

Step 1. Getting ready.



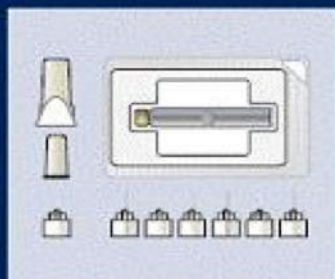
You can choose the time that's most convenient to inject Puregon yourself, but keep to that time (more or less) every day. Before you start, get everything ready and wash your hands.



Before you start your preparations, take the Puregon cartridge and the Puregon Pen from their storage place. If the cartridge has been stored in the refrigerator, remove it from the refrigerator a few minutes before you begin your preparations, to bring it up to room temperature ($< 25^{\circ}\text{C}$).



This is what you will need for the injection: The Puregon Pen.



A Puregon cartridge and a needle. In addition you will need some disinfectant, gauze or swabs, and a sharps disposable bin.

Step 2. Preparing the Puregon Pen for injection.



2.1 Loading the Puregon Pen with the Puregon cartridge.

Remove the cap from the Pen. Unscrew the body from the cartridge holder.



Put the Puregon cartridge into the cartridge holder with the metal cap first and screw on the body again. Make sure no gap is left and the point of the arrow at the end of the cartridge holder falls within the aligned mark at the end of the body.



2.2 Attaching the needle.

Before attaching the needle, clean the end of the Puregon Pen and the cartridge with disinfectant. Remove the paper seal from the outer needle shield and push the end of the cartridge holder firmly into the needle shield. Screw on the needle firmly.

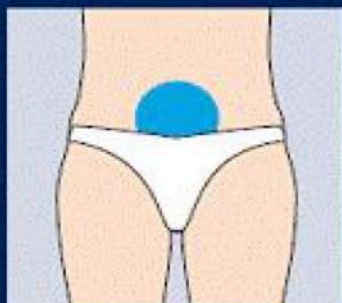
Remove the outer needle shield, but do not throw it away, as you will need it later.



2.3 Priming the needle.

After removing the inner needle shield, hold the Puregon Pen with the needle pointing upwards and tap the cartridge holder gently with your finger to help air bubbles rise to the top of the needle. A drop of fluid may come out of the needle. The Puregon Pen is now ready for injecting Puregon.

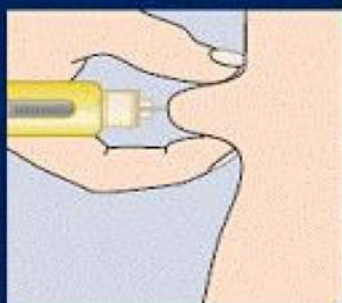
Step 3. Self-injecting.



The best place for injecting Puregon is the abdomen, just below the navel, but other places will do as well. Your doctor or nurse can tell you where. Try to vary the exact site of the injection a little each time.



Use the swab moistened with disinfectant to clean the area where the needle will enter. Let the disinfectant dry for a moment before proceeding.

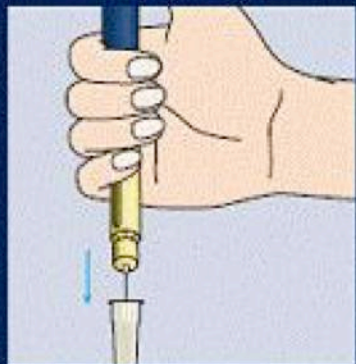


Pinch the skin a little. With your other hand, insert the needle at an angle of approximately 90 degrees into the skin's surface at the disinfected site. Fully press the orange injection button.



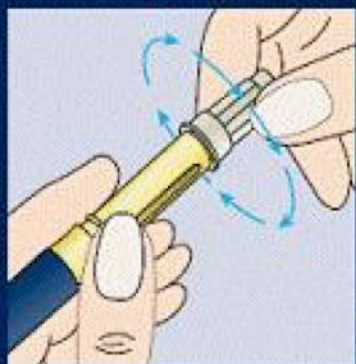
Wait 5 seconds before removing the needle from the skin. Pull the needle out and cover the injection site with a swab moistened with disinfectant.

Step 4. After the injection.



4.1 Removing the needle.

Place the outer needle shield on the table and insert the needle (attached to the Puregon Pen) into the opening of the shield and push firmly.



Hold the shield firmly and unscrew the needle. Deposit the needle properly in the sharps bin provided. Put the cap on the Puregon Pen.



4.2 Storing the Puregon Pen loaded with a cartridge.

Never store the Puregon Pen with a needle attached to it. Store the loaded Puregon Pen in a safe place, e.g. the refrigerator is a good place; however, you may also store it in a place with a temperature up to a maximum of 25 °C for 3 months. Do not store in the freezer or the icebox.

Step 5. Using a loaded Puregon Pen.



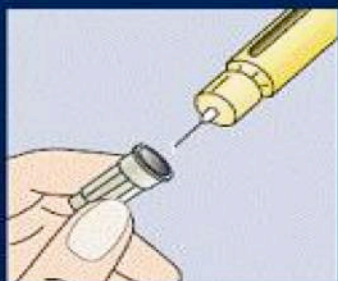
5.1 Attaching a new needle.

Take your Puregon Pen, with the inserted cartridge. If you have stored the loaded Puregon Pen in the refrigerator, take it out of the refrigerator a few minutes before you start your preparations.



Remove the cap from the Puregon Pen. Before attaching the needle, clean the end of the Puregon Pen and the cartridge with disinfectant. Remove the paper seal from the outer needle shield and push the end of the cartridge holder firmly into the needle shield. Screw on the needle firmly.

Remove the outer needle shield, but do not throw it away, as you will need it later.



5.2 Priming the needle.

After removing the inner needle shield, hold the Puregon Pen with the needle pointing upwards and tap the cartridge holder gently with your finger, to help air bubbles rise to the top of the needle.



If no fluid came out of the tip of the needle spontaneously, dial the dosage knob **one** mark on the dose scale and press the orange button. You should see a tiny amount of fluid flow from the needle. If not, repeat this step until it does. The Puregon Pen is now ready for injecting Puregon.

If there is not enough Puregon in the cartridge.

If you realize before starting the injection, that you do not have enough Puregon in your cartridge, you have two options:

- a) You can dispose of that cartridge, change to a new Puregon cartridge and take your dose (see step 2) or
- b) You can finish the Puregon cartridge that is in the Pen, followed by taking the remainder from a new Puregon cartridge, as described below.

If you did not realize before you started that there was insufficient Puregon left in your cartridge, the Pen dial will not return to zero. If this happens, follow option b) above.

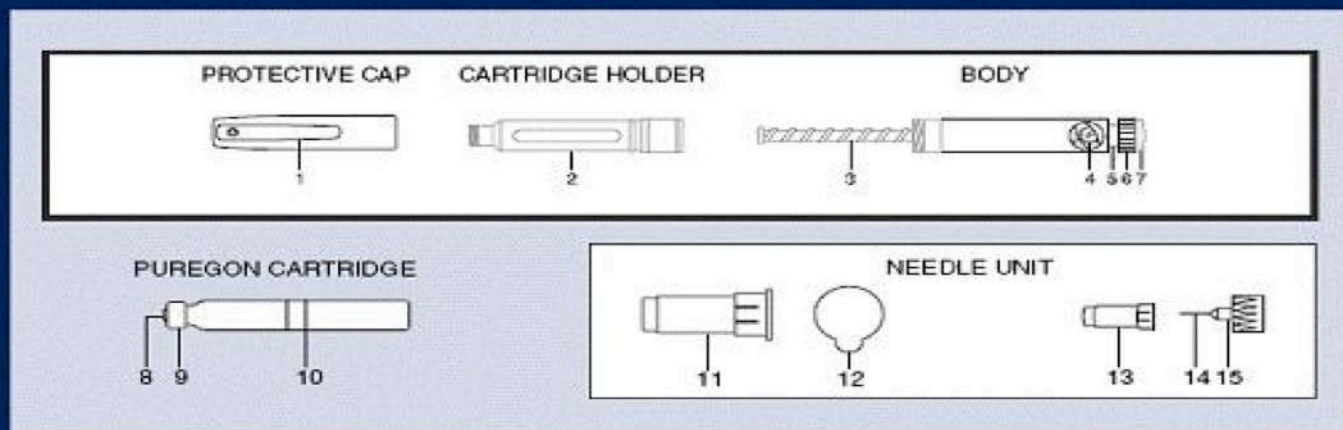


While injecting Puregon, the dosage scale will not go in all the way. The number in the dosage window will not read '0': For example, '50 + 1'.



Remove the needle from the skin and detach the needle from the Puregon Pen (see step 4, "After injection").

The Puregon Pen



Protective Cap

1. Pocket Clip

Cartridge Holder

2. Cartridge holder

Body

3. Black Rod
4. Dosage Window
5. Dosage Scale
6. Dosage Knob
7. Injection Button

Puregon Cartridge

8. Rubber Stopper
9. Cap
10. Rubber Piston

Needle Unit

11. Outer Needle Shield
12. Protective Paper Seal
13. Inner Needle Shield
14. B-D Pen Needle
15. Clear Threaded Hub



If you do **not** see a drop of fluid, dial the dosage knob one mark on the dose scale and press the orange button. You should see a tiny amount of fluid flow from the needle. If not, repeat this step until a droplet is observed. This is called priming. The Puregon Pen should only be used for injection after proper priming.



2.4 Dialing the prescribed dose.

Now dial the orange dosage knob until the dot is positioned between the 2 marks in the middle of the dosage window, lining up with the correct, daily dose your doctor or nurse has told you to take.



When you dialed too high a dose.

If you dial past the correct number by mistake, **do not try to correct the error or you will waste drug.** Continue to turn the dosage knob past the 450 IU mark, as far as it will turn. The dosage scale must move freely.



Push in the end of the orange injection button completely and redial, starting from zero upwards.