

## MENOPUR®

NOTE: Menopur may be given as a subcutaneous injection or an intramuscular injection depending on your physician's orders. Instructions for both injections are included.



**Description:** Menopur is a highly purified human menopausal gonadotropin (hMG) injectable. Each vial contains 75 IU (International Units) of powdered medication to be mixed with diluent.

**How it works:** Menopur is a gonadotropin that contains a combination of follicle stimulating hormone (FSH) and luteinizing hormone (LH) that stimulates the ovaries to produce eggs.

**Potential side effects:** Side effects may include some local discomfort, bruising and soreness at the injection site. Changes in mood, headache, abdominal discomfort, nausea, bloating and cramping are other possible minor side effects. Multiple births occur in about 20-25% of pregnancies of which 70% are twins. Excessive enlargement of the ovaries, called ovarian hyper-stimulation (OHSS) may occur. Symptoms of OHSS include excessive fluid retention and severe abdominal discomfort.

**Storage:** Store at room temperature or refrigerated (37-77°F). Protect from light. Use immediately after reconstitution/mixing. Discard unused material.

## MIXING INSTRUCTIONS FOR MENOPUR

- Pop off the plastic tops off of the powdered medication and diluent (liquid - 0.9% Sodium Chloride, USP).
- Swab the top of each vial with an alcohol pad to prevent contamination.
- Remove the 1 ½" needle from the 3mL syringe, if attached.
- Open the Q-Cap blister pack by peeling back the lidding
- Hold the diluent vial in one hand
- With your other hand, hold the sides of the Q-Cap blister pack, turn the blister pack over, and place it on top of the vial
- Push the Q-Cap straight down into the rubber stopper of the vial until the spike pierces the top of the vial and snaps into place.
- Remove the blister pack and throw away in trash
- Take the syringe and pull down on the plunger until you have reached the line that corresponds with the amount of diluent that your healthcare provider told you to use, typically 1 mL.
- Place the tip of the syringe into the connector end of the Q-Cap and twist the syringe clockwise until it is tight.

- Press down on plunger and inject air into vial. This will help equalized the pressure in the vial and will make withdrawal of the diluent easier. Invert the syringe and vial as one complete unit and pull back on the plunger to withdraw the recommended amount of diluent. (Usually 1mL)
- Separate the Q-Cap and syringe from the vial by holding the sides of the syringe and pulling up.
- Hold the Menopur vial in one hand, grasp the sides of the syringe in the other hand and place the tip of the Q-Cap over the top of the vial and push the Q-Cap through the rubber stopper. Slowly and cautiously deposit the diluent into the vial of powdered medication. Rotate the vial between your thumb and index finger until the solution is clear. Invert the syringe with Q-Cap and vial as one complete unit and withdraw the contents of the vial by pulling down on the plunger.
- Holding the syringe pointing upwards, twist the syringe counterclockwise while holding the Q-Cap steady to remove the syringe from the Q-Cap. Twist on the ½” needle for subcutaneous injection or 1 ½” needle for intramuscular injection. Tap the syringe to force any bubbles to the top. Depress the plunger to expel the air.

***If you are mixing a single vial, you are now ready for your injection.  
PROCEED TO SUBCUTANEOUS INJECTION INSTRUCTIONS***

***If you are mixing a single vial, you are now ready for your injection.  
PROCEED TO INTRAMUSCULAR INJECTION INSTRUCTIONS***

## **MIXING MORE THAN ONE VIAL OF MENOPUR**

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- With Q-Cap still attached to the syringe, inject the contents of the syringe (powdered medication mixed with the diluent) directly into the next vial of powdered medication, slowly and cautiously. This will increase the dosage without increasing the liquid volume. Do not use more diluent for additional vials of Menopur. Again, rotate the vial between your thumb and index finger until the solution is clear.
- Withdraw the newly mixed Menopur from the second vial back into the syringe. Repeat until you have reached your prescribed dosage.
- Holding the syringe pointing upwards, twist the syringe counterclockwise while holding the Q-Cap steady to remove the syringe from the Q-Cap. Twist on the ½” needle for subcutaneous injection or 1 ½” needle for intramuscular injection. Tap the syringe to force any bubbles to the top. Depress the plunger to expel the air.

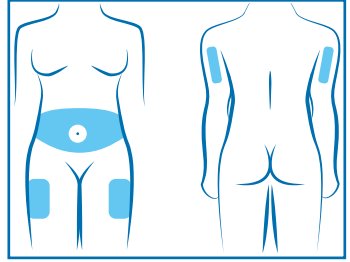
***PROCEED TO SUBCUTANEOUS INJECTION INSTRUCTIONS***

***PROCEED TO INTRAMUSCULAR INJECTION INSTRUCTIONS***

## INJECTION INSTRUCTIONS

### SUBCUTANEOUS INJECTION INSTRUCTIONS

- Cleanse your selected **SUBCUTANEOUS** injection site with an alcohol wipe and allow to dry.
- While holding the syringe with your dominant hand between your thumb and finger (as you would a pencil), pinch the skin (with your other hand) at the site you have selected.
- With a quick, dart-like motion, insert the entire needle (up to the hub of the syringe) at a 90° or a 45° angle and depress the plunger slowly and carefully.
- After the injection is complete, quickly pull out the needle. If bleeding, apply pressure to the injection site with a sterile gauze pad. If discomfort occurs after your injection, you may gently massage the injection site to alleviate your discomfort.
- Use Sharps waste container for needle and syringe.



### INTRAMUSCULAR INJECTION INSTRUCTIONS

- Cleanse your selected **INTRAMUSCULAR** injection site with an alcohol wipe and allow to dry.
- Hold the syringe with your dominant hand between your thumb and index finger (as you would a pencil). With your other hand, firmly stretch your skin at the selected injection site. **Make sure you are using the intramuscular needle (usually 1 1/2").**
- **NOTE: To minimize bruising, firmly stretch the skin.**
- With a quick, dart-like motion, insert the entire needle (up to the hub of the syringe) at a 90° angle into the stretched skin area between your thumb and index finger.
- Using either hand to stabilize the syringe, pull back slightly on the plunger and watch for blood in the syringe. (This is rare). You may feel slight resistance or see a small bubble - this is normal. If blood is not seen in the syringe, the needle is inserted properly. **If blood appears in the syringe, DO NOT INJECT YOUR MEDICATIONS. Withdraw the needle, cover the site with a gauze pad, and apply pressure. Discard the syringe into the Sharps container. Repeat mixing and injection instructions.**
- Depress the plunger slowly and steadily.
- Pull the syringe out in one motion.
- Use Sharps waste container for needle and syringe.
- Apply pressure to the site with a gauze pad and gently massage the area to help disperse the medication and relieve discomfort. Apply a bandage if necessary.

