

## USING THE FOLLISTIM AQ PEN

1. **Wash hands thoroughly.**
2. **Make sure the pen and Follistim AQ cartridge are at room temperature.**
3. Loading the cartridge in the pen:
  - A. Remove the cap from the pen and set the cap aside.
  - B. Unscrew the entire Pen Body from the cartridge holder.
  - C. Clean the rubber stopper of a Follistim AQ cartridge with an alcohol pad.
  - D. Place the cartridge into the cartridge holder, metal rimmed cap first.
  - E. Screw the pen body onto the cartridge holder. There should be no gap between the cartridge holder and pen body. The arrow on the cartridge holder should point to the arrow on the pen body.
  - F. Clean the open end of the cartridge holder with an alcohol pad.
4. **Attach the needle:**
  - A. Use a new needle each time.
  - B. Pick up your needle and remove the protective paper seal. Do not touch the needle.
  - C. Hold the outer shield firmly in one hand while holding the cartridge holder firmly in the other hand. Push the end of the cartridge holder into the outer needle shield. Screw them tightly together.
5. **Dial in your dose:**

Turn the dosage knob until the dot beside the correct number on the dosage scale is in the middle of the dosage window. If you turn the knob too far and go past the correct number, ***do not try to turn the dosage knob backward to try to fix the mistake.*** Instead, continue to turn the dosage knob in the same direction past the 450 IU mark, as far as it will turn. The dosage scale must move freely. Push the injection button in all the way. Start to dial again starting from “0” upwards.
6. **Choose and prepare the injection site:** Clean with an alcohol pad.
7. **Unshield the needle:**
  - A. Pull away the outer needle shield gently leaving the inner needle shield in place. ***Do not throw the outer needle shield away.*** You will need it to dispose of the needle after injecting medicine.
  - B. Carefully remove the inner needle shield and discard it.
  - C. You may see a tiny droplet of liquid on the tip of the needle.
8. **Give the injection:**
  - A. Pinch the already swabbed area between two fingers.
  - B. With the pen in the other hand, insert the entire needle straight into the skin.
  - C. Press the injection button all the way in to make sure you give yourself a full injection.
  - D. **Wait for 5 seconds.**
  - E. Pull the needle out of the skin.
9. **IMPORTANT!** Check that a “0” appears in the dosage window.
  - A. If a “0” appears in the dosage window, you have received your full dose.
  - B. If a “0” does not appear in the dosage window, you did not receive your full dose. Jot down the number that appears in the dosage window. This is the remaining dose you need. Check to see if your cartridge is empty.
    1. If your cartridge is empty. Load another cartridge, dial in the remaining dose and give a second injection to complete your dose.
    2. If your cartridge is not empty, you did not press the injection button down all the way. Clean the injection site again, and give another injection, pressing the injection button all the way in.
10. Replace the cap on the needle and remove the needle from the pen.
11. Place the cap on the pen.
12. Update your Follistim cartridge diary.

## STORING YOUR FOLLISTIM AQ CARTRIDGES AND PEN: (DO NOT FREEZE)

1. Unpierced vials stored in refrigerator are good until expiration date stamped on box.
2. Unpierced vials stored at room temp are good for 3 months or exp date on box, whichever is first.
3. Pierced vials – store at room temp or in refrigerator. Good for 28 days after piercing or date stamped on box, whichever comes first.