

STEP 1

Take your vial of powdered **Menopur 75 IU** and using your thumb lift the plastic cap off the vial. Wipe the top of the vial with an alcohol pad.

STEP 2

Take a vial of **diluent/liquid that came with Menopur** and using your thumb lift the plastic cap off the vial. Wipe the top of the vial with an alcohol pad. Take a new **3 cc syringe with Q-Cap**. Pull the plunger of the 3cc syringe down to **0.5cc** (with the needle or Q-Cap pointing up, the top ring of the black piece should be next to the long line at the number **0.5cc**).

Insert Q-Cap through the rubber stopper of the vial of diluent. Turn the vial so the stopper side is pointing down. Then inject the **0.5cc of air** into the vial then pull back on the plunger to withdraw **0.5 cc of diluent**. Remove the vial of Diluent from the Q-Cap. Take the **0.5 cc of diluent** and insert it through the rubber stopper of the vial of Menopur.

Step 3

Dial the dose in units that you have been instructed to take on either your **Gonal F Pen or Follistim Pen**. Without touching the top of the vial with your hands, inject the dialed dose of Gonal F Pen or Follistim Pen into the vial of Menopur.

IF YOU HAVE NOT BEEN INSTRUCTED TO TAKE YOUR GANIRELIX PLEASE MOVE TO STEP 4

How to Mix Ganirelix with Menopur & Gonal f or Follistim

- When Ganirelix is initiated it would now be taking the place of the sodium chloride, since Ganirelix contains 0.5 ml of liquid medication.
- Therefore you would no longer need any sodium chloride.
- You would begin the mixing by injecting the Ganirelix into the powdered vial of Menopur.
- Then you would inject your Gonal f or Follistim into the same vial
Now you want to go to step 4.

Step 4

Take your **3 cc syringe with Q-Cap**. Insert the Q-Cap through the rubber stopper of the vial containing all the medications mixed together.

Step 4A

Turn the vial so the stopper side is pointing down. Slowly pull back the plunger to withdraw **the entire contents of the vial**. Remove the Q-Cap from the vial.

STEP 5

Remove the Q-Cap by twisting it off. Dispose of it in your sharps container. Carefully open a new 27 or 30 G ½ needle from its package and twist it on the syringe clockwise until it is securely fastened.

Holding the syringe with the needle pointing upward, gently tap the barrel of the syringe to move any air bubbles to the top. Once you have the air at the top of the syringe, slowly push the plunger upward to dispel the air. Stop when the air is gone and you see a tiny droplet of the medication at the needle tip.

STEP 6

Select your injection site on your abdomen and gently wipe with an alcohol pad. Securely hold the medication syringe in one hand and remove the cap from the needle with the other hand. Do NOT touch the needle or allow it to touch any surface.

STEP 7

Hold the syringe in your dominant hand like a pen. Gently grasp a small fold of skin between your thumb and index finger at the selected injection site. Insert the needle into the fold of skin in a quick dart like motion at a 90 degree angle up to the needle hub. **Release the pinch** and push on the plunger to inject the entire contents of the syringe. Once the injection is complete, remove the needle and place it in your sharps container.

You may see a small drop of blood or medication at the injection site. Gently massage with sterile gauze for a few seconds.