



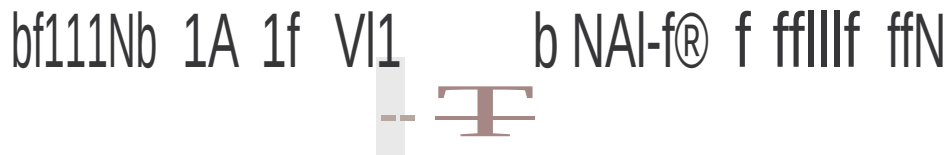
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HOW TO USE YOUR
GONAL-*f*[®] PREFILLED PEN

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This document provides a step-by-step guide to self-injecting with your GONJIL-f® prefilled pen.

This guide is intended only for patients who have been prescribed the GONJIL-f® prefilled pen by a doctor experienced in treating fertility disorders.

Before injecting With your GONAL-f® prefilled pen, please also read the Patient Leaflet and Instructions For Use leaflet that come in the pack with your pen. They contain important information about the GONJIL-f® prefilled pen, including how to use and store it and the possible side effects that you may experience.

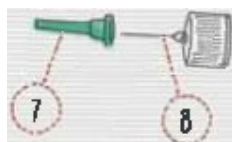
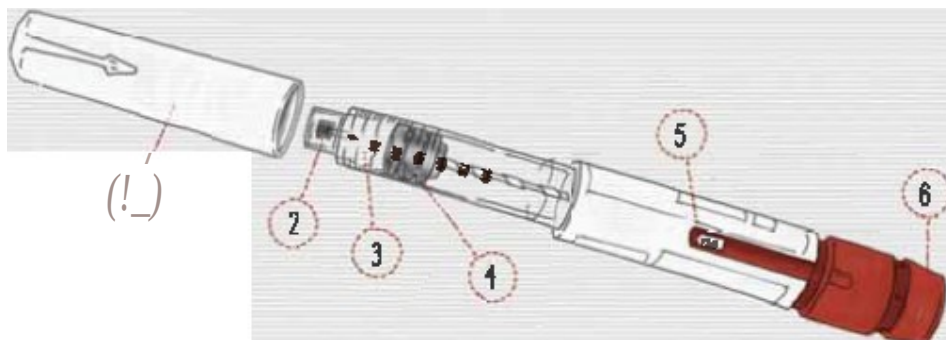
If you have any questions about using your GONAL-f® prefilled pen, please speak to your healthcare professional.



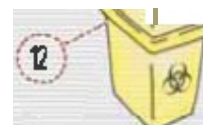
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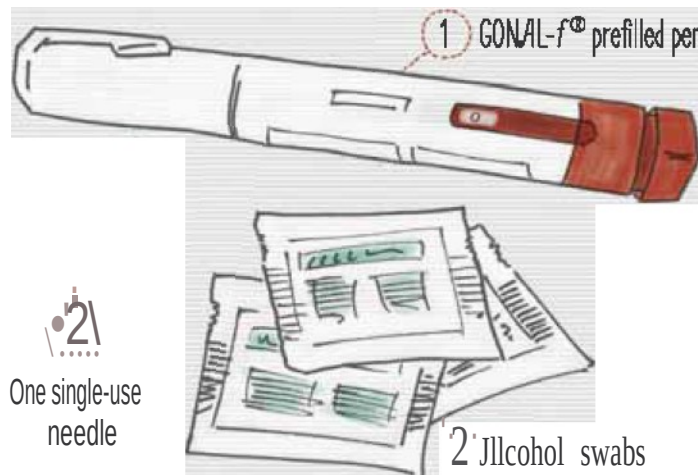
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GETTING READY

If you keep your GONJIL-fl[®] prefilled pen in the refrigerator, take it out about half an hour before you plan to inject, to allow the medication to adjust to room temperature. This makes it

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Make sure you have all the items you need for your injection - this should include:



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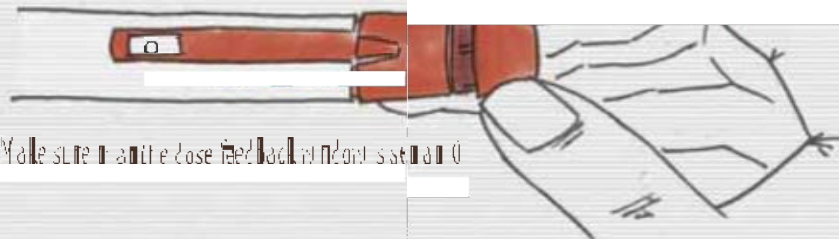
ATTACHING THE NEEDLE

1. Remove the cap from the needle.

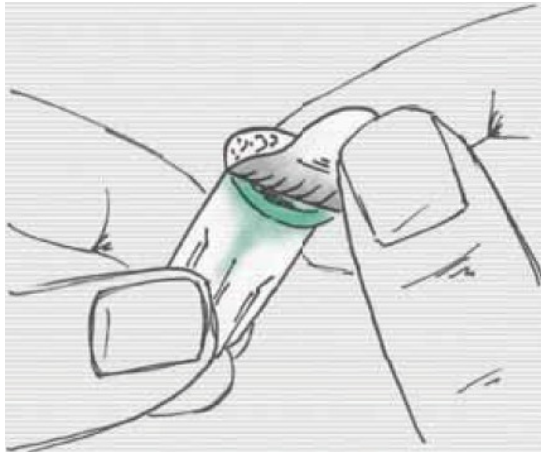


2. Attach the needle to the pen.

3. Make sure the dose is set back in the window.



PREPARE YOUR NEEDLE

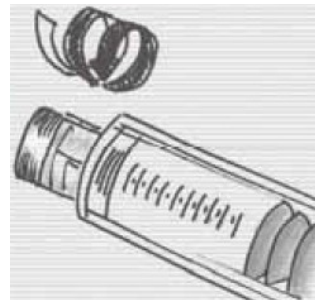


Check that the seal on the outer needle cap is intact. If it is damaged or loose, dispose of the needle safely and use a new needle. Your healthcare professional will advise how to dispose of your needles and pens, e.g. in sharps bin.

3. Remove the peel-off seal from the outer needle cap.

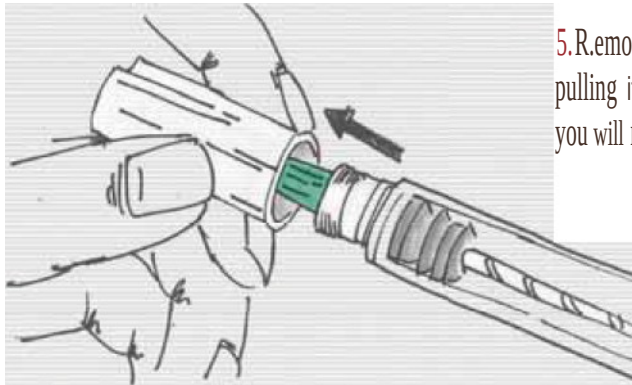
ATTACH YOUR NEEDLE

The second time you use your pen and for all subsequent injections, you should wipe the threaded tip with an alcohol swab and allow it to dry before you attach the needle. There is no need to do this the first time as the pen is sterile.



1. Screw the threaded tip of the pen into the outer needle cap until it is firm in place. Take care not to screw it in too tightly as it may become difficult to remove the needle after the injection.

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5. Remove the outer needle cap by pulling it gently. Put this aside as you will need this later on.



6. Hold the pen with the needle pointing upwards.
Carefully remove the green inner needle shield and dispose of it safely.

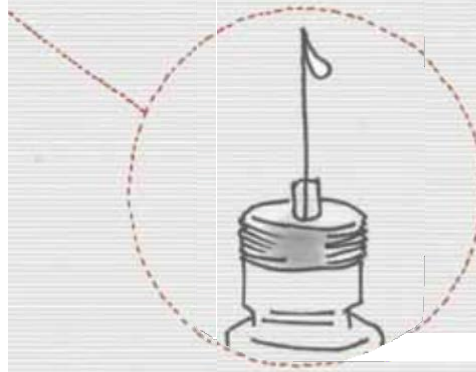




CHECK FOR AIR IN THE SYSTEM

~ CHECK FOR BUBBLES ON NEEDLE ~

The first time you use each of your pens, the pen tells you if you need to check for air in the system.

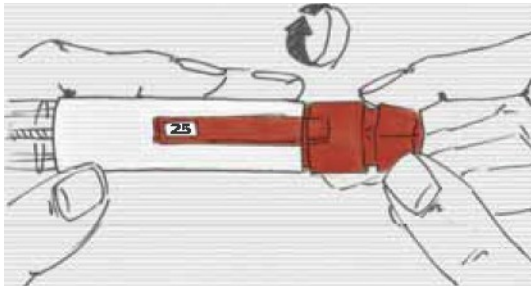


Hold the pen in the middle of your hand and look down at the needle. If you see one or more tiny drops of red, you see any little pen is ready to go. Go straight to Step 4: Setting the dose.



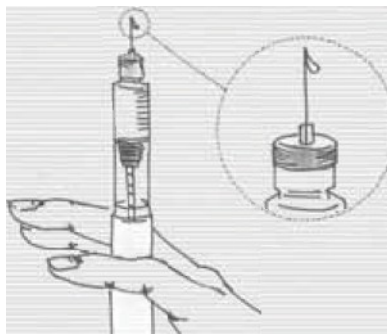
REMOVING

SYSTEM



1. To remove air from the system, turn the dose-setting knob clockwise until '25' is displayed in the dose feedback window.

If you go past '25', you can easily turn the knob back the other way to select '25'.



2. Hold the pen with the needle pointing upwards.

Gently tap the reservoir holder.

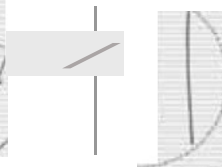


3. Press the dose-setting knob as far as it will go. A tiny drop of fluid will appear at the top of the needle.



4. Check that the dose feedback window displays '0' before you move on to the next step and set the dose.

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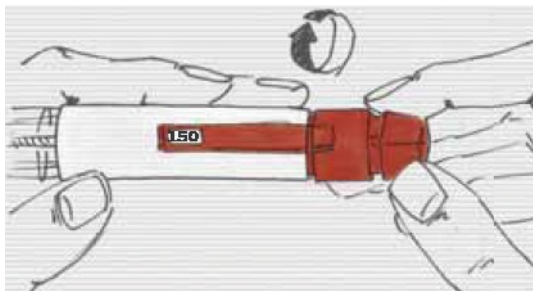


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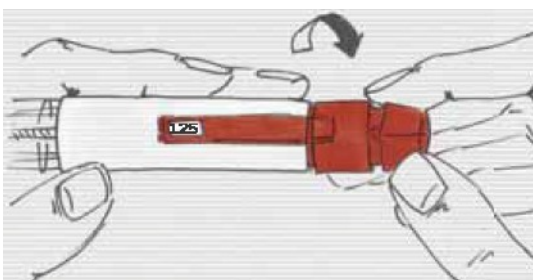
→ SETTING YOUR PRESCRIBED DOSE →

YOUR HEALTHCARE PROFESSIONAL WILL HAVE TOLD YOU WHAT DOSE YOU NEED TO INJECT EACH DAY

The GONAL-f prefilled pen is available in 3 sizes: 300 IU, 450 IU and 900 IU. The minimum single-dose setting is 12.5 IU and the maximum single-dose setting is 300 IU, 450 IU and 900 IU, depending on which size pen you have been prescribed.



Turn the dose-setting knob clockwise until the dose prescribed by your doctor shows in the dose feedback window.



If you go past the dose you require, turn the knob back anti-clockwise to select the correct dose.

→ ALWAYS CHECK THE DOSE IS THE CORRECT PRESCRIBED DOSE BEFORE INJECTING →



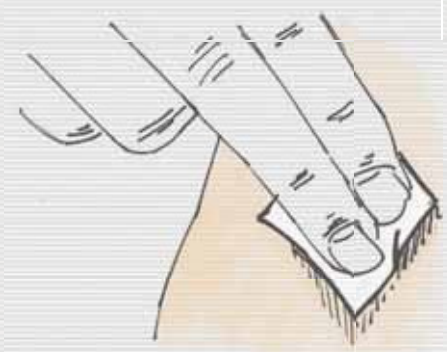
INJECTING YOUR DOSE

MARKING YOUR SKIN



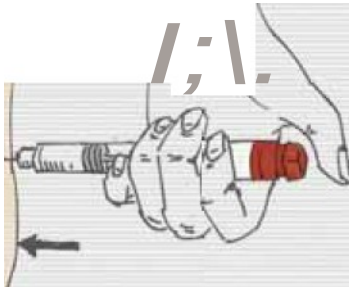
Your healthcare professional will have discussed with you how and where on your body to inject.

Choosing a different injection site each day will help to minimize skin irritation.

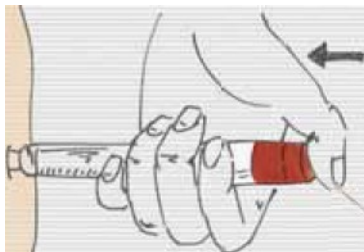


Clean the skin at the chosen injection site by wiping with an alcohol swab.

INJECTION HOW OF

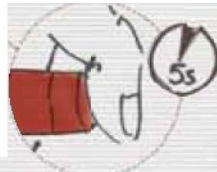


1. Slowly push the needle into the skin completely at a 90° angle.



2. Gently push down on the dose-setting knob as far as it will go and hold it down for at least 5 seconds.

The larger the dose, the longer the injection will take.
The dose feedback window will return to '0'.



3. Pull the needle out of the skin, while keeping the dose-setting knob pressed down.

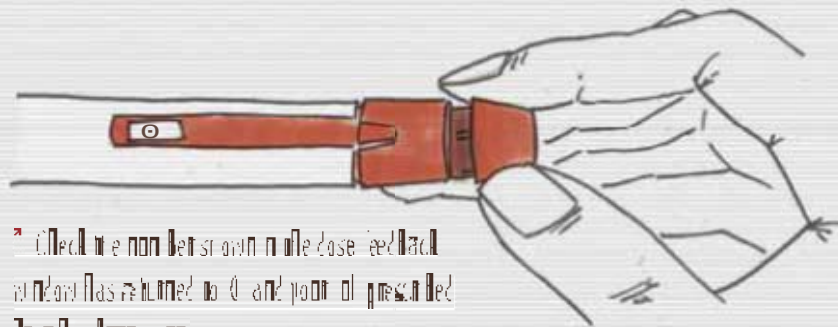


4. Using an alcohol swab or cotton pad, gently press down on the injection site for a few seconds.



AFTER YOUR INJECTION

CHECK THE FLOW DIAL HAS BEEN GIVEN



1 Check the non-ventilation dial dose feed back window has returned to 0 and point of pressure dose has been given.

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2 The non-ventilation dial appears in the dose feed back window the pen is open and you have not received point of pressure dose.

The non-ventilation dial gives the mass of an amount of 100 units of insulin in an amount of 100 units of insulin. It is a good idea to check your new pen.

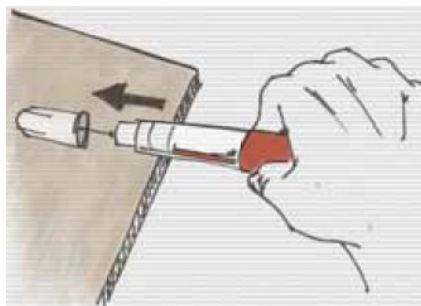
COMPLETE A PARTIAL INJECTION

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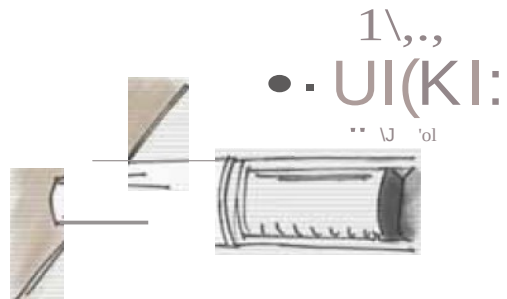
3 Repeat steps 1 to 5 to prepare your new pen for injection. Then set the dose on your new pen to match the dose shown on your old pen to complete your partial prescribed dose.

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1 f Nff If M 1 f fM Vf Af1f fA[INJf(1WN .



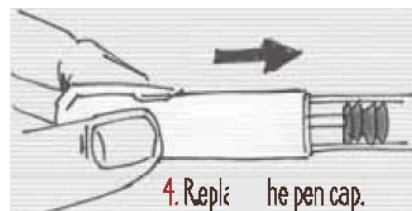
1. Place the outer needle cap on a flat surface. Holding the pen in one hand, push the needle into the outer needle cap.



2. Push the capped needle against a firm surface until you hear a 'click'.



3. Hold the outer needle cap and unscrew the needle by turning anti-clockwise.



4. Replace the pen cap.

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When the pen is empty, you should dispose of it properly.
Recycle it by putting it in the recycling bin.

When the pen is empty, you should dispose of it properly. How to dispose of it?



NEVER REUSE NEEDLES OR SHARPS NEEDLES



STORAGE OF GONAL-f



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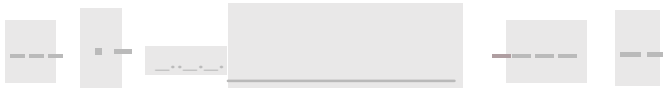
Wrthin its elf life. 1M prM! ct may alt! imati Yely be stnrell iits Cfiginal paeka; ngat room temp! rature (ator below 25'C) f(tu pto 3 months out being re ted again and must be dfscarded lfl it has not been used afulr 3 months.

Plm write 100 date offi i6i ontoo GONAL-f ¹¹¹ prefilled pen. Oru opeool. it may be stored for mav. mn of 26 days outside of the fhdge at room tempe11 ture (ator below 25'). Do not use an JI! lel! k: ine leftrn JO Or prefllled p! n after 26 days. Jittre end of too tref tntany unoolution must be discar ed.

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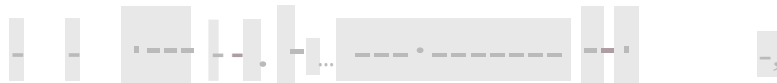
What should I do when I cannot push the dose-setting knob to deliver the dose?

When you cannot push the dose-setting knob, it means your insulin may not be able to flow through the cannula. You may still see a small amount of insulin remaining in the pen. This is normal.

What do I do if there is not enough insulin remaining in the pen for my prescribed dose?

If the number shown is less than the amount you need, this indicates that the pen is empty and the complete dose has not been given.

If this happens, the number shown in the dose window will be 0.0. If this happens, you should insert a new pen.



What do I do if I dial the wrong dose?

To adjust the dose, simply turn the dose-setting knob clockwise or counter-clockwise to confirm the correct dose from the display. If you need to correct the dose, you can turn the knob back to the correct dose.

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Before injecting with your GOMAD/CO pen, please also read the Patient Leaflet and Instructions for Use Leaflet that come in the pack with your pen.

If you have any questions about using your GOMAD/CO pen, please speak to your healthcare professional.

CONTACT DETAILS

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