

STEP-BY-STEP INSTRUCTIONS FOR

Reconstitution and Intramuscular Administration of Bravelle[®], Repronex[®], and Novarel[®]

Your doctor has prescribed BRAVELLE[®] and/or REPRONEX[®] and NOVAREL[®] for intramuscular injection.

Intramuscular injection requires another person to administer the injection. This instruction sheet, along with a video that is available on this Web site, 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 an antibacterial soap and use alcohol to clean the area you will be working on.

- Have these supplies ready:

- A vial (or vials) of BRAVELLE[®] and/or REPRONEX[®], 75 IU, and a vial of sodium chloride 0.9% (sterile diluent) that is conveniently packaged with BRAVELLE[®] and REPRONEX[®], or NOVAREL[®] and a vial of bacteriostatic water (sterile diluent) that is conveniently packaged with NOVAREL[®]
- A syringe and sterile needles (check with your doctor about which syringe and needle size to use)
- Alcohol pads, rubbing alcohol, and gauze
- A needle disposal container



- Wipe the tops of the vials with alcohol. Don't touch the tops of the vials once you have wiped them.

- Uncap the needle by carefully twisting the needle cap clockwise and pulling the cap upward. Avoid twisting the needle counterclockwise, as this can cause the needle to separate from the syringe.



- Insert the needle through the rubber stopper of the sterile diluent vial.
- Do not tap the point of the needle against the sides or bottom of the vial because it may dull or bend the tip.
- Tip the sterile diluent vial and, with the needle in the fluid, pull back on the plunger to withdraw the fluid into the syringe up to the amount instructed by your doctor.
- Withdraw the needle from the sterile diluent fluid vial. Slowly inject the sterile diluent into the vial containing the BRAVELLE[®], REPRONEX[®], or NOVAREL[®] powder, aiming the sterile diluent at the side of the vial to avoid creating bubbles.
- The BRAVELLE[®], REPRONEX[®], or NOVAREL[®] powder will dissolve quickly. Gently swirl until the powder is completely dissolved. Do not shake the vial because this will create bubbles.
- As soon as the powder has completely dissolved, withdraw all the BRAVELLE[®], REPRONEX[®], or NOVAREL[®] solution into the syringe. There are 2 ways of doing this:
 - A. Leave the vial on the counter, tilt it, and pull back on the plunger to withdraw all the solution, or
 - B. Turn the vial upside down and pull back on the plunger to withdraw the solution as you slowly lower the needle.

2 Preparing your medicine and filling the syringe

Remember: Only the sodium chloride (sterile diluent) provided must be used to reconstitute BRAVELLE[®] and/or REPRONEX[®], and only the bacteriostatic water (sterile diluent) provided must be used to reconstitute NOVAREL[®].

- Remove the syringe and needle from the wrapper. While holding the protective cap, twist needle clockwise to make sure needle is secure. Set the syringe aside.
- Remove the plastic caps from the tops of the vials of BRAVELLE[®], REPRONEX[®], or NOVAREL[®] and the sterile diluent.

Bravelle[®]
(urofollitropin
for injection, purified)

Repronex[®]
(menotropins for injection, USP)

Novarel[®]
(Chorionic Gonadotropin
for Injection, USP)

PROVIDED AS AN EDUCATIONAL SERVICE BY

FERRING
PHARMACEUTICALS

Please see full Prescribing Information for BRAVELLE[®], REPRONEX[®], and/or NOVAREL[®].

Reconstitution and Intramuscular Administration (cont'd)

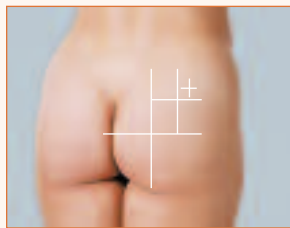
Note for patients who need multiple vials: The BRAVELLE® and/or REPRONEX® solution may be used to dissolve up to 5 additional vials. For those who need multiple vials, after reconstituting the first vial of BRAVELLE® or REPRONEX® with sterile diluent, use that same solution to reconstitute the additional vials of BRAVELLE® and/or REPRONEX®. This doesn't apply to NOVAREL®.

- Hold syringe straight up. Draw back slightly on plunger and tap syringe so that any air bubbles rise to top. Slowly press plunger until all air is out of syringe and a small drop of solution forms at tip of needle.
- Tap the syringe to remove the drop of solution at the tip of the needle.
- Carefully recap needle to keep it sterile.
- The BRAVELLE®, REPRONEX®, or NOVAREL® solution is now ready for injection.

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

3 Preparing the injection site

- BRAVELLE®, REPRONEX®, or NOVAREL® should be injected into the muscle of either the right or left upper buttock, below the hip bone. Below, 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.
- To relax the muscle, try standing pigeon-toed or bending your leg slightly, placing your weight on your other foot.



4 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. Then repeat the injection process.

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

5 Disposing of the syringes and needles

- Safely dispose of all used syringes in 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.



6 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.

Bravelle®
(urofollitropin
for injection, purified)

Repronex®
(menotropins for injection, USP)

Novarel®
(Chorionic Gonadotropin
for Injection, USP)

PROVIDED AS AN EDUCATIONAL SERVICE BY

FERRING
PHARMACEUTICALS