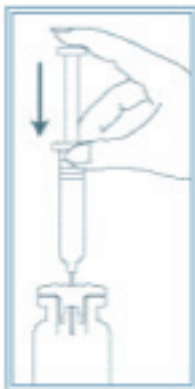
Volumes used for reconstitution (mixing) should be between 0.5 and 1.0 ml; up to 225 IU may be dissolved in 0.5 ml of diluent (Sterile Water for Injection, USP). Following reconstitution the medication in the vials should be used immediately, and any unused solution should be discarded.

4. Mixing GONAL-*f*[®] Single-Dose Vial(s)

- You should have a set number of vials, as prescribed by your doctor, containing GONAL-*f*[®] (white powder).
- Using your thumb, flip off the plastic cap of the GONAL-*f*[®] vial.
- Continue to open all vials in this manner, if required.
- Wipe the rubber stopper on the top of the vials with an alcohol wipe.
- Carefully pull the needle cap off of the pre-filled syringe labeled “Sterile Water for Injection, USP” prepared in previous Step 3.
- Position the needle in a straight, downward position over the marked centre circle of the rubber stopper on the vial of GONAL-*f*[®] powder.
- Keep the needle in a straight, downward position as you insert it through the centre circle or it may be difficult to depress the plunger.



- Slowly inject the liquid into the vial by pushing the syringe plunger down (volume to be confirmed by your physician). The sterile water and white powder will mix to form a clear liquid
- Do not shake the vial. If bubbles appear, wait a few moments for the bubbles to settle.
- **DO NOT USE IF SOLUTION APPEARS CLOUDY, LUMPY or DISCOLOURED.** Report this and the lot number to your doctor
- When all of the sterile water (diluent) has been injected into the vial, keep the needle in the vial, lift the vial and turn it upside down with the needle pointing toward the ceiling. With the needle tip in the liquid, slowly pull back the plunger until the vial is empty. Be careful not to pull the plunger out of the syringe. Remove the needle from the vial.
- If you have been prescribed more than one vial of GONAL-*f*[®], repeat the points above in Step 4 using the mixed solution in the syringe to dissolve the next vial. Continue in the same manner until you have the prescribed number of powder vials dissolved in the solution.
- Discard empty vials in the needle disposal container.



5. Remove Air Bubbles and Change Needle

Hold the syringe with the needle pointing upwards and gently flick the syringe if there are any visible air bubbles. The air bubbles will collect at the top of the syringe. If there are no air bubbles, or if there is no air space at the top of the syringe, gently pull the plunger back to allow a small air space.



- Carefully recap the needle, then twist and pull the mixing needle off to remove it; replace it with the 25, 27 or 29 gauge injection needle off with the cap. Lay the syringe down on the clean surface.
- **Do not worry if you are unable to remove very tiny bubbles; they will do no harm.**

6. Prepare The Injection Site

- Select the site of injection (e.g. top of thigh, tummy).
- Wipe the chosen area with an alcohol wipe, cleansing an area of approximately 5 cm x 5 cm. Allow the alcohol on your skin to dry.
- Lay the used side of the wipe next to your working surface or on the alcohol wipe wrapper.



7. Injecting The Solution

- Pick up the syringe and remove the cap from the injection needle
- Invert the needle and hold as if “throwing a dart”.
- With your other hand, gently squeeze the skin together to make a little elevation at the injection site.
- Using a “dart like motion”, insert the needle at a 90-degree angle. (You need very little force but quick action.)
- Once the needle is inserted into the tissue all the way, inject the solution by pushing gently on the plunger with your thumb or index finger of the hand holding the syringe. Take as much time as you need to inject all the solution.
- Immediately withdraw the needle and clean the site with the clean side of the alcohol swab using a circular motion. If there is minor oozing you may need to apply a small amount of pressure for a minute.



8. Dispose Of All Used Items

- Once you have finished your injection, immediately discard the needles and syringe (without recapping the needle) into the disposal container.
- Take the container to a clinic or pharmacy for proper disposal when the needle disposal container is full or when you have completed your entire treatment.



9. Storing GONAL-f® 75 IU Single-Dose Vials

- GONAL-f® vials of lyophilized powder are stable when stored at or below room temperature (25°C) and protected from light.
- Do not freeze.
- Do not use the product after the expiry date indicated on the label.

Reconstituted Product

- Check medication after reconstitution - do not use if medication is cloudy, lumpy or discoloured.
- Following reconstitution, the medication in the vials should be used immediately, and any unused solution should be discarded.

The MOMENTUM patient services program (formerly Fertility Lifelines) is a free and confidential service that offers customized patient support, including injection assistance to individuals using EMD Serono fertility products.

Call MOMENTUM toll-free at 1-800-387-8479 between the hours of 8:00 a.m. and 8:00 p.m. (Eastern Time), Monday to Friday. MOMENTUM is available 24 hours a day, 7 days a week for urgent inquiries that cannot wait until the following business day. Simply leave your name, reason for calling, and your phone number, and a registered nurse will return your call in a timely manner. MOMENTUM is available in over 250 languages through the assistance of certified translators.

For more information on GONAL-*f*[®] please refer to the package insert that came with your medication or the latest product monograph.

MOMENTUM will not comment on individual diagnosis or treatment questions, or laboratory results. You should discuss those with your healthcare provider.

MOMENTUM is a source of educational support sponsored by EMD Serono, Canada and is not intended to replace discussions with your healthcare provider.



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1-800-387-8479

MOMENTUM is a complimentary and confidential phone service which offers support for patients who are prescribed EMD fertility products.

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