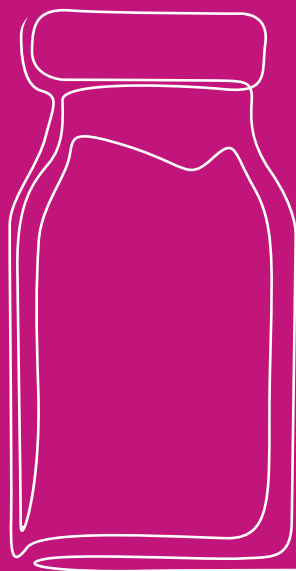


How to use

# Meriofert (Menotrophin) Combined prescription of 75/150 IU and 900 IU

## ADMINISTRATION INSTRUCTIONS

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



We also recommend watching the helpful step-by-step video guide on how to use a combination of meriofert dosages.



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 a combined prescription of **Meriofert**

If you have been provided this booklet you have been prescribed a mixture of **75/150 IU** ampoules and **Meriofert 900 IU (multidose)**. Both are a subcutaneous injection (given under your skin). However each have different preparation and storage requirements.

Product	Storage	Preparation and Injection guidance
<b>Meriofert 900 IU</b>	Must be stored in a fridge at 2-8°C before reconstitution. After reconstitution the solution can no longer be stored in the fridge, but may be stored for a maximum of 28 days at no more than 25°C	Pages 3 - 10
<b>Meriofert 75/150 IU</b>	Must not be stored above 25°C	Pages 11 - 15

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

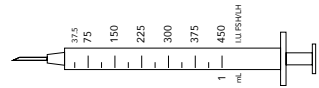
# Meriofert 900 IU

## ADMINISTRATION INSTRUCTIONS

### 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.



We also recommend watching the helpful step-by-step video guide on how to use a combination of meriofert dosages

# 1

## Before the first use



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

# 2

## 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

3

## Preparing the pre-filled syringe

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



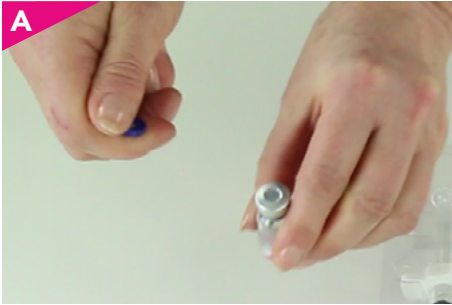
Open the pre-filled syringe and grey needle for reconstitution after checking the expiry date on the pack. Do not use this pack if the product has expired.



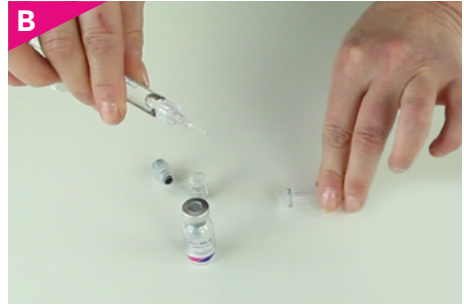
Attach the grey reconstitution needle with its protective cap still on to the syringe.



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.*

## 5 Preparing the injection



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



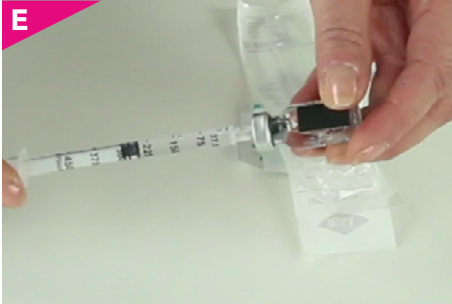
Take one of the provided disposable syringes for subcutaneous daily administration with attached needle.



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.



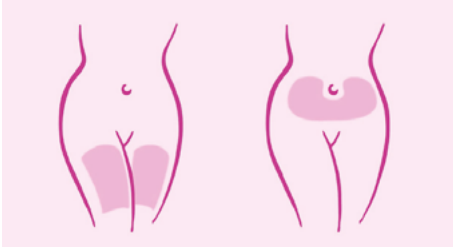
Push the plunger slowly until a bead of liquid appears at the tip of the needle.



# ADMINISTERING THE INJECTION

6

## 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.

## 8

### Storage

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.

## 9

### Next injections

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.



# Meriofert 75/150 IU

## ADMINISTRATION INSTRUCTIONS

### Each Meriofert 75/150 IU set contains:

- 20 x 2ml syringes
- 20 x green drawing up needles
- 20 x yellow injection needles
- 20 x translucent plastic ampoule snappers
- 1 x plastic sharps bin

\*Numbers may vary dependent on your clinic.

## How to inject at home

1

### Before Use

Ensure you have a clean work surface on which to place all the items you need:

1. One ampoule snapper
2. One 2ml syringe
3. One long, green drawing up needle
4. One short, yellow injection needle
5. Your medication



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

## 2

### Preparation of syringe and needle

- Unwrap a long, green drawing up needle.
- Remove one syringe from its packaging.
- Attach the drawing up needle to the syringe, leaving the needles protective cover in place.

## 3

### Opening the ampoule of solvent



Take an ampoule of solvent and lightly flick the top section so that any fluid in the top, drops down to the bottom of the chamber.

Beneath the visible coloured dot on the ampoule neck, the glass has been scored to make it easier to break.



Hold the ampoule in one hand, with the dot facing away from you.

Using your other hand, place the narrow end of the ampoule snapper firmly over the top of the ampoule until it clicks in place.



Hold the bottom of the ampoule firmly in one hand and snap the top of the ampoule by pulling the ampoule snapper towards you with the other hand.



Place the opened ampoule on the work surface. Dispose of the broken end and the ampoule snapper in the sharps bin.

## 4

### Drawing up the solvent into the syringe



Take the prepared syringe and remove the needle cover.

With the syringe in one hand and the open ampoule in the other, place the needle into the solvent. Draw up all the liquid into the syringe, making sure the tip of the needle remains below the surface of the liquid. This reduces the chance of air entering the syringe.

## 5

### Opening the ampoule of solvent

Take a vial of medication (white powder) and remove the protective plastic cap, exposing a rubber membrane in the top of the vial.



Puncture the rubber membrane in the top of the vial with the needle and slowly inject the liquid down the inside of the vial into the white powder.



The white powder dissolves immediately without the need to shake the vial.

After it has dissolved, slowly draw up the solution into the syringe.

If you have been prescribed more than one vial of medication per injection, then inject the solution already in the syringe into the next vial, repeating step 5.

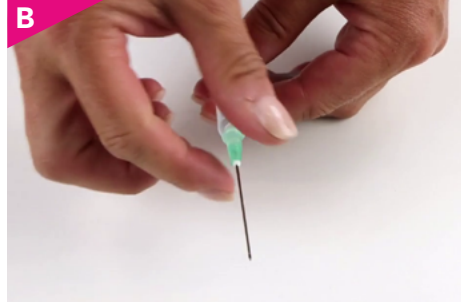
The leaflet in your pack of medication contains information regarding the maximum number of vials which can be dissolved in one ampoule (1ml) of solvent.

# 6

## Preparing the injection



When the contents of the correct number of vials have been drawn up into the syringe. Point the needle upwards and replace the protective cover on the drawing up needle.



Detach the needle from the syringe and dispose of it in the sharps bin along with the empty vials.



Remove the short, yellow injection needle from the packaging and attach it firmly to the syringe.



Remove the protective needle cover and inspect the syringe for air bubbles. Hold the syringe with the needle pointing upwards and lightly flick the syringe with your finger until all bubbles collect at the top.



When injecting into the abdominal site, it is recommended to do so somewhere in the area of an arc beneath the navel.

As the product is given every day, it is recommended to rotate the site of injection so as not to repeatedly inject in the same place.



Pinch the skin together firmly and insert the needle at an angle of between  $45^{\circ}$  to  $90^{\circ}$ .



As you release the pinched skin, inject all the medication by pushing slowly and steadily on the plunger.



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

Do not close the lid of the sharps bin until you have completed your whole course of treatment, at which time you should dispose of the sharps bin as you have been advised by your clinic.

# Meriofert

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 guide on how to use a combination of meriofert dosages



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](mailto:medicalinformation.uk@ibsagroup.com)**