

Gonal-F Injection Pen

Recombinant human follicle
stimulation hormone



What is Gonal-F used for?

Gonal-F belongs to a family of hormones known as gonadotrophins, which are involved with the normal control of reproduction. Gonal-F is similar to follicle stimulating hormone (FSH) found naturally in humans.

FSH is necessary in the growth and development of egg cells in women.

Gonal-F can be used to bring about development of eggs in women who are not ovulating or to stimulate the development of several eggs in women undergoing treatment such as IVF. This medicine is available only on a doctor's prescription.

DO NOT use Gonal-F if:

- ◆ You have a history of allergy to Gonal-F or its ingredients
- ◆ A tumour of the hypothalamus or pituitary gland
- ◆ Ovarian enlargement or large ovarian cysts
- ◆ Unexplained vaginal bleeding
- ◆ Cancer of your ovaries, uterus (womb) or breasts
- ◆ Fibroid tumours in the uterus which would make pregnancy impossible
- ◆ You are pregnant
- ◆ You are breastfeeding
- ◆ Do not take Gonal-F after the expiry date on the package has been passed.
- ◆ Do not take Gonal-F if the packing is torn or shows signs of tampering.
- ◆ If your medicine has expired or is damaged, return it to your pharmacist/clinic for disposal

Before you use Gonal-F

TELL YOUR DOCTOR if you have any allergies to:

- ◆ Any other medicines
- ◆ Any other substance such as foods, preservatives or dyes
- ◆ Any other pre-existing medical conditions.

TELL YOUR DOCTOR

If you are taking any other medicines, including any that you buy without a prescription from your pharmacy, supermarket or health food shop.

How to use Gonal-F

- ◆ Gonal-F is given as by a subcutaneous injection usually below or near your navel. Your clinic nurse or doctor will explain to you how to give the injection. Gonal-F comes as a pre filled injection Pen in three sizes containing 300iu, 450iu and 900iu. The dosage can vary and your clinic nurse or doctor will explain the dosage to you and you will be given an instruction booklet and/or DVD which details the steps taken to self inject.
- ◆ Follow all directions given to you by your doctor or clinic nurse carefully.
- ◆ They may differ from the information contained in this leaflet.
- ◆ If you forget to take Gonal-F you should contact your doctor or clinic nurse immediately.

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While you are using Gonal-F

Your doctor will monitor your response to Gonal-F closely by using blood tests & ultrasound.

DO NOT:

- ♦ stop using Gonal-F without telling your doctor
- ♦ change the dose unless your doctor or clinic nurse tells you to. Changing your dose without advising your doctor can increase your risk of unwanted side effects or can prevent the drug from working properly.

Treatment with Gonal-F may increase your risk of multiple pregnancy.

Side effects

TELL YOUR DOCTOR if you do not feel well while taking Gonal-F

All medicines have side effects. Sometimes they are more serious, most of the time they are not. If you think you have side effects talk to your doctor or clinic nurse.

The most common side effects are:

- ♦ Pain, swelling or redness at the injection site
- ♦ Headache, dizziness
- ♦ Breast tenderness
- ♦ Nausea/vomiting
- ♦ Abdominal cramps or pain
- ♦ Diarrhoea
- ♦ Hair loss, dry skin
- ♦ Ovarian enlargement, bloating

Less common side effects are:

- ♦ Symptoms of OHSS (ovarian hyperstimulation syndrome) which include severe abdominal pain, nausea, vomiting, diarrhoea, shortness of breath and low urine output.
- ♦ Inflammation, swelling or clotting of blood vessels

If you are worried contact your doctor or clinic nurse.

Storage

- ♦ Gonal-F should be refrigerated between 2-8 degrees C. However if this is not possible Gonal-F can be stored in a cool dry place below 25 degrees for up to 3 months in its original packaging. Once a needle has pierced the injection pen it must be stored below 25 degrees C for a maximum of 21 days. Do not freeze.
- ♦ **DO NOT LEAVE IN THE CAR**
- ♦ Keep this medicine where children cannot reach it

Disposal

- ♦ Gonal-F pens and needles should be discarded in an appropriate disposal unit.
- ♦ If you have any Gonal-F that has expired or is left over return it to your clinic or pharmacy for disposal.