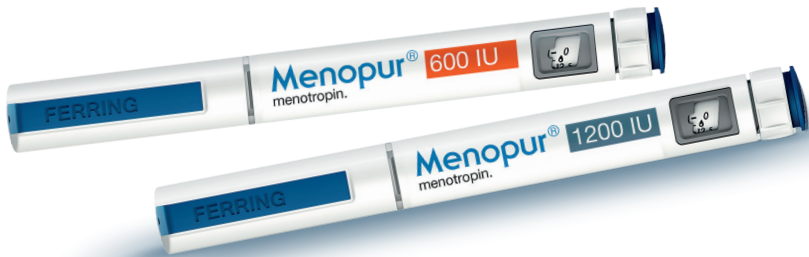


PATIENT GUIDE



Menopur® solution for injection in pre-filled pen

For those prescribed Menopur® by their doctor

This patient guide contains information about Menopur pre-filled pens. Follow the steps in this guide to prepare and use your pen correctly.

If you have any questions on the use of Menopur, please contact your healthcare professional (doctor or nurse).

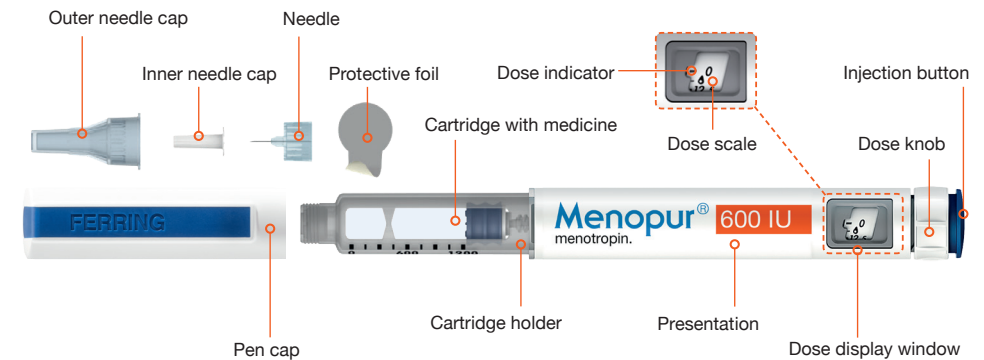
Before your first injection, your healthcare provider will explain how to use the Menopur pre-filled pen.

Read the package leaflet and the Instructions for Use supplied in the pack carefully before using your Menopur pre-filled pen for the first time, and also each time you use a new pen.

Important information about storage/use

- Do not freeze.
- **Before use, store the pen in a refrigerator** (2 °C to 8 °C).
- After first use, use the pen within 28 days, and store it below 25 °C.
- **Use a new needle for each injection.**
- Always store the pen with the pen cap on and without a needle attached.
- Do not use the pen after the expiration date (EXP) on the pen label. The expiration date is the last day of the month of expiration.
- Do not store the pen at extreme temperatures (e.g. in direct sunlight, in a parked car or in a freezer).
- Store the pen out of the sight and reach of children.

Menopur® pre-filled pen and its parts



Menopur pre-filled pens are available in two different presentations (number of international units (IU)):

- **600 IU**
- **1200 IU**

On the following pages you will find step-by-step instructions on how to use Menopur pre-filled pens. For further information, please read the package leaflet and the Instructions for Use supplied in each pack. The package leaflet and the Instructions for Use can also be found at www.felleskatalogen.no.

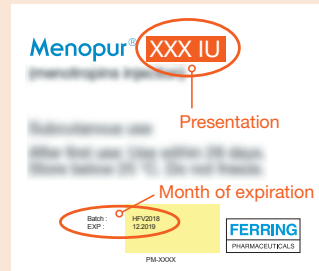
You can also watch an instructional video at www.felleskatalogen.no (or you can scan the QR code below).



Step-by-step instructions for using Menopur® pre-filled pens

Before use

- Wash your hands.
- Check that you have the right Menopur pre-filled pen with the correct number of units (IU), as prescribed by your doctor.
- Check the expiration date.



Preparing the pen for injection


- Always use a new needle for each injection.
 - Only use the single-use needles supplied with the pen.
1. Remove the pen cap.
Check that the pen is not damaged.
Also check that the medicine (the solution) is clear and does not contain particles.
Do NOT use the pen if it is damaged or if the medicine in the cartridge is cloudy or contains particles.
 2. Remove the protective foil from the needle.
 3. Click the needle onto the pen.
You should hear or feel a click when the needle is securely attached.
 4. Remove the outer needle cap.
Do not discard the outer needle cap. You will need it again later (see section “Disposal of needles” on page 7).
 5. Remove the inner needle cap and dispose of it.



Removing air bubbles

- Before using the pen for the first time, you need to remove air bubbles from the cartridge in order to ensure the correct dose of medicine.
- **You only have to remove air bubbles the first time you use the pen.**
If you already have used the pen, go directly to “Setting the dose” on the next page.



1. Turn the dose knob clockwise until the droplet symbol  lines up with the dose indicator.
The dose knob can be turned in either direction without loss of medicine.



2. Hold the pen with the needle pointing upwards.
3. Tap the cartridge holder a few times so that any air bubbles in the cartridge rise to the top.



4. With the needle still pointing upwards (away from your face), press the injection button all the way in until you see the number '0' line up with the dose indicator. A droplet should now have appeared at the tip of the needle.
If no droplet appears:
Repeat the procedure from Step 1 until you see a droplet.

Setting the dose

1. Turn the dose knob clockwise until the prescribed dose lines up with the dose indicator in the dose display window. To make it easier to set the correct dose, you can hear a clicking sound when turning the dose knob.



- The dose can be adjusted (up or down), without loss of medicine, by turning the dose knob in either direction until the correct dose lines up with the dose indicator.
- **Do NOT press the injection button when setting the dose.** If you do, it may result in loss of medicine.

Split dose

- If you are not able to set your full dose, this means there is not enough medicine left in your current pen.
- You will need two pens to administer the full prescribed dose (as two injections). Below you can see an example of how to do this.

A	B	C = A minus B
Prescribed dose	Dose left in current pen (shown at dose indicator in dose display window)	Dose to inject with a NEW pen
112.5	75	37.5

See also pages 22-23 in the Instructions for Use supplied in the pack.

Injecting the dose

1. Hold the pen so that the dose display window is visible during injection.
2. Pinch your skin in **the stomach area** (abdomen), and insert the needle straight into the skin (as shown by your healthcare provider). **Use a different injection site for each injection.** **Do NOT press the injection button yet.**



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3. Only place your thumb on the injection button after the needle has been inserted into your skin.
4. Press the injection button all the way in and **hold it there.**
5. Keep pressing the injection button. **Wait for 8 seconds** (count to eight slowly) after you see the number '0' lined up with the dose indicator. Then release the button.
6. Now remove the needle from the injection site by slowly pulling it straight out of the skin.

Disposal of needles

1. Carefully replace the outer needle cap over the used needle, with a firm push.
2. Unscrew the needle from the pen in a counter-clockwise direction.
3. Dispose of the used needle.



Dispose of used needles in a suitable waste container immediately after use.

You can get a sharps disposal container at pharmacies, or you can use a hard plastic container with a tight-fitting lid. Ask your pharmacist how best to dispose of the used needles and empty pens.

Remember:

- Always remove the needle and dispose of it after every use. Then replace the pen cap on the pen. It should remain on between injections.
- The needles are for single-use only.

On **felleskatalogen.no** you can watch an
instructional video on using **Menopur pre-filled pens.**

