



Use only if multidose is empty.

- Evening
- Draw up with Black Syringe
- Stomach
- Change to Blue Needle

**GONAL-F 75 IU VIALS (Follicle Stimulating Hormone)**  
**Subcutaneous**

1. Gather equipment:
  - 3 cc syringe with 22g 1 1/2 inch needle to mix medication powder, and
  - 1/2 inch or 5/8 inch needle to give medication;
  - Water diluent;
  - Alcohol/cotton;
  - Nerves of steel and a steady hand!
2. Mix medication; draw up saline and mix with powder in the following proportions:  
Up to 6 vials - May be reconstituted with 1 cc diluent.
3. Hold the vial in one hand and snap off plastic cover.
4. Open enough vials for your recommended dose.
5. Open diluent vial and draw up 1 cc diluent. Holding needle straight up, tap air bubble to top and gently push out.
6. Empty syringe of diluent into powder vial by running diluent down the side of the vial and you will avoid dealing with a lot of bubbles.
7. Withdraw mixed Gonal-F and repeat procedure until recommended doses are mixed all together.
  1. Pull all medication down into syringe out of needle tip.
  2. Change 1 1/2 inch needle to 1/2 inch or 5/8 inch needle to administer.
  3. Gently tap syringe and gently push air bubble out the needle.
8. Choose an injection site in your abdominal area about 1 inch away from your belly button or on the top of thigh area. Rub site vigorously with cotton ball and rubbing alcohol.
9. Pinch skin, then with a gentle dart action, stick needle in at a 90 degree angle into fatty tissue and slowly depress plunger.
10. Remove needle and dispose of syringe into biohazard container.
11. Physician may recommend administering Gonal-F IM if you are above desired body weight.

**IMPORTANT: Do not mix Gonal-F until it is time to administer the injection.**