Gonal-f® RFF Redi-ject® (follitropin alfa injection)

TEACHING GUIDE

Gather your supplies
- Take the carton out of the refrigerator at least 30 minutes before you inject to let it warm to room temperature.

Caution: Do not use a microwave or other heating element to warm up the pen.
- Prepare a clean, flat surface, such as a table or countertop, in a well-lit area.
- Identify a firm, vertical surface, such as the side of your Gonal-f® RFF Redi-ject carton or a wall.
- Fill in the first 5 columns of the treatment diary. Refer to the treatment diary for sample entries.
- You will also need: a sharps container, alcohol pads, and a writing utensil (not included).

Important
Read these instructions completely before you begin. Gonal-f® RFF Redi-ject (follitropin alfa injection) is for use under the skin only (subcutaneous). Only use Gonal-f® RFF Redi-ject if your healthcare provider trains you on how to use it correctly.

Warning: Do not reuse needles.
Warning: Do not share the pen and needles with another person, because doing so can cause an infection.

The pen comes in 3 different IU amounts:
- 300 IU/0.5 mL
- 450 IU/0.75 mL
- 900 IU/1.5 mL

*The numbers on the Dose Information Display and reservoir represent the number of International Units (IU) of medicine.

This guide is meant to be a supplement to the Instructions for Use. When using this product, refer to the Instructions for Use provided with your prescription.
For complete product information, please see Gonal-f® RFF Redi-ject® Prescribing Information.

1 Get ready
- Wash your hands with soap and water and dry them well.

Caution: Do not shake the pen. If you shake the pen, air bubbles may appear in the medicine.
- Remove the pen and a new needle from the carton.
- Check the expiration date on the pen label.

Warning: Do not use an expired pen. Get a new pen from your healthcare provider or pharmacist.

Important

“IF”
- “Then”
Using a new pen
- Check for a droplet of liquid at the tip of the needle.
  • If you see a droplet go to Step 4 Dial your dose.
  • If no droplet is seen, or you are unsure, follow the instructions in Appendix B.

Re-using a pen
- You do not have to check for droplets of liquid at the tip of the needle. Go to Step 4 Dial your dose.

2 Choose and prepare your injection site
- Select your injection site and wipe the skin with an alcohol pad to clean the site.
- Choose a different injection site each time you give your injection to reduce redness, irritation, or other skin problems.

Note: Your healthcare provider should show you the injection sites to use around your stomach area.

3 Attach your needle
- Pull off the pen cap.
- Make sure the plastic reservoir that holds the medicine is not cracked. Confirm the medicine is clear, colorless, and does not contain particles: if the plastic is cracked or if the liquid is discolored or cloudy, get a new pen from your healthcare provider or pharmacist.
- Check that the needle’s peel-off seal is not broken. If it is, get a new needle.
- Peel off the needle seal.
- Push the needle on the clear, plastic end of the pen, and twist the needle until you cannot twist it anymore.
- Caution: Do not attach the needle too tightly, the needle could be difficult to remove after the injection.
- Keep the needle pointing up, carefully pull off the green inner needle shield and throw it away.
- Warning: Do not recap the needle with the green inner needle shield, you could get a needle stick injury.

Note: Call your healthcare provider if you are unsure of today’s intended dose.

Caution: Do not push or pull the dose knob while you turn it to avoid damaging it.
- Turn the dose knob until your intended dose shows in the Dose Information Display.
- Note: You can turn the dose knob backward if you turn it past your intended dose.

4 Dial your dose
- Dial your dose.
- Confirm a completed dose, and you have the correct dose.
- Note: Your healthcare provider trains you on how to use the Dose Information Display.
**Inject your dose**

- Make sure the Dose Information Display matches the intended dose recorded in Column 5 in your treatment diary.

**Example:** If your intended dose is 150 IU, confirm that the Dose Information Display reads 150.

**Caution:** You might bend the needle if you do not insert the needle straight in at a 90° angle.

- Hold the pen at a 90° angle to the injection site, and push the needle into your skin.
- Use your thumb to press the dose knob straight down as far as it will go.

**Caution:** Do not release the dose knob until you remove the needle from your skin. Hold the dose knob down for a slow count of 5 before you remove from your skin. Then release the knob after removal of the needle from your skin.

- Remove the needle from your skin, release the dose knob, and put the pen on the table.
- After injecting, fill in “Yes” or “No” in Column 6 of the treatment diary to record if the Dose Information Display shows “0.”

**Warning:** If the Dose Information Display does not show “0,” you did not complete your dose.

**Example:** If the Dose Information Display does not show “0,” you did not complete your dose. You need to inject the number shown in the Dose Information Display using a second pen.

- Follow the instructions in Appendix A: Completing an incomplete dose.

- The amount you need to inject using the second pen might be less than expected because of the extra medicine (see note below). Always inject the amount you wrote in Column 7 of the treatment diary to complete your dose.

- Refer to the treatment diary for sample entries.

**Note:** The pen contains extra medicine to ensure that you receive the full amount indicated on the pen (300 IU, 450 IU, or 900 IU).

**Record your injection**

- After injecting, fill in Column 7 of the treatment diary by recording the number you see in the Dose Information Display.

**Example:** After injecting, fill in Column 7 of the treatment diary to record if the Dose Information Display shows “0.” You have completed your dose.

- If the Dose Information Display shows “0,” you have completed your dose.

**Important**

- After injecting, fill in Column 7 of the treatment diary by recording the number you see in the Dose Information Display.

**Appendix A: Completing an incomplete dose**

- If you do not complete your dose, you did not inject your dose.

- If column 6 is No, you did not complete your dose. Record “No” in Column 7 of the treatment diary.

**Appendix B: How to create a droplet of liquid**

- If you do not have an FDA-cleared sharps disposal container immediately after use.

**Warning:** Do not throw away needles and pens in your household trash.

- If you do not have an FDA-cleared sharps disposal container, you may use a household container that is:
  - Made of heavy-duty plastic.
  - Can be closed with a tight-fitting puncture-resistant lid, without sharps being able to come out.
  - Upright and stable during use,
  - Leak-resistant, and,
  - Properly labeled to warn of hazardous waste inside the container.

- When your sharps disposal container is almost full, you will need to follow your community guidelines for the right way to dispose of your sharps disposal container. There may be state or local laws about how you should throw away used needles and syringes. For more information about safe sharps disposal, and for specific information about sharps disposal in the state that you live in, go to the FDA’s website at: http://www.fda.gov/safesharpsdisposal.

- Do not reuse the needles.

- Do not throw away (dispose of) your used sharps disposal container in your household trash unless your community guidelines permit this.

- Do not recycle your used sharps disposal container.

**For more information, go to http://www.fda.gov/safesharpsdisposal**

**Appendix C: How to discard used needles and empty pens**

- Put used needles and empty pens in an FDA-cleared sharps disposal container immediately after use.

- Warning: Do not throw away loose needles and pens in your household trash.

- If you have medicine left in a pen after injecting, store it in a refrigerator between 36°F and 46°F (2°C and 8°C) until the expiration date, or at room temperature between 68°F and 77°F (20°C and 25°C) for up to 3 months or until the expiration date, whichever comes first.

- Do not freeze the pen.

- Keep the pen out of reach of children.

- If you have medicine left in a pen after injecting, store it in the refrigerator or at room temperature for up to 28 days. After 28 days, you must throw away (discard) your pen in an FDA-cleared sharps disposal container. See Appendix C for proper disposal information.

**For more information, call 1-866-538-7879.**

**To view the Instructions for Use video, please visit RediJect.com.**

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- Do not reuse the needles.

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**Appendix D: How to store your pen**

- Store all pens with the cap attached and away from light.

- Store new pens in the refrigerator between 35°F and 46°F (2°C and 8°C) until the expiration date, or at room temperature between 68°F and 77°F (20°C and 25°C) for up to 3 months or until the expiration date, whichever comes first.

- Do not freeze the pen.

- Keep the pen out of reach of children.

- If you have medicine left in a pen after injecting, store it in the refrigerator or at room temperature for up to 28 days. After 28 days, you must throw away (discard) your pen in an FDA-cleared sharps disposal container. See Appendix C for proper disposal information.

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