

Nutropin AQ NuSpin Instruction For Use

The Nutropin AQ NuSpin is intended for use by a healthcare professional for training purposes, or for a trained patient to deliver a Nutropin AQ injection.

New NuSpin Set Up: Step-by-step

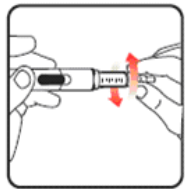
Follow these steps the first time you use a new NuSpin:

Step 1: Attach the needle



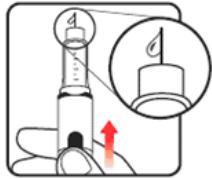
Wash your hands thoroughly. Gently twist and pull to remove the NuSpin cap. Inspect the cartridge before use to ensure that the medicine in it is clear. If it is cloudy or hazy, do not inject it.

Open a new needle by peeling off the paper tab from the needle package.



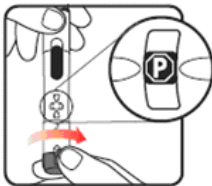
Attach the needle by carefully screwing it onto the needle holder—do not over tighten. Carefully remove both protective covers from the needle and save the outer cover.

Step 2: Priming the Nutropin AQ NuSpin



Turn the dose knob to the "P" position in the dose window. It may take multiple clicks to get to "P".

The "P" position on the NuSpin 5 represents a 0.35 mg dose
The "P" position on the NuSpin 10 represents a 0.7 mg dose
The "P" position on the NuSpin 20 represents a 1.4 mg dose



Hold the NuSpin with the needle pointing upwards. Gently tap the cartridge holder to move any air bubbles to the NuSpin tip.

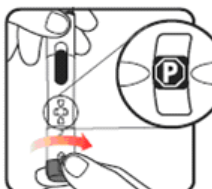
Slide the Activator toward the needle. If you do not see fluid at the needle tip, redial to "P" and slide the Activator forward again. Repeat until you see fluid. When you do, you're primed and ready to go!

Step 3: Setting the dose



Make sure the dose window reads "0.0." Then, turn the dose knob until the prescribed dose appears in the dose window. If you turn the dose knob too far, simply turn it back to the correct dose.

This example shows a dose of 0.9 mg represented by "–".



If your dose is "between" two numbers in the dose window, the "–" marking between those two numbers indicates your dose.

For example:

- In the Nutropin AQ NuSpin 5, a dose of 0.45 mg would lie between the 0.4 mg and 0.5 mg mark
- In the Nutropin AQ NuSpin 10, a dose of 0.9 mg would lie between the 0.8 mg and 1.0 mg mark
- In the Nutropin AQ NuSpin 20, a dose of 1.8 mg would lie between the 1.6 mg and 2.0 mg mark

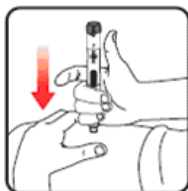
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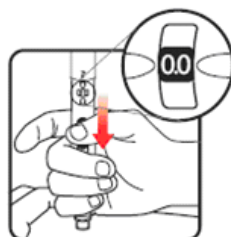
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Step 4: Giving the injection

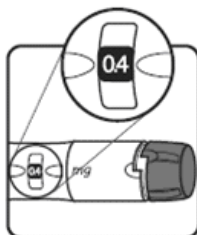
If you choose to use the Needle Shield, put it on the NuSpin now (directions below).



Once you've chosen the injection site and prepared it, put one hand where you can easily slide the Activator. While holding the NuSpin device, insert the needle into the skin by pushing downward until the appropriate depth is reached.



Slide the Activator toward the needle. Continue to hold the Activator down until the dose knob returns to "0.0." It may help to count out loud for 5 seconds while you are holding the Activator down. Then, withdraw the Nutropin AQ NuSpin device. If the dose knob returns to "0.0," the full dose has been delivered.



If the dose knob stops before it returns to "0.0", the Nutropin AQ NuSpin is empty and the full dose has not been delivered. The number shown in the dose window is the amount needed to obtain a full dose. (Ask your healthcare professional to walk you through the procedure for using the last dose in the NuSpin.)

Removing the needle and disposing of it

To remove the needle, carefully place the needle outer cover over the needle (using the scoop method). Unscrew the needle, and dispose of it in a needle disposal box.

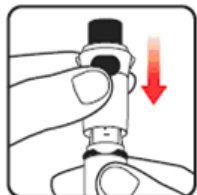
Storage and next use

Replace the cap and store the NuSpin in the refrigerator at 36°F to 46°F (2°C to 8°C). Protect from light, and don't let it freeze.

For your next use, attach a new needle, dial in the dose, and give the injection.

YOU DON'T NEED TO PRIME THE DEVICE UNLESS IT IS YOUR FIRST INJECTION WITH A NEW NuSpin.

USING THE NEEDLE SHIELD



If you choose to use the Needle Shield, put it on the NuSpin before you give the injection.

Follow these steps to attach, use, and remove the Needle Shield:

1. Make sure the shield is in the locked position with the slide lock in line with the LOCK SYMBOL on the shield.
2. Secure the shield so the slide lock is in line with the Activator.
3. Attach the shield by pushing directly on the NuSpin, without twisting. As a safety feature, the shield will be in the locked position while you hide the needle; you'll need to unlock it before you can give an injection.
4. To give the injection, hold the NuSpin at a 90-degree angle. Insert the needle into the skin by pushing downward until the needle cover is fully depressed and the needle is in the skin.
5. After the injection, remove the shield by grasping the finger grips firmly in one hand and carefully pulling the shield away from the NuSpin.

DON'T THROW THE SHIELD AWAY. SAVE IT TO USE WITH A NEW NEEDLE ASSEMBLY.

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How to select the injection site

It is important to rotate the site of your NuSpin injections. Choose a different place to inject yourself each time. The injection should not go very deep into your skin. It should be given in the subcutaneous space (the fatty layer just beneath the skin's surface).

Be sure to inject Nutropin at a different recommended place on your body each time. Your doctor or nurse should supervise the first injection and provide training and instruction. You may experience discomfort, soreness, or redness where Nutropin is injected. Contact your doctor immediately if you experience ongoing injection site discomfort.

The following areas are good injection sites because you may be able to grasp the right amount of skin needed for your injection:



Abdomen. The tissue below the skin of the abdomen absorbs medication readily. Injections in this area sometimes hurt less. Avoid giving injections too close to the navel. Also, be careful to avoid giving injections where a waistband might chafe and irritate the injection site.



Buttocks. As with the abdomen, injections in the upper, outer area of the buttocks sometimes hurt less. The person receiving the injection should lie face down on a flat surface with toes pointed inward.



Thighs. The front or outside of the thigh is a good place for an injection. To find this site, think of dividing the leg between the hip bone and the knee into thirds. The injection is given into the skin (not the muscle) on the middle third on the front or outside of the thigh.



Upper arms. Upper arms. The largest part on the back portion of the arm may also serve as an injection site.

Problems at an injection site

Occasionally, a problem may develop at an injection site. Contact your healthcare professional if you notice any of the following:

- A lump that doesn't go away
- Bruising that doesn't go away
- Any signs of infection or inflammation such as swelling, pus, persistent redness or pain, or skin that is hot to the touch

You may report side effects to the FDA at 1-800-FDA-1088 or to Genentech Drug Safety/Adverse Events at 1-888-835-2555.

Storing and maintaining Nutropin AQ NuSpin

Keep the Nutropin AQ NuSpin in a refrigerator at 36°F to 46°F (2°C to 8°C) to keep it fresh. Don't keep the NuSpin out of the refrigerator more than one hour per day. It's also important to keep it out of direct sunlight.

When you travel, place your NuSpin in a waterproof container inside a cooler with an ice pack. Keep the NuSpin dry, and never allow it to freeze.

If you need to clean the NuSpin, use a damp cloth. Never submerge the NuSpin in water. If you accidentally get the NuSpin wet, dry it off immediately. Never use alcohol when cleaning the NuSpin. Call your healthcare professional or distributor for a replacement if the NuSpin malfunctions.

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Who Is Nutropin For?

Nutropin® [somatropin (rDNA origin) for injection] and **Nutropin AQ®** [somatropin (rDNA origin) injection] are human growth hormone, available by prescription only.

Doctors prescribe Nutropin for children and teenagers with growth failure who:

- Do not make enough growth hormone on their own
- Have chronic renal insufficiency—a slow loss of kidney function—and have not had a transplant
- Have Turner syndrome
- Are not likely to grow to their potential adult height, as determined by a doctor, and those bones are still able to grow

Doctors prescribe Nutropin for adults who:

Have growth hormone deficiency that started either in childhood or as an adult due to brain surgery, radiation therapy, trauma, or diseases of the pituitary gland or the hypothalamus

IMPORTANT SAFETY INFORMATION

Nutropin and your safety:

Please read this **important** safety information carefully. Then, if you have any questions, talk with your doctor.

Nutropin is **NOT** for:

- Children and teenagers whose bones have finished growing
- Patients who have certain types of eye disease caused by diabetes
- Patients who have active cancer or any brain tumors
- Patients who are critically ill after open heart surgery or abdominal (stomach) surgery, are severely hurt, or have severe breathing problems
- Children and teenagers who have Prader-Willi syndrome and are very overweight or have trouble breathing
- Patients with a known sensitivity to benzyl alcohol, an ingredient in the liquid used to mix Nutropin Injection. Sterile water should be used when mixing Nutropin for newborns.

If any of these apply, talk to your doctor before you start taking Nutropin.

If you are about to start taking Nutropin, or are already taking it, be sure to tell the doctor who prescribed it:

- About ALL of the medications you are taking, including supplements
- If you have or develop a brain tumor
- If you are given any new medication, especially glucocorticoid steroids like hydrocortisone or prednisone
- If you are pregnant or if you become pregnant
- About ANY other condition or illness you have or develop

What are the possible side effects of Nutropin?

You may experience discomfort, soreness, or redness where Nutropin is injected.

Contact your doctor immediately if you experience:

- Ongoing injection site discomfort
- Curvature of the spine (scoliosis)
- Joint pain
- Puffy hands and/or feet (caused by fluid retention)
- Changes in vision, a bad headache, or nausea with or without vomiting
- Hip or knee pain
- A need to limp when you walk
- Pain in wrist (carpal tunnel)
- Allergic reaction

Be sure to inject Nutropin at a different recommended place on your body each time. Your doctor or nurse should supervise the first injection and provide training and instruction.

Your doctor is your primary source of information about your treatment.

Please see the **full Prescribing Information** for [Nutropin](#) and [Nutropin AQ](#), available from your pharmacy and at www.nutropin.com for more about Nutropin and safety.

Questions? Call the Nurse Hotline at **1-866-NUTROPIN** (1-866-688-7674).

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