

## **Gonal F injection**

Gonal F comes in a kit including one pen (900iu, 450iu, or 300iu) and needle tips. Dr. Donahue will determine your specific dose and our nurse will show you the steps in how to use and inject this medication. This medication is given SQ (subcutaneously) in the skin **NOT** IM (intramuscularly) in the muscle. Therefore, you will always inject with the included small, SQ needles. Keep this medication refrigerated until you open and use each pen then once the pen has been opened it is only good for 30 days. Otherwise, pens will last according to the expiration date printed on the pen.

**\*FYI: If you're self-pay for this medication, you are paying per powder so you may not want to buy the whole prescription at once. Ask our staff about where to buy this medication. It will make a dramatic difference in the cost!**

You'll need:

- The Gonal F pen and needle tips
- Alcohol swaps

*For example:*

If Dr. Donahue wants you to take 225iu once a day (usually starting on either CD3 or CD5 depending on protocols), first take out your pen and one needle tip. You'll need to waste 37.5 iu when using the pen for *only* the **first** time to take out any air bubbles. Take pen cap off and alcohol rubber piece prior to twisting needle tip. Turn dial so arrow points to 37.5. Make sure this is on the correct dose! Pull the outer "trigger" piece out and you'll hear a small click. The end does twist around but does not have any other use besides double checking your dose. Once you pull your "trigger", your dose is considered "loaded". You can't go back once this "trigger" is pulled out so be sure your arrow is pointed to your correct dose. The initial dose of 37.5 iu will be wasted. You may keep the same needle tip on as long as it stayed clean and didn't touch anything. Now, you may dial your prescribed dose (such as 75, 150 or 225 iu). Be sure the arrow is pointing exactly to the dose you want, pull the trigger out to double check the dose (you'll hear a few little clicks), and inject subcutaneously into either your abdomen or upper thigh.

*Where to inject:*

You will either inject in your upper thigh (the whole area of your hand if you were to slap it on your upper/outer thigh area) or within 2-3 inches *below* your belly button on either side of your abdomen. Pinch area with your opposite hand while holding the pen in the hand you will inject with. Inject the needle straight in the skin and gently push medicine in. You will hear clicks as the medicine goes in. After all the medicine is in and you can't press the button any further, hold the pen for a few seconds to be sure all the medicine is in then take it straight out. Place a cotton ball over the site and rub lightly while applying pressure. You may have some redness and soreness at the injection site that may last a few days.