

How to use

# Meriofert (Menotrophin) 900 IU

## ADMINISTRATION INSTRUCTIONS

Illustrated guide  
for the correct  
preparation and  
administration of  
**Meriofert 900 IU**



This booklet was developed by IBSA

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**Please read the patient information leaflet that comes in the pack before administering your first injection**

## How to use **Meriofert 900 IU**

**Meriofert 900 IU** is a subcutaneous injection (given under your skin).

Each vial should be reconstituted only once and each single injection should be performed immediately after the dose is drawn up.

**After suitable advice and training your healthcare professional may ask you to inject **Meriofert 900 IU** yourself.**

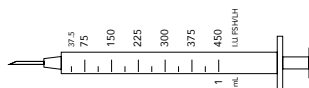
**Before your first injection, your healthcare professional must:**

- have informed you of the potential injection sites for self-administration;
- have demonstrated how to prepare the solution for injection;
- have explained how to prepare the correct dose of injection.

### **BEFORE INJECTING **MERIOFERT 900 IU** YOURSELF, READ THE FOLLOWING INSTRUCTIONS CAREFULLY:**

As this vial contains medication for several days of treatment, you must ensure that you only draw up the amount of medication that was prescribed by your healthcare professional.

Your healthcare professional has prescribed you a daily dose of **Meriofert** multidose.



To obtain the correct dose you should use one of the 12 administration syringes graduated in International Units (IUs).

These syringes are intended for **SINGLE USE ONLY** and should be disposed of, in a sharps disposal container, after each administration.

### Each Meriofert 900 IU set contains:

- one vial containing powder;
- one pre-filled syringe containing solvent for reconstitution;
- one needle for reconstitution;
- twelve alcohol swabs for multiple injections;
- twelve disposable syringes with attached needles for subcutaneous daily injections graduated in IUs.



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## Before the first use



Before reconstitution, **Meriofert** 900 IU must be stored in a fridge at **2-8°C**.

We also recommend watching the helpful step-by-step video demonstration before your first use of **Meriofert** 900 IU.



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## Before reconstitution

The solution for injection (containing 900 IU of menotrophin) must be prepared just before you are ready to take your first dose.

Prepare a clean surface and wash your hands with soap and warm water.

Gather the following supplies:

- a. vial with powder;
- b. pre-filled syringe for preparing reconstitution;
- c. one disposable needle for reconstitution.



# RECONSTITUTION OF THE SOLUTION FOR INJECTION

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## Preparing the pre-filled syringe

**It is important not to remove the white collar at any stage.**



Open the pre-filled syringe and grey needle for reconstitution after checking the expiry date on the pack. Do not use this pack if the product has expired.



Attach the grey reconstitution needle with its protective cap still on to the syringe.



Carefully place the syringe on the clean surface.



Remove the coloured plastic flip-off cap from the vial by gently pushing it upwards with your thumb. Wipe the rubber top with cotton and disinfectant solution and allow to dry.



Pick up the pre-filled syringe, remove the protective cap of the needle ensuring you do not remove the white collar.



Push the needle through the rubber top in the centre of the vial.



Press the plunger down firmly to empty all the solution onto the powder.



When adding the solvent, a slight overpressure is created in the vial. Therefore, raise the needle above the liquid level and let go of the syringe plunger for approximately 10 seconds. As the plunger rises it will relieve the overpressure in the vial.



Do not shake the reconstituted solution, but gently swirl until the solution is clear.  
Generally, **Meriofert 900 IU** dissolves immediately.



Check whether the reconstituted solution is clear, colourless, and free from particles.  
*Do not use if the solution contains particles, is cloudy or is not colourless.*

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### Preparing the injection



Clean the rubber stopper of the vial with an alcohol wipe.



Take one of the provided disposable syringes for subcutaneous daily administration with attached needle.



Remove the protective cover of the needle.



Insert the needle vertically into the centre of the rubber vial top.



Ensure that the needle is submerged in the solution and draw the prescribed dose of **Meriofert** multidose into the administration syringe.



Remove the needle from the vial.



Hold the syringe with the needle pointing upwards and gently tap the side of the syringe to force any air bubbles to the top.



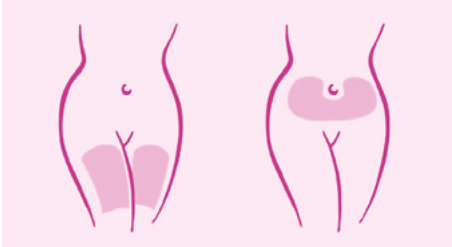
Push the plunger slowly until a bead of liquid appears at the tip of the needle.



# ADMINISTERING THE INJECTION

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## The injection site



Your healthcare professional will have already advised you where on your body to inject your medicine.

The usual places are the thigh or the lower abdominal wall below the navel.

As the product is given everyday, it is recommended to rotate the site of injection.

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## Injecting the solution



At your chosen injection site, firmly pinch the skin together.

With the other hand, insert the needle with a dart-like motion at an angle of 45° or 90° degrees.

Inject under the skin.

Do not inject directly into a vein.



Push the plunger slowly and steadily, so the solution is correctly injected.

Take as much time as you need to inject the volume of solution prescribed.



Discard all your used needles, syringes and injection materials in a sharps disposal container.

After reconstitution, the solution may be stored for a maximum of 28 days, no higher than 25°C.

Do not freeze before or after reconstitution.

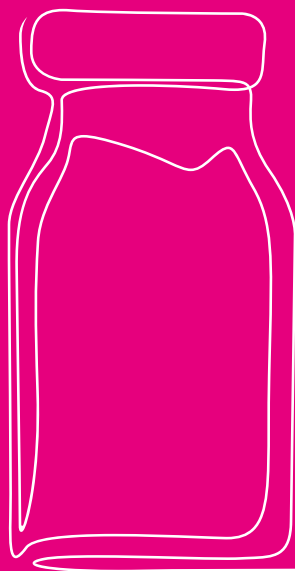
For future injections using the reconstituted solution of Meriofert multidose, repeat from step 5, utilizing a new disposable syringe for each daily subcutaneous administration.

However, if you notice that the solution is not clear, do not use it.



When the box is opened for the first time, the padlock icon appears on the package closing flap.

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# Meriofert 900 IU

powder and solvent for solution for menotrophin injection

## Why have you been prescribed **Meriofert**?

You have been prescribed Meriofert for controlled ovarian hyperstimulation for the process of 'In Vitro Fertilisation (IVF)'.

Futher supporting information can be found in the patient information leaflet in your medicines packet and the online video.

Speak to your healthcare professional if you have any questions.

We also recommend watching the helpful step-by-step video demonstration before your first use of Meriofert 900 IU.



If you get any side-effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet.

You can also report side-effects directly via the Yellow Card Scheme at <https://yellowcard.mhra.gov.uk/>.

By reporting side-effects, you can help provide more information on the safety of this medicine.

To report a side effect or product complaint to IBSA Pharma please contact **IBSA Pharma Ltd on 01923233466** and **medicalinformation.uk@ibsagroup.com**