

## STEP-BY-STEP INSTRUCTIONS FOR

# Reconstitution and Subcutaneous Administration of Bravelle® and/or Menopur® -or- Repronex®

## Your doctor has prescribed BRAVELLE and/or MENOPUR -or- REPRONEX for subcutaneous injection.

This instruction sheet, along with a video that is available on this Web site, will help you prepare and inject your medication at home. If you have any questions, don't hesitate to call your doctor or nurse.

### 1 Before you start

- Wash your hands with an antibacterial soap and use alcohol to clean the area you will be working on.
- Have these supplies ready:
  - A vial (or vials) of BRAVELLE and/or MENOPUR -or- REPRONEX and a vial of sodium chloride 0.9% (sterile diluent) that is conveniently packaged with your medicine
  - A sterile syringe and needles (check with your doctor about which syringe and needle size to use)
  - Alcohol pads, rubbing alcohol, and gauze
  - A needle disposal container



### 2 Preparing your medicine and filling the syringe

**Remember: Only the sodium chloride (sterile diluent) provided must be used to reconstitute BRAVELLE and/or MENOPUR -or- REPRONEX.**

- Remove the syringe and the larger needle from the wrapper. While holding the protective cap, twist the needle clockwise to make sure the needle is secure. Set the syringe aside.
- Remove the plastic caps from the tops of the vials of BRAVELLE and/or MENOPUR -or- REPRONEX and the sterile diluent.

- Wipe the tops of the vials with alcohol. Don't touch the tops of the vials once you have wiped them.
- Uncap the needle by carefully twisting the needle cap clockwise and pulling the cap upward. Avoid twisting the needle counterclockwise, because this can cause the needle to separate from the syringe.
- Insert the needle through the rubber stopper of the sterile diluent vial.
- Tip the sterile diluent vial and, with the needle in the fluid, pull back on the plunger to withdraw the fluid into the syringe up to the amount instructed by your doctor.
- Withdraw the needle from the sterile diluent fluid vial. Slowly inject the sterile diluent into the vial containing the BRAVELLE or MENOPUR or REPRONEX powder, aiming the sterile diluent at the side of the vial to avoid creating bubbles.
- The BRAVELLE or MENOPUR or REPRONEX powder will dissolve quickly. Gently swirl until the powder is completely dissolved. Do not shake the vial because this will create bubbles.
- As soon as the powder has completely dissolved, withdraw all the BRAVELLE or MENOPUR or REPRONEX solution into the syringe. There are 2 ways of doing this:
  - A. Leave the vial on the counter, tilt it, and pull back on the plunger to withdraw all the solution, or
  - B. Turn the vial upside down and pull back on the plunger to withdraw the solution as you slowly lower the needle.



**Bravelle®** (urofollitropin for injection, purified) **Menopur®** (menotropins for injection, USP) **Repronex®** (menotropins for injection, USP)

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Please see full Prescribing Information for BRAVELLE, MENOPUR, and REPRONEX.

## Reconstitution and Subcutaneous Administration (cont'd)

**Note for patients who need multiple vials:** The BRAVELLE or MENOPUR or REPRONEX solution may be used to dissolve up to 5 additional vials. For those who need multiple vials, after reconstituting the first vial of BRAVELLE or MENOPUR or REPRONEX with sterile diluent, use that same solution to reconstitute the additional vials of BRAVELLE and/or MENOPUR -or- REPRONEX.

### 3 Changing the needle

- While holding the syringe pointing upward, replace the needle cap and remove the large needle by twisting it counter-clockwise. Replace with the small, subcutaneous needle by twisting the small needle clockwise onto the syringe.
- Hold the syringe straight up. Draw back slightly on the plunger and tap the syringe so that any air bubbles rise to the top. Slowly press the plunger until all the air is out of the syringe and a small drop of solution forms at the tip of the needle.
- Tap the syringe to remove the drop of solution at the tip of the needle.
- Carefully recap the needle to keep it sterile.
- The solution is now ready for injection.



**If an uncapped needle EVER comes into contact with anything other than BRAVELLE, MENOPUR, REPRONEX, or sterile diluent, do not inject yourself with it. Immediately remove the needle and replace it with a new sterile needle.**

### 4 Injecting your medicine

- BRAVELLE and/or MENOPUR -or- REPRONEX should be injected into a skin fold on your abdomen a few inches below your navel... left or right. Each day, use the alternate side of your abdomen to help prevent soreness.



- Carefully clean the injection site area with an alcohol pad and allow the site to air-dry.
- Remove the needle cap from the syringe.
- Hold the syringe in one hand. Use your other hand to gently grasp a fold of skin in the injection site area between your thumb and index finger.
- Hold the syringe perpendicular (at a right angle) to the skin like a dart and quickly insert the needle all the way into the skin fold.
- Depress the plunger of the syringe with a steady motion until all the fluid is injected beneath the skin.
- Release the skin fold and pull the needle straight out.



### 5 Disposing of the syringes and needles

- Recap the needle and discard the syringe and the needle into a needle disposal container with a lid.
- Extra sterile diluent or unused medication left in the vial should be thrown away. After you finish your course of treatment, ask your health care provider how to properly dispose of the needle disposal container.



### 6 After the injection

- If any bleeding should occur, simply place a small piece of gauze over the injection site and apply gentle pressure to stop the bleeding.
- If the injection site becomes sore, applying ice for brief intervals may help relieve any discomfort.

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