



**MENOPUR**  
**Subcutaneous**

1. Gather equipment:
  - \*3 cc syringe with 22g 1 1/2 inch needle to mix medication powder, and
  - 27 gauge 1/2 inch or 5/8 inch needle to give medication;
  - Water diluent;
  - Alcohol/cotton;
  - Nerves of steel and a steady hand!
2. Remove caps from vials. Wipe off rubber stoppers with alcohol.
3. Mix medication; draw up saline and mix with powder in the following proportions:
  - Up to 6 vials may be reconstituted with 1 cc diluent.
4. Hold the vial in one hand and snap off the plastic cover.
5. Open enough vials for your recommended dose.
6. Open diluent vial and withdraw 1 cc diluent. Hold needle straight up after withdrawing the amount of fluid needed and tap air bubble to top and gently push air out.
7. Empty syringe of diluent into powder by running diluent down the side of the vial and you will avoid dealing with a lot of air bubbles.
8. Withdraw mixed Menopur and repeat procedure until recommended doses are reconstituted.
  - a. Pull all medication down into syringe out of needle tip
  - b. Change needle to 27 gauge 1/2 inch or 5/8 inch needle to administer
  - c. Gently tap syringe and gently push air bubble out of syringe
9. Choose an injection site in your abdominal area, about an inch from your belly button or on top of thigh area. Rub site vigorously with cotton ball and rubbing alcohol.
10. Using a dart action, stick needle in at a 90° angle into fatty tissue and slowly depress plunger.
11. Remove needle; do not recap needle-dispense into your needle dispense container. **YOU DID IT! Congratulations!**

**IMPORTANT:** Do not mix Menopur until it is time to administer the injection.

\*You can use Q-cap rather than 22G 1-1/2” needle to mix. When mixing complete, remove Q-cap and change needle to 1/2” or 5/8” to administer.