



GONAL-F MULTIDOSE
Intramuscular

1. Gather equipment:
 - Vial containing Gonal-F 1200 IU Multi-Dose (white powder)
 - Single, prefilled syringe labeled "Bacteriostatic Water" for Injection, USP
 - 1ml 27 gauge ½ injection syringe with unit dose markings from .1-1.0
 - 1¼ inch needle to give medication
 - Alcohol/cotton

2. Mix medication:
 - Flip off top of Multi-Dose vial.
 - Wipe the top of the vial stopper with an alcohol wipe.
 - Twist the needle off the syringe labeled "Bacteriostatic Water" for Injection, USP.
 - Position the needle of the syringe of water in a straight, upright position over the marked center circle of the rubber stopper on the vial.
 - Slowly inject the water into the vial by depressing the syringe plunger.
 - Withdraw needle and dispose in biohazard container.

3. Preparing your dose:
 - Wipe the rubber stopper with an alcohol wipe.
 - Insert needle of specialized syringe through the marked center circle of the rubber stopper.
 - Keeping the needle in the vial, lift the vial and turn it upside down with the needle pointing toward the ceiling.
 - Slowly pull back the plunger until the syringe fills to slightly more than the mark for your prescribed dose.
 - Keeping the needle in the vial, slowly adjust plunger to desired dose.
 - Remove needle and recap syringe needle.
 - Change needle to 1¼ inch needle for administration on the upper outer quadrant of your buttocks.

4. Injecting your dose:
 - Pick your site. Use the upper outer quadrant of your buttocks. It is possible to give your own injections at that site, but it is advisable to have someone else available to give them. An alternate site is the middle of your thigh but it is more uncomfortable.
 - Prepare skin site with rubbing alcohol by rubbing vigorously.
 - Insert needle entirely, holding skin taut.
 - Pull back on plunger. If you get blood in the syringe, pull the needle out and carefully change to a new needle (leave the contents in the barrel of the syringe) and give the injection in another area of the site using the same technique as described above.
 - If no blood, inject medication.
 - Remove needle; do not recap needle – dispense into your needle dispense container. YOU DID IT! Congratulations.

IMPORTANT: Gonal-F Multi-Dose must be refrigerated after reconstitution!