



FOLLISTIM PEN Subcutaneous Injection

Follistim should be stored in the refrigerator. Take the medication out of the fridge 20 - 30 minutes before proceeding with the injection to allow the medication to come to room temperature.

1. Gather supplies:
 - Follistim Pen
 - Follistim AQ Cartridge either 300IU, 600IU or 900IU
 - Alcohol swab
2. Remove Follistim cap. Unscrew the pen body (blue) from the cartridge holder (yellow).
3. Take cartridge out of package, and wipe off rubber stopper with alcohol. Insert cartridge into the cartridge holder METAL-RIMMED CAP end first.
4. Screw the pen body onto the cartridge holder, and align the blue arrow on the cartridge holder with the yellow rectangle on the blue pen body. Wipe tip of pen with alcohol.
5. Attach injection needle to pen by 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.
6. Dial your individual dose into the Follistim Pen by turning the dial towards you until you see the desired dose in the clear dosage window.
7. Carefully remove the outer and inner needle shields, and with the needle pointing upwards, gently tap the yellow cartridge holder to help rid the needle of air bubbles. A droplet of medication should appear at the top of the needle. If it doesn't, dial the dosage knob one click, and push the injection button; check for a droplet. If no droplet, repeat until a droplet appears. Your Follistim Pen is now primed.
8. Choose an injection site in your abdominal area about 1 inch away from your belly button. Rub site vigorously with alcohol pad and let dry.
9. Pinch skin, then with a gentle dart action, stick needle in at a 45 - 90 degree angle into fatty tissue, and press injection button all the way in. **WAIT FIVE SECONDS** before pulling needle out of skin. The window of your pen should read 0 after completing the injection, confirming you administered the full dose.
10. 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.
11. Place the cap back on the Follistim pen, and store properly until the next dose. Ok to keep the AQ cartridge in the pen during storage until you're due to replace it with a new one.



If you turn past the recommended dose, do not try to correct it by turning back. It will not hurt the pen but will result in medication being lost. Instead, keep dialing the pen until it disengages, and push until it returns to zero. Redial the correct dose.