

Instructional Quick Guide for FOLLISTIM® AQ Cartridge (follitropin beta injection)

Directions provided here are abbreviated. They should be used only after receiving complete instructions from your health care professional.

To give yourself the injection, you will need:

- A FOLLISTIM AQ Cartridge, FOLLISTIM Pen and a new BD Micro-Fine™ Pen Needle provided with the Cartridge.
- A clean, dry surface, alcohol and cotton balls, or alcohol pads, sterile gauze, anti-bacterial soap, and a puncture-proof container to discard used supplies.

The FOLLISTIM AQ Cartridge is only for use with the FOLLISTIM Pen. Read all instructions carefully before using your FOLLISTIM Pen with the FOLLISTIM AO Cartridge. Failure to do so could result in an incorrect dose being given.



Not actual size.

1 READY - Prepare your FOLLISTIM Pen



Figure 1A



Figure 1B



Figure 1C



Figure 1D

- Pull the protective cap off the Pen Body (Figure 1 A) and put it aside on a clean, dry surface.
- Unscrew the entire Pen Body from the Cartridge Holder.
- Place Pen Body and Cartridge Holder on a clean, dry surface.
- Remove the FOLLISTIM AQ Cartridge from its package and clean the rubber inlay of the Cartridge with an alcohol pad.
- Insert the Cartridge into the Cartridge Holder (Figure 1 B), metal rimmed cap end first.
- Screw Pen Body fully onto the Cartridge Holder containing the inserted Cartridge (Figure 1 C), making sure there are no gaps
- Line up the arrow (▲) with the middle of the yellow alignment mark (■).
- Clean the open end of the Cartridge Holder with an alcohol pad. Peel off the protective paper seal from the BD Micro-Fine Pen Needle that is in its Outer Needle Shield. Attach a new BD Micro-Fine Pen Needle after you make sure there is a FOLLISTIM AQ Cartridge in the FOLLISTIM Pen. Push the end of the Cartridge Holder into the Outer Needle Shield. Screw tightly together (Figure 1 D).
- **Your FOLLISTIM Pen is now assembled and loaded.**
- **Never touch the needle and never place an open needle on any surface.**
- You must use a new BD Micro-Fine Pen Needle with each injection.

BD Micro-Fine Pen Needle is a trademark of Becton-Dickinson.

2 SET - Set your dose



Figure 2A



Figure 2B



Figure 2C



Figure 2D

- Use an alcohol pad to clean about a 2-inch area of skin where the needle will enter.
- Gently pull off the Outer Needle Shield, leaving the Inner Needle Shield in place (Figure 2A), and set aside. Do not discard the Outer Needle Shield.
- Carefully remove the Inner Needle Shield (Figure 2B) and discard.
- Do not touch the needle or let it touch any surface while uncapped.
- Hold the FOLLISTIM Pen with the needle pointing upwards. Tap the Cartridge Holder with your finger to force air bubbles to the top of the needle.
- Dial the Dosage Knob until you hear one click. With the needle pointing upwards, push in the Injection Button.
- Look for a droplet of medicine at the needle tip (Figure 2C). If you do not see a droplet, repeat steps above; otherwise you might not receive the correct dose.
- If you have already used the FOLLISTIM AO Cartridge (follitropin beta injection) and you need to give yourself another dose, attach a new BD Micro-Finem Pen Needle and look for a droplet forming at the tip of the needle. If you do not see a droplet, repeat the previous 2 steps.
- For doses of 50 International Units (IU) up to 450 IU, turn the Dosage Knob until the correct dosage aligns with the dosage markers on each side of the Dosage Window (Figure 2D).
- If you dial past your dose, do not turn the Dosage Knob backward (you will not damage the Pen, but medicine will be lost). Continue turning until you pass the 450 IU mark as far as it will turn. The Dosage Knob must move freely.
- Push the Injection Button in as far as it will go. Start dialing from "0" upwards until you reach the correct dosage.
- You are now ready to complete your injection.
- Never try to correct a dose-dialing mistake while the needle is in your skin. This may result in an incorrect dose. If your prescribed dose exceeds the deliverable dose of the FOLLISTIM Pen or exceeds the amount remaining in the Cartridge, you will need to give yourself more than one injection.

3 INJECT - Inject your FOLLISTIM AQ Cartridge



Figure 3A

- Pinch the cleansed skin area between 2 fingers. With your other hand, insert the entire Pen Needle straight into the skin at a 90-degree angle (Figure 3A). Press the Injection Button all the way. Wait 5 seconds. The middle of the Dosage Window should display a dot next to the "0". Pull the needle out quickly and apply pressure to the injection site with an alcohol pad. Maintaining pressure, gently massage the site.
- The best places to inject are just below your belly button or the upper outer area of your thigh.
- If the number in the Dosage Window does not read "0" and you cannot push the Injection Button all the way in, do not try to force down the button. Your FOLLISTIM AQ Cartridge is probably empty. This means you have not received your full dose. Do not adjust the setting on the Dosage Scale. The number in the Dosage Window is the amount needed to complete your prescribed dose. Write down this number. Remove the needle and dispose of it properly. Reset the Dial Window to "0" by turning the Dosage Knob past the 450 IU mark as far as it will turn and pushing the injection button all the way in. Repeat instructions from "Ready (▲) Prepare Your FOLLISTIM Pen to load a new Cartridge, attach a new needle and inject the remaining drug to complete your dose".
- Your injection is complete!

Storage and Disposal

Each Pen Needle is for one injection only. Immediately following injection, remove and dispose of the used Pen Needle. The Pen Needle must be removed from the FOLLISTIM Pen prior to storage.

Please read the accompanying Patient Information for FOLLISTIM AQ Cartridge and discuss it with your doctor. The physician Prescribing Information also is available.

Scan this QR code for
Follistim Instructional Video

