Step 1: Before you start using your GONAL-f® Pen

- Wash your hands with soap and water. If you have dermatitis or eczema, you can clean as often as possible.
- Take the can out of the refrigerator for at least 20 minutes before use. Do not leave the can unattended or other heating element to warm up the pen.
- On a clean surface, e.g., clean paper or kitchen surface, but off everything you will need:
  1. GONAL-f® Pen
  2. One removable injection needle
  3. Alcohol wipe
  4. Waste disposable container (not shown)

Step 2: Getting your GONAL-f® Pen ready for injection

- Take off the pen cap.
- Wrap the end of the threaded tip of the pen in a clean paper towel or alcohol wipe.
- Look carefully at the reservoir holder. Check that the reservoir holder is intact and that there are no air bubbles or moisture and that the needle and outer cap are not damaged or loose. If the reservoir holder is detached from the syringe, do not use the pen. The reservoir holder is attached when you see a new color.
- Verify that the dose display is set to “0”.
- Take out a new injection needle. Always use the “single-use” needles supplied.
- Hold the outer needle cap firmly.
- Check that the peel-off seal on the outer needle cap is not damaged or loose.
- Remove the peel-off seal from the outer needle cap. Be careful not to prick yourself with the needle.

Step 3: Attach the needle

- Press the threaded tip of the pen onto the needle cap and twist it clockwise until you feel light resistance. Do not attach the needle too tightly; it should be easy to twist in and out.
- Remove the outer needle cap by pulling it straight off.
- Pull out the inner needle. Do not throw the outer needle cap away; you will need it for removing the needle from the pen.
- Hold the GONAL-f® Pen with the needle pointing upwards.
- Carefully remove the green inner shield using your fingers and discard it.

Step 4: Setting your dose

- If you pass your dose, simply remove the dose display from the correct dose. To adjust the display, refer to “Step 5: Injecting the dose.”
- Insert the needle at a 90-degree angle into the skin and press the injection button forward until you feel resistance.
- Go ahead and bend the needle if you did not twist 90 degrees.
- Press the threaded tip of the pen onto the needle cap and twist it clockwise until you feel light resistance. Do not attach the needle too tightly; it should be easy to twist in and out.

Step 5: Injecting the dose

- Select the injection site at which the doctor has told you to inject, such as the upper thigh or abdomen, using the injection diagram also given.
- Choose a different site each day to minimize skin irritation.
- Hold the GONAL-f® Pen with the needle pointing upward and twist it clockwise or counterclockwise.
- Make sure you check for tiny drops of fluid if you are using a brand new GONAL-f® Pen for the first time.
- Release the dose setting knob.
- The number shown in the dose display is the missing amount that you’ll have to add to the full prescribed dose. For example, if you have 500 mg of your dose and your dose in the pen has decreased to 400 mg, you need to add the exact amount of medication displayed in the dose display to your daily dose.
- Make sure you check for tiny drops of fluid if you are using a brand new GONAL-f® Pen for the first time.

**WARNING:** Do not recap the needle with the green inner shield as this can lead to pricking yourself with the needle.

**CAUTION:** If the peel-off seal is damaged or loose, do not use the needle. Dispose of it in a sharps disposal container. Set a new needle.

**WARNING:** Do not remove the needle with the green inner shield as this can lead to pricking yourself with the needle.

**CAUTION:** Never store the pen with the needle attached. Always remove the needle from the GONAL-f® Pen before replacing the pen cap.

For more information on GONAL-f®, please refer to the package insert that came with your medication.
When should GONAL-f® not be used?

• You have ovarian, uterine or breast cancer.
• You have ovarian enlargement or a cyst not due to ovulation.
• You are pregnant or breastfeeding.
• You have a history of a hormone-refractory cancer that is hormone sensitive.
• GONAL-f® therapy is not recommended during adolescence or in patients whose menstrual cycle is either irregular or absent. In both cases, another hormone, hCG (human chorionic gonadotropin) is given to complete the maturation of follicles.

When should GONAL-f® not be used? 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 ovary syndrome (PCOS).
• You have a gynaecological/breeding of unknown cause.
• You have ovarian, uterine or breast cancer.

What are some side effects I could see with GONAL-f® therapy?

• tenderness, fatigue, blushing, weight gain, nausea or diarrhea. These are temporary and will resolve once treatment is stopped. Other adverse reactions may include allergic sensitivity such as 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 GONAL-f® patients. This is generally reversed with cessation of treatment and severe life-threatening cases are rare.
• This is not a complete list of side effects. If you experience any unusual symptoms or side effects, you should report them to your doctor.

What are the interactions with this medication?

GONAL-f® is often used with other medications to stimulate ovulation (e.g., HCG, luteinizing hormone [LH], and clomiphene citrate), which may help the maturation of follicles, which contains the egg. If a GnRH agonist or antagonist medicine is also given along with your GONAL-f® in your treatment program, you may be told by your doctor to change your dose of GONAL-f® over the course of your treatment.

If the dose display shows a number higher than 0 after your injection, this indicates that the pen is empty and it is unable to provide you with your stored dose. Follow these steps to adjust the dose:

• Do not use the GONAL-f® Pen if the solution contains particles or is not clear.
• Do not freeze. Protect the GONAL-f® Pen from light.
• Keep in a safe place out of the reach of children.
• Do not use after the expiry date.

What should I do when I cannot push the injection button to deliver the dose?

• When you cannot push the injection button:
• Confirm the correct dose from the display window, you must then push the injection button to deliver the dose.

What do I do if I dialled the wrong dose?

• If you pass your dose, turn the injection button back to the correct dose to adjust the dose. To adjust the dose, you can turn the injection button either clockwise or counterclockwise. After confirming the correct dose from the display window, you can proceed with the injection.

Where can I get help and find more information?

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

Call MOMENTUM toll-free at 1-800-387-8479 between the hours of 6:00 a.m. and 6:00 p.m. (Eastern Time), Monday to Friday. MOMENTUM is available in 280 languages and 250 currencies.

MOMENTUM may also be available online at fertility.mymomentum.ca. 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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