



Injection Guide

for Bravelle® or Menopur®

Your doctor has prescribed BRAVELLE® or MENOPUR® for subcutaneous injection. Prior to injection, the same technique is used to prepare BRAVELLE® or MENOPUR® with the Q-CAP® vial adapter (shown in photo). This instruction guide will help you prepare and inject your medication at home. Always take your medication exactly as directed by your doctor.



Get ready

- 1 Wash hands thoroughly and assemble the necessary supplies on a clean surface:



- 2 Flip the caps off **one** vial of sodium chloride and **each** vial of BRAVELLE® or MENOPUR® that your doctor has directed you to take. Wipe tops of vials with an alcohol swab.

Fill the syringe with sodium chloride



- 3 If there is a capped needle on the syringe, remove it and place it to the side. Twist the syringe onto the Q-CAP® (connector end).



- 4 Pull back plunger to the black mark (line) that corresponds to the amount of sodium chloride your doctor prescribed, typically 1 mL (1 cc).



- 5 Push the Q-CAP® down over the sodium chloride vial, puncturing the vial. Then, push the plunger all the way down to transfer air into the vial. Continue to hold plunger down until Step 6 is completed.



- 6 Turn syringe (with vial attached) upside down. Pull back plunger to transfer the amount of sodium chloride your doctor prescribed into the syringe. Remove sodium chloride vial and discard. Now go to your first vial of BRAVELLE® or MENOPUR®.

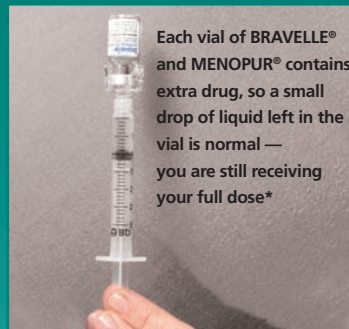
Mix with BRAVELLE® or MENOPUR®



7 While holding a vial of BRAVELLE® or MENOPUR® securely, push the Q-CAP®/syringe over the vial until punctured. Push the plunger down to transfer all liquid into the drug vial.



8 While holding the plunger down, **gently swirl** until the solution is clear. **Do not shake.**



9 While holding the plunger down, turn syringe with vial upside down. Pull back the plunger to transfer all liquid into the syringe. Remove vial and discard.



10 Repeat the last 3 steps for as many BRAVELLE® or MENOPUR® vials as your doctor directed. When finished, you may have slightly less liquid in your syringe than you started with. This is normal.

Prepare the injection



11 Twist off the Q-CAP® from the filled syringe.



12 Twist on the capped needle and then remove the cap.



13 To remove any air bubbles, point the needle up and gently tap on the syringe until all bubbles rise to the top.



14 **Slowly** push the plunger until a small drop forms on the tip of the needle.

Inject your medication



15 Choose an injection site at least 1 inch below the belly button on the left or right side. (Use a different side each day.) Clean the site with an alcohol swab and let it air-dry.



16 Grasp the skin between two fingers of one hand and hold it firmly. With the other hand, hold the barrel of the syringe at a 90 degree angle and quickly insert the needle into the skin. Push the plunger until all the medication is injected.



17 Release the skin and gently pull the needle out. If the site bleeds, apply gentle pressure with a gauze pad. If it is sore, apply ice for brief intervals.



18 Discard the syringe in your needle-disposal container. Discard any opened vials and used injection materials as they cannot be re-used.

*Each vial of BRAVELLE® or MENOPUR® is overfilled by 10% to deliver the labeled dose of 75 IU FSH. For more detailed instructions, see full Prescribing Information for BRAVELLE® or MENOPUR®.