



GONAL-F REDI-JECT PEN Subcutaneous Injection

1. Gather equipment:
 - Gonal F Redi-ject Pen (900IU, 450IU, or 300IU) – typically multidose (used for several days)
 - Microfine Pen Needle Unit
 - Alcohol swab

Take the medication out of the fridge 20-30 minutes before proceeding with the injection to allow the medication to come to room temperature.

2. Remove the pen cap, and wipe the tip of the pen with an alcohol wipe.
3. Attach the microfine needle unit to pen by first removing the protective paper seal and holding outer needle shield firmly in one hand while holding the cartridge holder firmly in the other. Push the end of the cartridge holder into the outer needle shield and screw them tightly together.
4. Inspect the liquid for large air bubbles. If you see a large air bubble (covers the entire surface of the top of the reservoir) turn the dose knob clockwise until the dose display reads “.25”. Tap the reservoir to allow any large air bubbles to rise to the top. Remove the blue inner needle shield, holding the pen pointing up slowly press the dose knob as far as it will go, and release the dose knob. The air bubble should be gone. Remove the needle unit, and replace with a new unit.
5. Dial your individual dose by turning the dose knob clockwise until your prescribed dose shows in the dose display.
 - a. Do not push or pull the dose knob while you turn it.
 - b. If you turn past the prescribed dose, turn the dose knob back to the correct dose.
6. Choose your injection site on the lower abdomen, keeping at least 1 inch away from the belly button. Remember to alternate sites for each injection. Clean the site with an alcohol swab in a bull’s-eye motion from center outward.
7. Carefully remove the outer and inner needle shields and with the needle pointing upwards. Gently “pinch up” a two-inch fold of skin. With a gentle dart action, stick needle in at a 45 - 90 degree angle into fatty tissue, and press down on the dose knob with your thumb as far as it will go. **WAIT FIVE SECONDS** before pulling needle out of skin. The window of your pen should read 0 after completing the injection. This is how you can confirm you gave yourself the full dose.
8. Recap needle by placing outer needle shield onto hard flat surface with opening facing up. Insert needle into shield and push down firmly. Then grip the outer needle shield and use it to unscrew the needle from the cartridge holder. Dispose of needle in biohazard container. Replace the pen cap and store any unused medication in the refrigerator.
 - a. Never store the Gonal F Redi-ject Pen with the needle attached to it; medication could leak out, and there is a risk of contamination.