



## User Guide



# Fostimon®

### Introduction

*The treatment that has been prescribed for you requires that the Fostimon preparation is made ready for use before the actual injection is administered. Fostimon may be administered as either a subcutaneous or an intramuscular injection. Fostimon must be used immediately after the powder has been prepared for use. The prepared solution is intended for single use.*

*Thorough instructions can be found on the reverse.*

*The doctor who is treating you will prescribe the dose of Fostimon, which varies from one person to another.*

*The powder for the Fostimon injection and the solution for injection will keep for 2 years unmixed.*

*Fostimon may be kept at room temperature, but not above 25°C.*

*Keep the preparation in its original packaging and protected from light.*

*Store the preparation out of sight and reach of children.*

[www.infucare.se](http://www.infucare.se)

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# Fostimon<sup>®</sup>

Read the following user guide carefully before you start using the Fostimon preparation:



- 1 Wash and dry your hands carefully before preparing the medicine.

Take out the necessary implements and place them on a clean surface:

- cleansing wipe
- bottle containing Fostimon powder for injection
- ampoule containing the solution (NaCl 0.9%)
- ampoule breaker
- hypodermic syringe + needle

## Preparation of the solution for injection



- 2 Remove the protective plastic cap from the bottle containing the Fostimon powder for injection. Wipe the rubber bung at the top of the bottle using the cleansing wipe.

- 3 Carefully tap the tip of the ampoule, so that any remaining solution in the tip flows down.



- 4 The tip of the ampoule has a small guide line where the neck can be broken easily. Place the ampoule breaker on the top of the ampoule with the guide line pointing towards you. Break the tip of the ampoule by gently pushing the breaker away from you.



Guide line

*Draw the solution out of the ampoule and into the syringe.*



- 5 Push the syringe containing the solution through the rubber bung into the Fostimon bottle containing the powder for injection, and squirt the solution slowly into the bottle. Rotate the injection bottle carefully in your hand until the powder has dissolved completely. Do not shake it. When the powder has dissolved (it usually dissolves immediately), draw the prepared solution for injection back into the syringe, holding the bottle upside down.



- 6 Remove any air bubbles from the syringe. Hold the syringe with the tip of the needle pointing upwards and tap the syringe until all the air bubbles have moved to the top of the syringe. Slowly press the syringe plunger until all the air has been removed. The injection solution is now ready for injection.



## Administration of subcutaneous injection



- 7 Wipe the injection site where necessary using a cleansing wipe. The recommended injection sites are the abdominal region and the front of the thighs. Ensure that you have changed to the thin needle intended for subcutaneous injection on the syringe.



- 8 Raise your skin lightly into a fold and prick the skin with the needle at an angle of 45° or 90°. Inject the solution for injection underneath your skin by pressing the plunger slowly and evenly until the dose has been injected under the skin. Wait for 10 seconds and take the needle out of your skin. Destroy the needle safely after use.