

## STEP-BY-STEP INSTRUCTIONS FOR

# Reconstitution and Intramuscular Administration of Bravelle® and Repronex®

## Your doctor has prescribed BRAVELLE® and/or REPRONEX® for intramuscular injection.

Intramuscular injection requires another person to administer the injection. This instruction sheet will help you and your partner 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 antibacterial soap and use alcohol to clean the surface where you will be working.



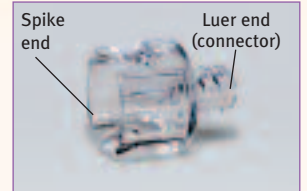
- Have these supplies ready:
  - A vial (or vials) of BRAVELLE® and/or REPRONEX® and a vial of sodium chloride 0.9% (sterile diluent) that is conveniently packaged with your medicine
  - A sterile syringe and needle
  - Q-Cap™ (for exclusive use with Ferring fertility products) that is conveniently packaged with your medicine
  - Alcohol pads, rubbing alcohol, gauze, and a needle disposal container

### 2 Preparing your medicine and filling the syringe

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

- Remove the syringe from the wrapper (as directed by your doctor or nurse). If there is a capped needle on the syringe, remove the needle by twisting it counterclockwise. Open one Q-Cap™ by peeling back the label, and set the blister pouch with the Q-Cap™ aside. Do not take the Q-Cap™ out of the blister pouch at this time. Do not touch the ends of the Q-Cap™.
- Remove the plastic caps from the tops of the vials of the sterile diluent and BRAVELLE® and/or REPRONEX®.
- Wipe the tops of the vials with alcohol. Don't touch the tops of the vials once you have wiped them.

- Place the sterile diluent vial on the counter. Remove the Q-Cap™ from the blister pouch by grasping its side. Carefully twist the syringe onto the Luer end (connector) of the Q-Cap™ until you feel a slight resistance. Do not touch the spike end of the Q-Cap™.



- Withdraw the syringe plunger to the volume of diluent that is to be removed from the vial. This is normally 1 mL, but be sure to follow your doctor's instructions on the amount of diluent to use. Hold the syringe and place the spike end of the Q-Cap™ over the top of the sterile diluent vial. Push the tip of the Q-Cap™ into the rubber stopper of the vial until you feel a slight resistance. Be careful not to push down on the syringe plunger by mistake during this step.



- Push the syringe plunger down to transfer the air from the syringe into the vial. Keeping the syringe and Q-Cap™ together, turn the vial upside down and pull back on the syringe plunger to withdraw the desired amount of sterile diluent from the vial, as directed by your doctor.



- Place the vial on the counter. Remove the Q-Cap™ and syringe from the vial by pulling up on the syringe barrel. Discard the diluent vial.

- Hold the BRAVELLE® or REPRONEX® vial in one hand. Grasp the sides of the syringe with your other hand and place the tip of the Q-Cap™ over the top of the vial. Push the tip of the Q-Cap™ into the rubber stopper of the vial until you feel a slight resistance. Be careful not to push down on the plunger by mistake during this step.



- Slowly inject the sterile diluent into the vial containing BRAVELLE® or REPRONEX® powder. Gently swirl until the powder is completely dissolved. Do not shake the vial because this will create bubbles.

**Bravelle®**  
(urofollitropin  
for injection, purified)

**Repronex®**  
(menotropins for injection, USP)



Q-Cap™ for exclusive use  
with Ferring fertility products

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Please see full Prescribing Information for BRAVELLE® and REPRONEX®.

## Reconstitution and Intramuscular Administration (cont'd)

- As soon as the powder has completely dissolved, turn the vial upside down and withdraw **all** of the BRAVELLE® or REPRONEX® into the syringe.



**Note for patients who need multiple vials:** The BRAVELLE® or REPRONEX® solution may be used to dissolve up to 5 additional vials, for a total of 6 vials in 1 mL. After reconstituting the first vial of BRAVELLE® or REPRONEX® with sterile diluent, use the solution already in the Q-Cap™/syringe to reconstitute the additional vials of BRAVELLE® and/or REPRONEX®. When reconstituting additional vials, follow the same instructions used to reconstitute the first vial of BRAVELLE® or REPRONEX®. When you have finished reconstituting all the vials for this injection, proceed to the next section.

### 3 Removing the Q-Cap™ and adding the needle

- When you are finished reconstituting the last vial necessary for your injection and have withdrawn all the medication into the syringe, twist the syringe counterclockwise while holding the Q-Cap™ steady to remove the syringe from the Q-Cap™. Discard the Q-Cap™ with the attached medication vial.



- You are now ready to attach the injection needle to the syringe for your injection. Please follow your doctor's instructions on which needle to use and where to make your injection.
- While holding the syringe pointing upward, twist the intramuscular 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.

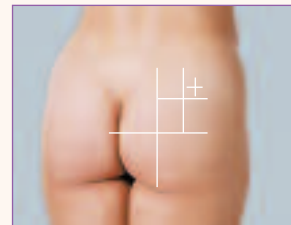


**If an uncapped needle EVER comes into contact with anything other than the BRAVELLE®, REPRONEX®, or sterile diluent, do not inject yourself with it. Immediately remove the needle and replace it with a new sterile needle.**

### 4 Preparing the injection site

- BRAVELLE® or REPRONEX® should be injected into the muscle of either the right or left upper buttock, below the hip bone. Next, we will describe a right-side injection.

- To locate an injection site, stand directly behind the person who is to receive the injection. Imagine that the right buttock is divided into quadrants. The injection should be given in the upper right-hand corner of the upper right-hand quadrant (see diagram).



- Swab the area with alcohol and **allow it to air-dry**.
- In preparation for the injection, stand pigeon-toed to relax the gluteal muscles.

### 5 Injecting your medicine

- Uncap the needle and insert it straight into the skin—in one smooth motion—until the needle disappears.
- To make sure you haven't hit a blood vessel, pull back a little on the plunger. If you don't see blood in the syringe, you can proceed with the injection.



**If you see blood in the syringe, withdraw the needle and replace the needle with a new one. This is not unusual and occasionally happens even to professionals when administering an intramuscular injection. Simply repeat the injection process.**

- Slowly push the plunger all the way in until you have injected all the BRAVELLE® and/or REPRONEX®.
- Pull the syringe straight out—again, using one smooth motion.

### 6 Disposing of 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.



### 7 After the injection

- If you have a little bleeding after the injection, don't worry. Just press the site with gauze for about 10 seconds and cover it with an adhesive bandage.

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