



Help in  
becoming  
pregnant

# Using Menopur®

Information and practical guidance

**FERRING**

PHARMACEUTICALS

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# Introduction

Unfortunately natural conception has not happened for you. Luckily there are various possibilities for giving nature a helping hand these days. You have started a process to investigate why a spontaneous pregnancy has failed to occur. Based on the outcome of this process the gynaecologist has proposed a course of treatment which includes injections of Menopur®. This decision is explained in this folder. Practical instructions for the correct use of Menopur® are also provided. Finally, you will also find answers to the most frequently asked questions and a list of websites where you can find additional information.



# 1 Choosing Menopur®

A fundamental question when getting pregnant isn't as straightforward as you'd like is of course: why? Common causes are ovulation disorders, issues with the fallopian tubes or sperm abnormalities. The reason behind the inability to get pregnant determines the course of pregnancy therapy to be taken. Menopur® contains a pregnancy hormone that is used if there is an issue with the maturation

of egg or sperm cells. In order to be able to explain how Menopur® works, it's first useful to explain a bit about the role of fertility hormones during conception.

## 1.1

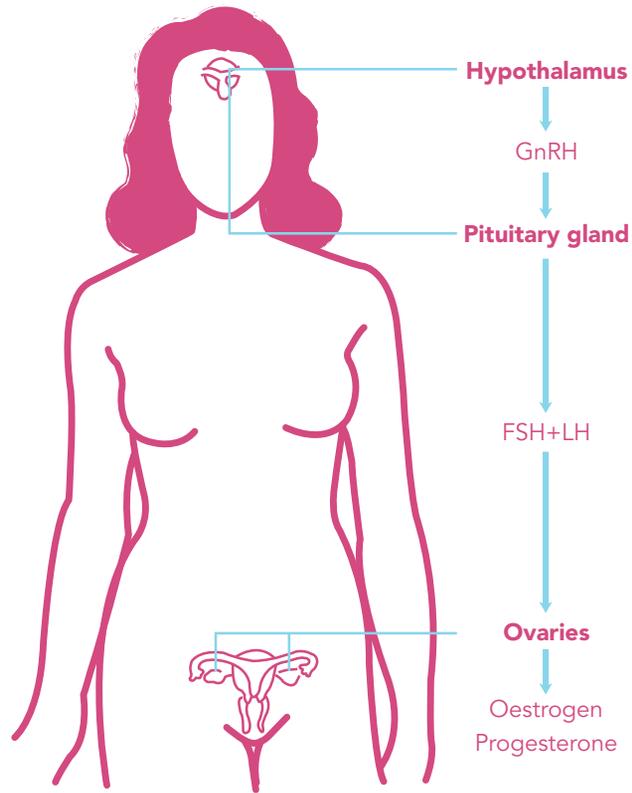
### The role of fertility hormones

The release of LH and FSH hormones is stimulated in the pituitary gland by the gonadotropin-releasing hormone (GnRH). GnRH is produced by the hypothalamus. The hypothalamus is a major control centre located at the bottom of the brain.

The follicles (vesicles containing egg cells) mature in a woman's ovaries, which is then followed by ovulation. Both FSH and LH play an important role in growing the follicles into a mature follicle. The follicles also ensure the creation of the female hormone, oestrogen.



## Female hormone route



Ovulation takes place under the influence of LH when the follicle is mature. Normally, you have one ovulation every month which results in one mature egg. LH also ensures that the endometrial lining is prepared for the implantation of the fertilised egg via the hormone progesterone.

After ovulation, the egg is received in the fallopian tube. Fertilisation with a sperm takes place in the fallopian tube. When the egg is fertilised, the endometrial lining of the uterus is preserved. This endometrial lining serves as a bed for the egg. If the egg is not fertilised, the endometrial lining is shed and you menstruate.

## 1.2

### How Menopur® works

The active ingredient in Menopur® is menotropin, also called human menopausal gonadotropin (hMG). Menotropin is an endogenous hormone that is extracted from the urine of menopausal women. A meticulous purification process creates a product that has the same effect as the endogenous hormones LH and FSH.

Menopur® stimulates the maturation of egg cells in women with reduced fertility. This increases the number of usable eggs and thus the chance of pregnancy. Menopur® is also used to stimulate the maturation of egg cells in assisted reproductive techniques, such as ovulation induction (OI) (possibly combined with intrauterine insemination (IUI)), in vitro fertilisation (IVF) and intracytoplasmic sperm injection (ICSI). When the egg has matured sufficiently, the ovulation is induced with another medicine.

You can find additional information about the above mentioned pregnancy treatments on the website [www.hulpbijzwangerworden.nl](http://www.hulpbijzwangerworden.nl) or in the brochure **'Een verwachtingsvolle tijd'**. This brochure is available at your fertility specialist or nurse.

Administering Menopur® to men with reduced fertility enhances the maturation of sperm cells and increases the production of male hormones. Men are first treated with another medicine for a number of weeks. This treatment is then continued in combination with Menopur®. Treatment with Menopur® is, however, much less common for men than for women.



## 2 How to administer Menopur®

Menopur® is administered by subcutaneous injections. The dosage depends on the context in which the treatment with Menopur® is started (reduced fertility or an assisted reproductive technique) and is individually determined and adjusted when necessary based on the physical reaction. Menopur® is injected subcutaneously in the upper leg or stomach after dissolving the powder in the solvent supplied. Read these instructions completely before administering an injection. Any questions? Please contact your fertility specialist or nurse. You can find video instructions for preparing and administering Menopur® at [www.menopur.nl](http://www.menopur.nl) (see *Useful websites*).

### 2.1

#### Menopur® dosage instructions

##### Step 1. The materials

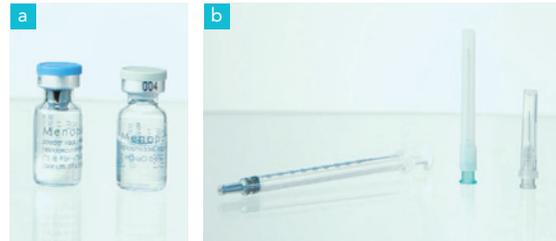
Check that you have all the necessary materials available:

##### Menopur® powder and solvent

Vial(s) of Menopur® powder and a vial of solvent (a).  
Get the required number of Menopur®-vials ready, as prescribed by your doctor.

##### One syringe and two sterile needles

A long, thick needle for preparing the solution and a short, thin needle for the subcutaneous injection (b).



## Step 2. Preparing the Menopur® solution

First wash your hands before preparing your Menopur® solution. Prepare the solution just before you're going to inject it.

- Remove the aluminium lip from the vial(s) of Menopur® powder and from the vial of solvent (c).
- Put the long, thick needle on the syringe. Handle the needle by holding it at the protective cover, and do not touch the needle itself, this way the needle stays sterile. If you do touch the actual needle itself by accident, then take a new sterile needle to prevent infection (d).
- Remove the protective cover from the needle. Prick the needle at a right-angle through the rubber top on the vial of solvent. Suck one millilitre of liquid out of the vial into the syringe. There will therefore be some liquid left in the vial which will not be used (e).
- Inject the 1 millilitre of solvent into the vial of Menopur® powder. To do this, prick the needle at a right-angle through the rubber top of the vial. Aim at the side of the vial to prevent air bubbles from forming. The powder will now dissolve quickly. Rotate if necessary to help the powder dissolve more quickly. Do not shake, as this creates air bubbles (f).



If you have been prescribed more powders, then suck all of the now newly obtained solution out of the vial (so 1 ml), and inject it into the next vial of powder. Repeat this until you have reached the correct ratio. A maximum of 3 vials of powder can be dissolved with 1 ml solvent.

- Suck the amount of liquid needed (0.5 or 1 ml) into the syringe from the last vial. You can find the correct amount on the solution chart on the next page.

On the next page the solution chart for the different doses of Menopur® that can be prescribed by your doctor is shown. Make sure you use the correct dose as prescribed to you.

### Step 3. Injecting the Menopur® solution

#### Preparing the syringe for injection

- Exchange the long, thick needle for the short, thin needle.
- Take the protective cover off the needle and hold the syringe vertically with the needle pointing upwards.



- Tap the syringe gently until all the air is at the top of the syringe. Now gently push most of the air out of the syringe. It doesn't matter if there's a little bit of air left in the syringe (g).

#### Injecting the Menopur® solution

- Determine where you want to inject. Choose a place to the left or right of the navel; the upper

# Menopur<sup>®</sup> solution chart

Check the packaging carefully to see which strength Menopur<sup>®</sup> you have; 75 IU or 150 IU per vial!

## Solution chart for Menopur<sup>®</sup> 75 IU

Number of units of Menopur <sup>®</sup> (IU)	Number of vials of powder	Number of millilitres to inject
37.5	1	0.5 *
75	1	1
112.5	3	0.5 **
150	2	1
225	3	1



## Solution chart for Menopur<sup>®</sup> 150 IU

Number of units of Menopur <sup>®</sup> (IU)	Number of vials of powder	Number of millilitres to inject
150	1	1
225	3	0.5**
300	2	1



\* It's possible to inject 0.5 ml and store 0.5 ml in the fridge (for a maximum of 24 hours at 2 to 8°C). This can be the dose for the next day.

\*\* Dissolve 3 powders in 1 ml. 0.5 ml must then be administered and 0.5 ml stored in the fridge (for a maximum of 24 hours at 2 to 8°C). This can be the dose for the next day.

h



leg or upper arm is also an option. Use a different place for every injection.

- Use thumb and index finger to pull up a suitable fold of skin and stick the whole needle at a right-angle into the skin. Slowly inject the solution and remove the needle in one movement (h).
- Stick a plaster over the injection site if necessary. It's possible that the skin will swell up or turn red

after the injection, and may feel a bit sensitive. These symptoms should disappear again by themselves.

## 2.2

### Additional tips for a comfortable injection

In order to reduce any burning sensation, you can hold an ice cube over the injection site before the injection.

Some patients find it less painful to inject in the stomach; others prefer the thigh or upper arm. Feel free to experiment with different injection sites to find out which you prefer. This does not have any effect on the treatment.

## Important

- Use a new syringe and needle for every injection.
- Use the needle dispenser for the safe disposal of all needles and vials. When the dispenser is full, you can take it to your hospital or pharmacist and replace it with a new one if necessary.



## 3 Frequently asked questions

### **What should I do if I touch the thick needle by mistake?**

If you touch the needle instead of the protective cover by mistake, take a new needle and throw the other one away in the needle dispenser.

### **What is the maximum number of vials of Menopur® that can be dissolved in 1 ml solvent?**

A maximum of 3 vials of Menopur® can be dissolved in 1 ml solvent.

### **What can I do to make the injection less sensitive?**

In order to reduce any burning sensation, you can hold an ice cube over the injection site before the injection.

### **If I'm going out for the day, can I prepare the solution beforehand?**

In principle the solution should be prepared just before use, but if absolutely necessary you can store pre-prepared solution in the fridge (2 to 8°C) for a maximum of 24 hours.

### **Where can I dispose of the used vials and needles?**

You will be given a needle dispenser by your doctor, nurse or pharmacist. You can dispose of your used needles and vials in this.

### **What should I do with the needle dispenser when it's full?**

You can take your full needle dispenser to the pharmacist where you will be given a new, clean one.

### **What should I do if I have any complaints after administering the injection with hormones?**

The potential adverse events of Menopur® are stated in the instructions for use. It is recommended to consult your doctor or pharmacist if you experience any side-effects. You must always report any adverse events not stated in the instructions for use to your doctor immediately.

### **What can I do to ensure the treatment is as successful as possible?**

If you want to become pregnant, it's important that you are in good physical health and that you start the treatment properly informed.

### **Can I take any medication during fertility treatment?**

It's recommended to discuss with your doctor which medication you are using or are going to use. Your doctor will let you know if you can (continue to) use this medication.



## 4

# Useful websites

### [www.menopur.nl](http://www.menopur.nl)

You can find the Menopur® instructions for use and this brochure as a PDF here. You can also find video instructions for preparing and injecting the Menopur® solution on this site. These videos are also available in the App Store and Google Play.



Available on the  
App Store



Google play

### [www.hulpbijzwangerworden.nl](http://www.hulpbijzwangerworden.nl)

Website with patient information about infertility and treatment options.

### [www.freya.nl](http://www.freya.nl)

Association for people with fertility problems.

### [www.slimmerzwanger.nl](http://www.slimmerzwanger.nl)

Slimmer Zwanger gives women and men advice on how to improve their diet and lifestyle. If you follow the tips, you increase the chance of getting pregnant and conceiving a healthy baby.

### [www.nvog.nl](http://www.nvog.nl)

The website of the Dutch Association of Obstetrics and Gynaecology.

### [www.vruchtbaarheid.pagina.nl](http://www.vruchtbaarheid.pagina.nl)

Home page about fertility.

### [www.endometriose.nl](http://www.endometriose.nl)

Website of the association for patients with endometriosis.



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