

## Using Your Follistim AQ Cartridge with the Follistim Pen

### Ready► Prepare Your Follistim Pen

- 1a. Pull protective cap off pen body. Unscrew pen body from cartridge holder. Place pen body and cartridge holder on a clean, dry surface.
- 1b. Clean the rubber inlay of your Follistim AQ Cartridge with an alcohol pad. Insert the cartridge into the cartridge holder, metal-rimmed cap end first.
- 1c. Screw pen body onto the cartridge holder, making sure there are no gaps. Line up the arrow ► with the middle of the yellow alignment mark ■.
- 1d. Clean open end of cartridge holder with an alcohol pad. Attach a new pen needle in its outer needle shield, and peel off the protective paper seal. Screw tightly together. **Your Follistim Pen is now assembled and loaded.** *Never touch the needle and never place an open needle on any surface.*

### Set► Set Your Dose

- 2a. Gently pull off the outer needle shield and set aside. Use an alcohol pad to clean about a two-inch area of skin where the needle will enter. Let dry at least a minute.
- 2b. For doses of 50 IU up to 450 IU, turn dosage knob until the dosage aligns with the dosage markers on each side of the dosage window. *If you dial past your dose, do not turn dosage knob back (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 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.*

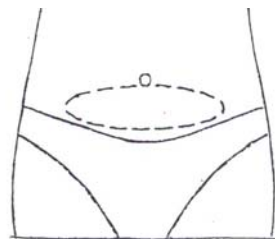
### Inject► Inject Your Follistim AQ Cartridge

Pinch the cleansed skin area between two fingers. With your other hand, insert entire Pen needle straight into the skin. Press injection button all the way. Wait five seconds. Pull needle out quickly *The best places to inject are your abdomen and your upper thigh.* *If the dot next to the "0" is not in the middle of the dosage window and you cannot push the injection button all the way in, do not try to force the down button. Your Follistim AC 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. Insert a new cartridge and repeat instructions from Step 1b.*

### Storage and Disposal

The pen needle must be removed from the Follistim Pen prior to storage. Dispose of all used supplies in safety container. Store your cartridge refrigerated. The cartridge will not expire for three months, or until the expiration date, whichever occurs first. Once the rubber inlay of the cartridge has been pierced by a needle, the product may be stored only for a maximum of 28 days.

### PM Stim Med in Stomach



Start on \_\_\_\_\_ in PM.  
Do \_\_\_\_\_ units daily.  
Decrease Lupron to 5 units.