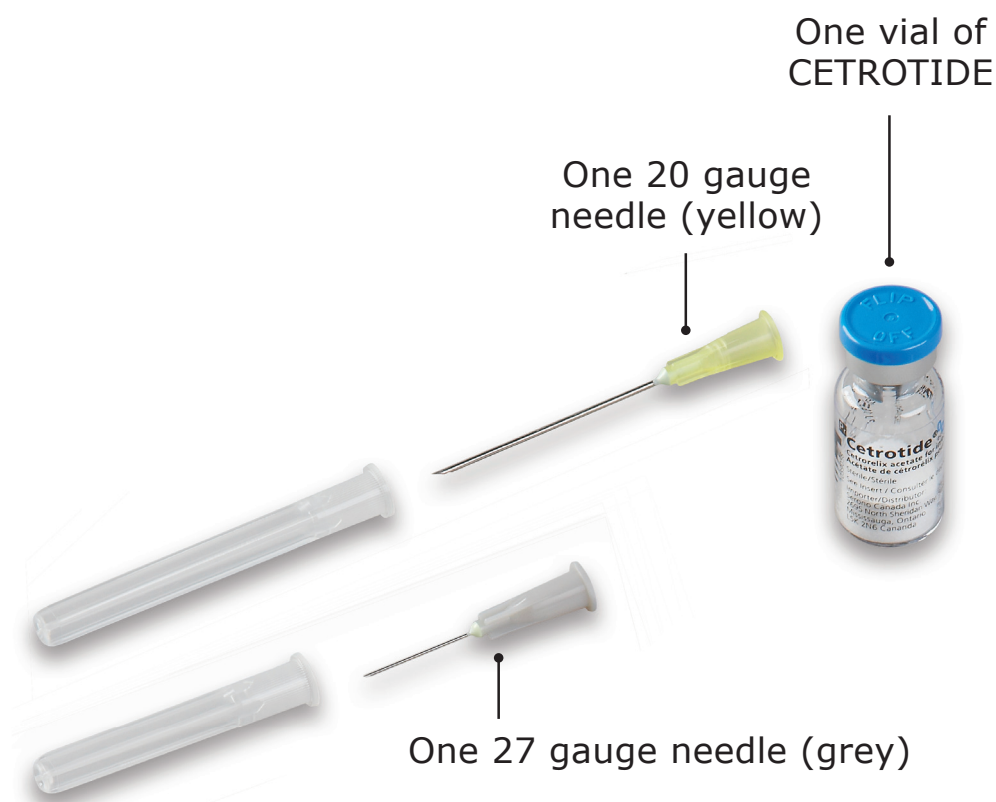


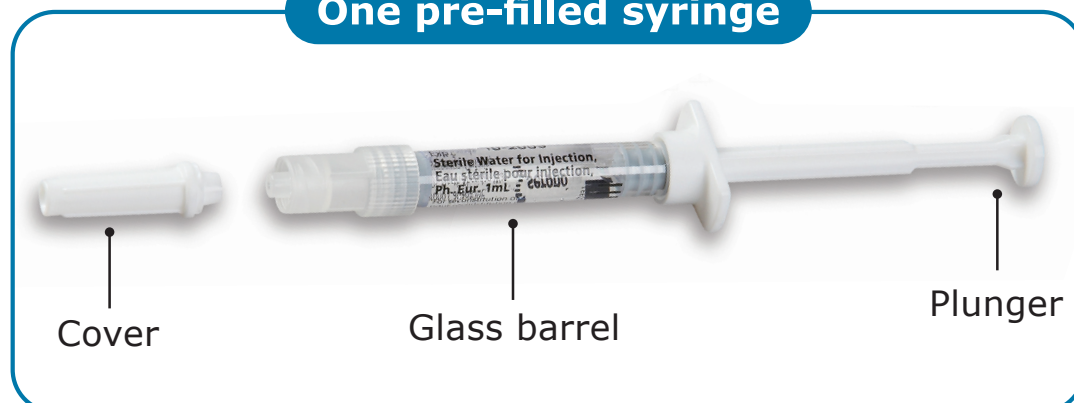


0,25 mg

Administration and storage instructions



One pre-filled syringe



Before you begin:

1. Clean work surface with soap and water.
2. Wash hands well with soap and water.
3. On a clean surface, lay out everything you need: one vial of CETROTIDE, one pre-filled syringe, one needle for mixing (yellow mark), one needle for injection (grey mark).
4. Ensure you have isopropyl or ethyl alcohol in any convenient form such as sanitizing wipes, bottle to use with cotton pads, etc.



Step 1

Flip off the plastic cover of the vial of CETROTIDE.



Step 2

Wipe the rubber stopper, then the aluminum ring with isopropyl/ethyl alcohol.



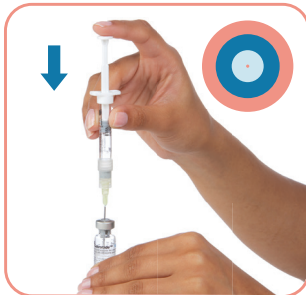
Step 3

Take the pre-filled syringe of diluent and twist and pull the cover off.



Step 4

Take the yellow mixing needle, remove the yellow end by twisting and pulling it off. Twist the needle onto the pre-filled syringe so that it is tight. Holding the glass barrel, carefully pull the needle cover straight off the needle.



Step 5

Push the needle through the center of the rubber stopper of the vial of CETROTIDE. Inject the water from the pre-filled syringe into the vial by **slowly** pushing down the plunger of the syringe. Dissolve CETROTIDE only with the water contained in the pre-filled syringe.

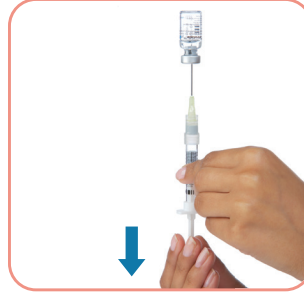


Step 6

Without removing the needle from the vial, **gently** rotate the vial until the solution is clear and without particles. This may take a few minutes to dissolve.

Avoid forming bubbles.

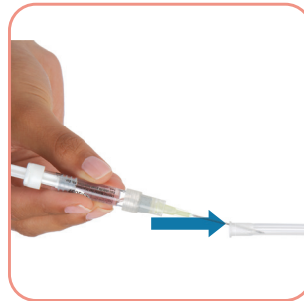
IMPORTANT: Do not use if solution appears cloudy, lumpy or discoloured.



Step 7

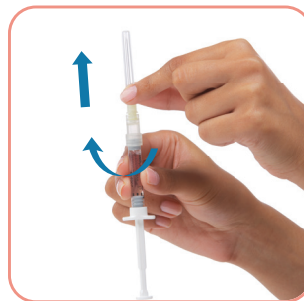
Draw the total content of the vial into the syringe. If the liquid is left in the vial, invert the vial, pull back the needle until the opening of the needle is just inside the stopper. If you look from the side through the gap in the stopper, you can control the movement of the needle and the liquid.

It is important to withdraw the entire contents of the vial. Be careful not to pull the plunger out of the syringe.



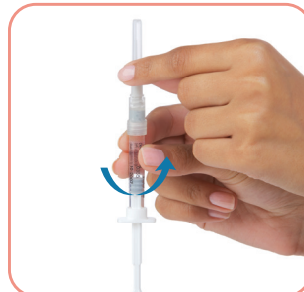
Step 8

Withdraw the needle from the vial. Carefully recap the needle.



Step 9

Twist to detach the needle from the syringe. Discard the mixing needle into a sharps container. Carefully lay the syringe on a clean surface.



Step 10

Take the grey injection needle, remove the grey end by twisting and pulling it off. Twist the needle onto the pre-filled syringe so that it is tight. Holding the glass barrel, carefully pull the needle cover straight off the needle.

11a



Step 11

a. 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.

b. 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 for an air space of 0.1mL.

Carefully replace the cap onto the needle and lay the syringe on a clean surface.

IMPORTANT: It is important to have a small air space in your syringe before you inject. This will ensure that all the medication has been injected.

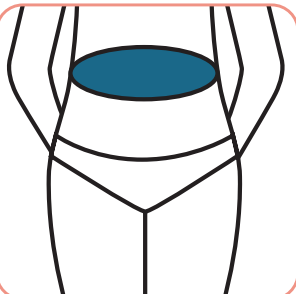
11b



Step 12

Choose an injection site: CETROTIDE is for injection under the skin of the lower abdominal wall.

Select a different injection site each day to minimize local irritation.



Step 13

Clean the skin at the injection site using isopropyl/ ethyl alcohol and allow the isopropyl/ ethyl alcohol to dry.

Keep your isopropyl, ethyl alcohol wipe nearby.



Step 14

Pick up the syringe and remove the cap from the needle.



Step 15

Invert the syringe 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.



Step 16

Using a "dart like motion", insert the needle at a 90° angle.

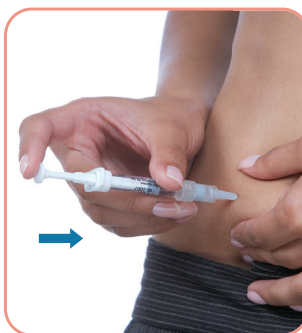
IMPORTANT: To inject, you need very little force but quick action.



Step 17

Once the needle is inserted into the tissue all the way, inject the solution by pushing gently on the plunger with the hand holding the syringe.

Take as much time as you need to inject all the solution.



Step 18

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.

Dispose of the syringe and needles immediately after use into a sharps container.



Frequently Asked Questions

What are the ingredients in CETROTIDE?

Medicinal ingredients: cetrorelix (as cetrorelix acetate).
Non-medicinal ingredients: mannitol.

What is CETROTIDE used for?

CETROTIDE stops your body from releasing an egg from your ovary (ovulation). It is used in assisted reproductive techniques to help you get pregnant.

How does CETROTIDE work?

CETROTIDE blocks the effect of a natural hormone, called gonadotropin-releasing hormone (GnRH). GnRH controls the secretion of another hormone, called luteinizing hormone (LH). LH is the hormone that starts ovulation (release of an egg) during your menstrual cycle. CETROTIDE controls ovulation so that it occurs at the best time for you to become pregnant.

How should I use CETROTIDE?

CETROTIDE is injected under your skin in your lower abdominal area. CETROTIDE (cetrorelix for injection) 0.25 mg is administered on either stimulation day 5 (morning or evening) or day 6 (morning). It is administered once daily at the same time each day at 24 hour intervals and continued daily until the day of hCG administration.

When you should not use CETROTIDE?

Do not use CETROTIDE if you:

- are allergic to cetrorelix or mannitol, which are the ingredients in CETROTIDE
- are allergic to any component of the CETROTIDE container
- are allergic to medicines called peptide hormones
- are allergic to a hormone called gonadotropin-releasing hormone (GnRH) or to medicines called GnRH analogs
- are pregnant or think you might be pregnant
- are breastfeeding
- have moderate or severe liver problems
- have moderate or severe kidney problems

What should I do if I take too much CETROTIDE?

If you think you have taken too much CETROTIDE, contact your healthcare professional, hospital emergency department or regional poison control centre immediately, even if there are no symptoms.

What should I do if I miss a dose?

If you miss a dose of CETROTIDE, do not take a double dose. Discuss with your doctor when you should receive your next dose. Check with your doctor if you have any questions about this.

How long can you keep CETROTIDE after preparation of the solution?

The solution should be used immediately after preparation. Each vial and syringe should be used only once.

What are the possible side effects?

Some side effects include: headache, bruising, itching, swelling, pain or redness in your abdomen where you injected CETROTIDE, and feeling sick (nausea).

Uncommon side effects: Allergic reactions can occur including dizziness, fast or uneven pulse, itching (often in your groin or armpits), red itchy raised areas on your skin (hives), runny nose, serious difficulty breathing, sneezing, swelling of your tongue and throat, warm red skin, and wheezing.

If you have any uncommon side effect, stop taking drug and get immediate medical help.

Common side effects: Ovarian Hyperstimulation Syndrome (enlarged ovaries): abdominal bloating, diarrhea, nausea, pain in the abdomen, rapid weight gain, shortness of breath, vomiting.

If you feel any of these Ovarian Hyperstimulation Syndrome symptoms (OHSS), talk to your healthcare professional.

If you have a troublesome symptom or side effect that is not listed here or becomes bad enough to interfere with your daily activities, talk to your healthcare professional.

What are some important points to remember?

- CETROTIDE should be stored by the patient between 2 – 8 °C (in a refrigerator). Storage at up to 30°C for a maximum of 3 months is allowed.
- **Do not freeze.** Store it in a cool and dry place. Protect it from excess moisture and heat. Keep the container in the outer carton in order to protect it from light.
- **Store the medicine out of the reach and sight of children.**
- Do not use CETROTIDE or the pre-filled syringe after the expiry date printed on the labels and on the carton. After the expiry date, dispose of the vial and the syringe properly.

For additional information, please refer to the package insert that came with your medication, or the latest approved product monograph.

You are not alone.

Where can you get help and find more information?

momentum

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

fertility.mymomentum.ca

Our comprehensive patient website is designed to provide:

- Technical support including videos and downloadable injection guides
- Frequently asked questions on EMD Serono products

1-800-387-8479

- Our *MOMENTUM* toll-free helpline is available 24 hours a day, 7 days a week
- Regular hours are 8:00 a.m. to 8:00 p.m. (Eastern Time), Monday to Friday
- An after-hour pager service is available 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.**

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.



Scan the QR code to
watch the instructional
video on how to use



Reference: Cetrotide® Product Monograph. EMD Serono, June 13, 2019.

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