

GONAL-F[®] SOLUTION FOR INJECTION IN PRE-FILLED PEN

Follitropin alfa (22mcg/0.5ml)

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What Gonal-F is used for

Gonal-F can be used to bring about the development of follicles (each follicle contains one egg) in women who are not ovulating and who have not responded to treatment with clomiphene citrate.

Gonal-F is also used to stimulate the development of several follicles in women undergoing assisted reproductive technologies (ART) such as in vitro fertilisation (IVF).

How Gonal-F works

Gonal-F contains follitropin alfa, which is similar to follicle stimulating hormone (FSH) found naturally in humans.

Gonal-F belongs to a class of hormones called gonadotrophins. FSH is necessary for the growth and development of egg cells (follicles) in women.

Before you use Gonal-F

- *When you must not use it*

Do not use Gonal-F if you have a history of allergy to any of the ingredients listed at the end of this leaflet.

Do not use Gonal-F if you have tumours of the hypothalamus or pituitary gland (both are part of the brain).

Do not use Gonal-F if you:

- are pregnant
- are breastfeeding
- have enlarged ovaries
- have an unexplained ovarian cyst

- have unexplained vaginal or uterine bleeding
- have cancer of the ovaries, uterus or breasts
- have ovary failure
- have fibroids in your uterus or malformations of sexual organs which would make pregnancy impossible
- have testicular insufficiency

- *Before you start to use it*

Your doctor will assess you and your partner's fertility. This may include tests for other medical conditions, which may interfere with your ability to become pregnant. If necessary, other medical conditions may be treated before starting infertility treatments including Gonal-F.

Tell your doctor if you have any allergies to any foods, dyes, preservatives or any other medicines. Tell your doctor if you have or have had any of the following medical conditions:

- disorders of the thyroid gland
- disorders of the adrenal glands
- high prolactin levels in the blood
- porphyria or a family history of porphyria (inability to breakdown porphyrin that can be inherited).

Your doctor will assess if you have any medical conditions which interfere with your ability to become pregnant.

Ovarian Hyper-Stimulation Syndrome (OHSS)

Treatment with Gonal-F may increase your risk of developing a condition called ovarian hyperstimulation syndrome (OHSS). This is when the ovaries over-react to the hormonal treatment and become larger. The most common symptom is lower abdominal pain. During stimulation your doctor will monitor your treatment by the use of ultrasound and/or blood tests to help determine if

you are likely to develop OHSS. If necessary your doctor will delay or cancel your Gonal-F injection. You may also be advised to refrain from sexual intercourse until the end of the cycle if this occurs.

Multiple Pregnancies

Compared to natural conception, the frequency of multiple pregnancies and births is higher in people receiving treatments that stimulate follicle growth for ovulation induction. The majority of these are twins. Your doctor will monitor your response to treatment to minimize the chance of multiple pregnancies, because of the greater risks they carry for mothers and babies.

Miscarriage/Abortion

Compared to natural conception, the frequency of pregnancy loss is higher in people undergoing treatments to stimulate follicle growth for ovulation induction.

Birth Defects

There may be a slightly increased risk of birth defects in women using assisted reproductive technologies. This may be due to differences in maternal age, sperm characteristics or multiple pregnancies.

Blood Clot Disorders

Tell your doctor if you or a family member have or have had signs of blood clots (e.g. pain, warmth, redness, numbness or tingling in the arm or leg).

Treatment with Gonal-F and hCG may increase the risk of blood clots forming in your blood vessels. Talk to your doctor about any concerns you may have before undergoing treatment or before you start using Gonal-F.

- *Taking other medicines*

Tell your doctor if you are taking any other medicines, including:

- all prescription medicines

- any medicines, vitamins, herbal supplements or natural therapies you buy without prescription from your pharmacy, supermarket, naturopath or health food shop

Some medicines may be affected by Gonal-F or may affect how well it works. Your doctor has more information on medicines to be careful with or avoid while using Gonal-F.

How to use Gonal-F

Follow all directions given to you by your doctor, nurse or pharmacist carefully.

They may differ from the information contained in this leaflet.

Treatment with Gonal-F should be started under the supervision of a specialist doctor experienced in fertility treatment.

Gonal-F is given as a course of daily injections.

You should have your injection at the same time each day.

- How much to use

Your doctor will decide the correct dose of Gonal-F for you. Your dose of Gonal-F may be adjusted depending on your individual response to treatment. Please consult your doctor if you are in any doubt.

The following is a guide to the common dose.

1. Women who are not ovulating

The common dose usually starts at 75-150IU (5.46-10.92 microgram) daily, commencing within the first 7 days of the menstrual cycle. The dose may be adjusted as your treatment progresses. The maximal daily dose is usually not higher than 225 IU (16.38 microgram). If a person fails to respond adequately after 4 weeks of treatment, that cycle should be abandoned and she may recommence treatment at a higher starting dose than in the abandoned cycle.

2. Women undergoing assisted reproductive technologies

The common dose usually starts at 150-225 IU (10.92-16.38 microgram) daily, commencing on day 2 or 3 of the cycle. The dose may be adjusted as your treatment progresses. The maximal daily dose is usually not higher than 450 IU (32.76 microgram). In general, adequate follicular development is achieved on

average by the tenth day of treatment (range 5 to 20).

- How to inject

The first injection of GONAL-F should be performed under direct medical supervision.

This is a multidose medicine intended for several injections.

Gonal-F is intended to be injected by you or your partner.

Alternatively your doctor or a nurse may give you these injections.

If your doctor or nurse decides you can give the injections yourself, the doctor or nurse will teach you the injection technique.

Do not self-inject until you are sure of how to do it.

Read the Instructions for Use provided in the pack carefully before commencing injections.

Your partner may be trained to give the injection at home.

- Where to inject

Gonal-F is usually given as a subcutaneous (under your skin) injection in the lower abdominal area or thigh. The injection site should be changed daily to lessen possible injection site reactions.

Do not inject into any areas in which you feel lumps, firm knots, depressions, pain, or see any discolouration.

Talk to your doctor if you find anything unusual when injecting.

- When to use it

Your doctor will decide how much medicine you will take and how often.

- How long to use it

The length of treatment varies with each individual. It is possible to have more than one treatment cycle of Gonal-F.

- If you forget to use it

If you forget an injection or are not sure what to do, contact your doctor or nurse immediately for advice. Do not inject a double dose on any day.

Ask your doctor if you are not sure what to do or have trouble remembering to inject your medicine.

- If you use too much (overdose)

Immediately contact your doctor if you are concerned that you have given

yourself too much or someone else has injected themselves with Gonal-F. Nevertheless, there is a possibility that OHSS may occur.

While you are using Gonal-F

- Things you must do

See your doctor regularly.

Your doctor will monitor you closely throughout your treatment.

If you are about to be started on any new medicine, tell your doctor and pharmacist that you are using Gonal-F.

If you plan to have surgery, tell your doctor or dentist that you are using Gonal-F.

Tell all doctors, dentists and pharmacists who are treating you that you are using Gonal-F.

Tell your doctor immediately if you become pregnant while using Gonal-F.

- Things you must not do

If you are self-injecting do not:

- Stop using Gonal-F without telling your doctor.
- Change the dose unless your doctor tells you to. Changing your dose without advising your doctor can increase your risk of unwanted side effects or can prevent the medicine from working properly.
- Give this medicine to anyone else, even if their symptoms seem similar to yours or if they have the same condition as you.

- Things to be careful of

Be careful driving or operating machinery until you know how Gonal-F affects you.

Side effects

Tell your doctor as soon as possible if you do not feel well while using Gonal-F.

All medicines can have side effects. Sometimes they are serious, most of the time they are not.

Do not be alarmed by this list of possible side effects.

You may not experience any of them. Ask your doctor or pharmacist to answer any questions you may have. If you get any side effects, do not stop using Gonal-F without first talking to your doctor.

Tell your doctor immediately, or go to Accident and Emergency at your

nearest hospital if you notice any of the following:

- signs of an allergic reaction, including swelling of the face, lips, tongue, or other parts of the body; shortness of breath, wheezing or difficulty breathing;
- severe skin rash, itching or hives.

Tell your doctor if you notice any of the following and they worry you:

- pain, redness, irritation or swelling at the site of injection during your treatment with Gonal-F
- signs of severe OHSS such as severe lower abdominal pain, severe pelvic pain, nausea, vomiting, diarrhoea followed by rapid weight gain, reduced amounts of urine and shortness of breath
- warning signs of stroke or heart attack
- warning signs of blood clots such as pain, warmth, redness in your arm or leg
- Ectopic pregnancy (embryo implanted outside the womb) may occur, especially in women with prior tubal disease.
- headache, dizziness
- stomach pain, abdominal distension or abdominal discomfort

Other side effects not listed above may also occur in some people.

You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Reaction Monitoring by calling Tel: 03-78835550, or visiting the website npra.moh.gov.my (Public → Reporting Medicinal Problems / Side Effects / AEFI / Vaccine Safety).

Storage and Disposal of Gonal-F

- Storage

Store in a refrigerator (2°C-8°C). Do not freeze.

Before opening and within its shelf life, the medicinal product may be removed from the refrigerator, without being refrigerated again, for up to 3 months at or below 25°C. The product must be discarded if it has not been used after 3 months.

Store in the original package, in order to protect from light.

Once opened, the medicinal product may be stored for a maximum of 28 days at or below 25°C. You should

write on the GONAL-F pre-filled pen the day of the first use.

Do not use Gonal-F PEN if the solution contains particles or is not clear.

Do not use the product after the expiry date printed on the label.

Do not use Gonal-F if you notice any visible signs of deterioration or damage to the container.

Keep this medicine where children cannot reach it.

- Disposal

If you are self-injecting, you should discard all sharps into a disposal unit.

If you have any Gonal-F that has expired or is left over from your treatment refer this to your clinic.

Product Description

- What it looks like

Gonal-F 300 IU/0.5 ml

0.5 ml of clear colourless solution for injection in 3 ml cartridge (Type I glass), with a plunger stopper (halobutyl rubber) and an aluminium crimp cap with a black rubber inlay. Pack of one pre-filled pen and 8 needles to be used with the pen for injection.

Gonal-F 450 IU/0.75 ml

0.75 ml of clear colourless solution for injection in 3 ml cartridge (Type I glass), with a plunger stopper (halobutyl rubber) and an aluminium crimp cap with a black rubber inlay. Pack of one pre-filled pen and 12 needles to be used with the pen for injection.

Gonal-F 900 IU/1.5 ml

1.5 ml of clear colourless solution for injection in 3 ml cartridge (Type I glass), with a plunger stopper (halobutyl rubber) and an aluminium crimp cap with a black rubber inlay. Pack of one pre-filled pen and 20 needles to be used with the pen for injection.

Not all pack sizes are marketed.

- Ingredients:

- Active ingredient: Follitropin alfa

- Inactive ingredients: Poloxamer 188, Sucrose, Methionine, Sodium dihydrogen phosphate monohydrate, Disodium phosphate dihydrate, m-Cresol, Phosphoric acid, concentrated

Sodium hydroxide, Water for injection

- MAL Number:

MAL20112176AZ

Manufacturer

Merck Serono S.p.A, Via delle Magnolie 15 (Zona Industriale), I-70026, Modugno (BA), Italy

Product Registration Holder

Merck Sdn Bhd (178145-V)
Level 3, Menara Sunway Annexe,
Jalan Lagoon Timur
Bandar Sunway
46150, Petaling Jaya
Selangor Darul Ehsan

Date of Revision:

11/07/2017

Serial Number

BPFK(R4/1)040717/00165

Instructions for Use

1. How to use the GONAL-F pre-filled pen

- Do not share the pen. The pen is for subcutaneous injection only.
- The numbers on the **Dose Feedback Window** are measured in International Units or IUs. Your doctor will have told you how many IUs to inject each day.
- The numbers displayed in the **Dose Feedback Window** help you to:
 - a. Dial your prescribed dose.



b. Verify a complete injection.



c. Read the dose remaining to be injected with a second pen.



- Give yourself the injection at the same time each day.
- Your doctor/pharmacist will tell you how many pens you need to complete your treatment.

2. How to use your GONAL-F pre-filled pen Treatment Diary

Use the treatment diary to record the amount of injected IUs you use each time.

- Record the treatment day number, date and time of your injection.
- In the first line of the table the volume of your pen is already recorded for you.
- Record your prescribed dose in the ‘‘Prescribed Dose’’ section.
- Verify you dialed the right dose before injecting.
- After injection, read the number shown in the **Dose Feedback Window**.
- Confirm you receive a complete injection or record the number shown in the **Dose Feedback Window** if other than ‘‘0’’.
- When needed, inject yourself using a second pen, dialing your remaining dose written in the ‘‘Amount Displayed After Injection’’ section.

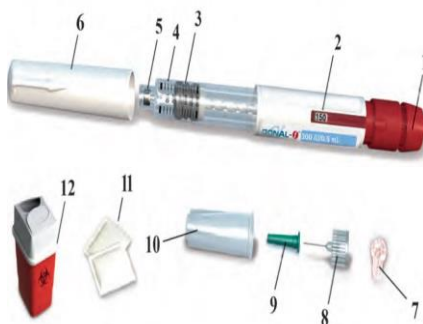
- Record this remaining dose in the ‘‘Amount Set to Inject’’ section in the next row.

CAUTION:

Using your treatment diary to record your daily injection(s) allows you to verify every dose.

3. Before you start using your GONAL-F pre-filled pen

- Wash your hands with soap and water.
- Find a clean area and a flat surface.
- Verify the expiration date on the pen label.
- Gather everything you need and lay it out:



1. Dose setting knob
2. Dose Feedback Window
3. Plunger Piston
4. Reservoir holder
5. Threaded needle connector
6. Pen cap
7. Peel-off seal tab
8. Removable needle
9. Inner needle shield
10. Outer needle cap
11. Alcohol swabs
12. Sharps disposal container

4. Getting your GONAL-F pre-filled pen ready for injection

4.1. Take off the pen cap

4.2. Verify that the Dose Feedback Window is set to ‘‘0’’



4.3. Prepare your needle for injection

- Get a new needle – only use the ‘‘single-use’’ needles supplied.
- Hold the outer needle cap firmly.
- Check that the peel-off seal on the outer needle cap is not damaged or loose.
- Remove the peel-off seal.



CAUTION: If the peel-off seal is damaged or loose, do not use the needle. Throw it away in a sharps disposal container. Get a new needle.

4.4. Attach the needle

- Screw the threaded tip of the GONAL-F pre-filled pen into the outer needle cap until you feel a light resistance.



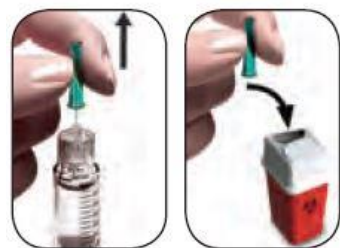
Warning: Do not attach the needle too tightly; the needle could be difficult to remove after the injection.



- Remove the outer needle cap by pulling it gently. Put it aside for later use.



- Hold the GONAL-F pre-filled pen with the needle pointing upward.



- Carefully remove and discard the green inner shield.

4.5. Look closely at the tip of the needle for tiny drop(s) of fluid

- If you see a tiny drop(s) of fluid proceed to Section 5: Setting the dose prescribed by your doctor.

Warning: ONLY check for drop(s) the FIRST TIME you use a new GONAL-F pre-filled pen to remove air in the system.



CAUTION: If you do not see a tiny drop(s) at or near the needle tip the first time you use a new pen, you must perform the steps below.

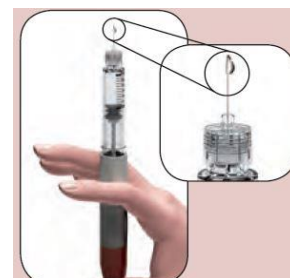
If you do not see a tiny drop(s) of fluid at or near the tip the first time you use a new pen:



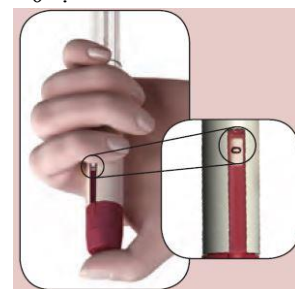
1. Gently turn the dose setting knob clockwise until it reads 25 in the Dose Feedback Window. You can turn the dose knob backwards if you turn it past 25.



2. Hold the pen with the needle pointing upward.
3. Tap the reservoir holder gently.
4. Press the dose setting knob as far as it will go. A tiny drop of liquid will appear at the tip of the needle.



5. Verify that the Dose-Feedback Window reads '0'.



6. Proceed to Section 5: Setting the dose prescribed by your doctor.

5. Setting the dose prescribed by your doctor

5.1. The pen contains 300 IU/450IU/900IU follitropin alpha.

5.2. Turn the dose setting knob until your intended dose shows in the Dose Feedback Window.

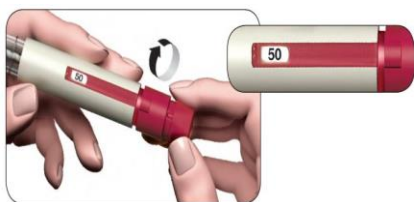


- Turn the dose setting knob forward to dial up



- Turn the dose setting knob backward to correct dose

5.3. Set the dose that was prescribed by your doctor (in the example shown in the figure, it is 50 IU).



Warning: Check that the Dose Feedback Window displays your complete prescribed dose before you move on to the next step.

6. Injecting the dose

6.1. Choose an injection site in the area your doctor or nurse has told you to give the injection. To minimize skin irritation, select a different injection site each day.

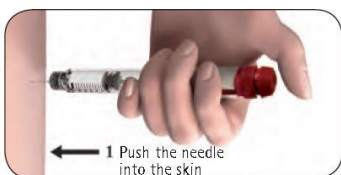
6.2. Clean the skin by wiping with an alcohol swab.

6.3. Verify once more that the Dose Feedback Window displays the correct dose.

6.4. Inject the dose as you were trained to do by your doctor or nurse.

- Slowly push the needle into the skin entirely.

- Press the dose knob down as far as it will go and hold it to complete the full injection.



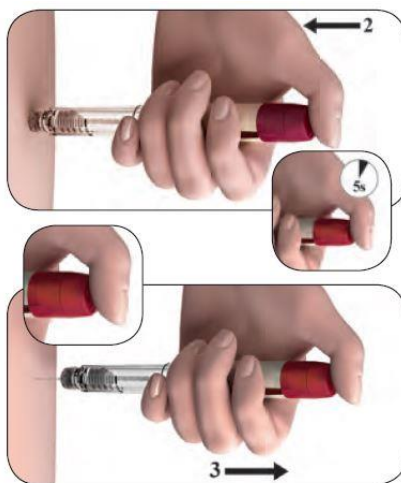
- Hold the dose knob down for a minimum of 5 seconds to ensure you inject the full dose. The larger the dose, the longer it will take to inject.

- The dose number shown in the Dose Feedback Window will turn back to 0.

- After a minimum of 5 seconds, pull the needle out of the skin while keeping the dose setting knob pressed down.

- Release the dose setting knob.

Warning: Always make sure to use a new needle for each injection.



7. After the injection

7.1. Verify you have given a complete injection.

- Check that the Dose Feedback Window shows "0".



Warning: If the Dose Feedback Window shows a number higher than 0, the GONAL-F pre-filled pen is empty and you have not received your full prescribed dose.

7.2. Complete a partial injection (only when needed).

- The Dose Feedback Window will indicate the missing amount you need to inject using a new pen.



- Repeat Section 3 ("Before you start using your GONAL-F pre-filled pen") through Section 4 ("Getting your GONAL-F pre-filled pen ready for injection") with a second pen.

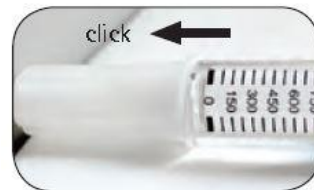
- Set the dose to the missing amount you recorded in the treatment diary or the number still displayed in the Dose Feedback Window on your previous pen, and inject

7.3. Removing the needle after each injection.

- Place the outer needle cap on a flat surface.

- Hold the GONAL-F pre-filled pen firmly with one hand, and slip the needle into the outer needle cap.

- Continue by pushing the capped needle against a firm surface until you hear a "click."

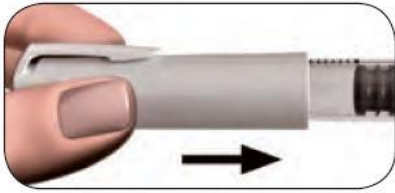


- Grip the outer needle cap and unscrew the needle by turning anti-clockwise. Dispose of the used needle safely.



- Never reuse any used needle. Never share needles.

- Recap the pen.



7.4. Storing the GONAL-F pre-filled pen.

CAUTION: Never store the pen with the needle attached.

Always remove the needle from the GONAL-F pre-filled pen before replacing the pen cap.

- Store the pen in its original packaging in a safe place.
- When the pen is empty, ask your pharmacist how to dispose of it.

Warning: Medicine should not be disposed of via wastewater or household waste.