



# Step-by-step

## instructions for administration of NOVAREL<sup>®</sup>

### (chorionic gonadotropin for injection, USP)

#### Your doctor has prescribed NOVAREL for intramuscular injection

Intramuscular injection requires another person to administer the injection. This administration guide, along with a training video available on [FerringFertility.com](http://FerringFertility.com), will help you and your partner prepare and inject your medicine at home. If you have any questions, don't hesitate to call your health care provider or nurse.

### 1. Before you start

- Wash your hands with an antibacterial soap and use alcohol to clean the area you will be working on
- Have these supplies ready:
  - Vial of NOVAREL
  - Vial of bacteriostatic water (sterile diluent) that is packaged with NOVAREL
  - One (1) sterile syringe, One (1) intramuscular needle for mixing, and One (1) intramuscular needle for injection (check with your health care provider about which syringe and needle size to use)
  - Alcohol pads, rubbing alcohol, adhesive bandage, and gauze
  - Needle disposal container



- While holding the barrel of the syringe, insert the needle through the rubber stopper of the water vial. Then push the plunger all the way down to transfer the air in the syringe
- Do not tap the point of the needle against the sides or bottom of the vial because it may dull or bend the tip
- While still holding the plunger down, tilt the syringe (with vial attached) at a slight angle. Making sure the needle tip stays in the water, pull back the plunger to transfer the prescribed amount of bacteriostatic water into the syringe
- Place the vial on a flat surface and carefully withdraw the needle. Discard the used vial of bacteriostatic water in the disposal container. Now you're ready to mix your vial of NOVAREL

### 2. Prepare your medicine and fill the syringe

**Remember: *Only* the bacteriostatic water (sterile diluent) provided may be used to reconstitute NOVAREL.**

- Flip the caps off the vial of bacteriostatic water and the vial of NOVAREL
- Wipe the tops with an alcohol pad. As an alternative to an alcohol pad, alcohol from a bottle may be used with gauze. Don't touch the tops of the vials once you have wiped them. Now you're ready to fill the syringe with bacteriostatic water
- Remove the syringe from the wrapper
  - If there is a capped needle on the syringe, tighten it by twisting clockwise
  - If there is no needle, twist a mixing needle onto the syringe and remove the cap
- Pull back the plunger to the black line that corresponds to the volume of bacteriostatic water your health care provider has recommended, which is typically 1 mL (please note, air is just being drawn into the syringe at this step. You are not withdrawing any bacteriostatic water at this point)



### 3. Mix with NOVAREL

- Place the NOVAREL vial on a flat surface and, while holding it firmly, take the syringe you have just prepared and insert the needle through the center of the rubber stopper. Holding at a slight angle, slowly press down on the syringe to inject the bacteriostatic water into the vial
- Hold the plunger down and gently swirl, until the solution is clear. Do not shake the vial
- While holding the plunger down, turn the vial upside down and pull back on the plunger to withdraw the solution that corresponds to the volume of bacteriostatic water you injected into the vial (typically 1 mL). While withdrawing the liquid, slowly adjust the needle so that the needle tip is always below the level of the NOVAREL solution as it is being withdrawn from the vial into the syringe. This minimizes any air entering the needle
- Remove the vial and discard. Now you are ready to prepare your injection

**If an uncapped needle EVER comes into contact with anything other than the NOVAREL or sterile diluent, do not inject yourself with it. Immediately remove the needle and replace it with a new sterile needle.**

Continue to the right side of this page for the following steps.

**Please see NOVAREL Indication and Important Safety Information on the reverse side and accompanying full Prescribing Information.**

**Novarel<sup>®</sup>**  
(Chorionic Gonadotropin  
for Injection, USP)



## 4. Prepare the injection

- Carefully recap and twist off the mixing needle from the filled syringe and immediately discard it in the disposal container. Replace this with the unused intramuscular needle, twist it on and remove the cap
- To remove any air bubbles, hold the syringe pointing upward, pull back slightly on the plunger, and gently tap on the syringe until any bubbles rise to the top. Slowly push the plunger until one small drop forms on the tip of the needle. Tap the syringe to remove the drop and then carefully recap the needle. You are now ready to receive your injection



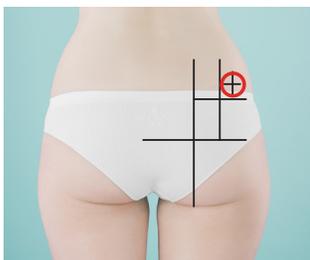
- Uncap the needle and insert it straight into the skin in one smooth motion, until the needle disappears
- Slightly pull back on the plunger. If there is no blood in the syringe proceed with the injection. **If there is blood, withdraw the needle and replace it with a new one. Then repeat the injection process**



- Pull the syringe straight out—again, using one smooth motion
- Apply pressure to the injection site with a sterile gauze pad

## 5. Inject your medication

- Another person is needed to give the intramuscular injection of NOVAREL. To locate an injection site, stand directly behind the person who is to receive the injection. Imagine that the right buttock is divided into quadrants. The injection should be given in the upper right-hand corner of the upper right-hand quadrant (see diagram)
- The medication should be injected into the muscle of the upper outer region of the right or left buttock below the hipbone
- Clean the site with an alcohol swab and let it air-dry. To relax the muscle, stand with your toes slightly turned in or bend your legs slightly, placing your weight on your other foot



## 6. Dispose of the syringe and needles

- Discard the needle and syringe, any open vials, and all used injection materials in the disposal container. The container should be disposed of at an appropriate collection center or according to your health care provider's instructions



Continue to the right side of this page for the following steps.

### NOVAREL® (chorionic gonadotropin for injection, USP)

#### Indication

NOVAREL® (chorionic gonadotropin for injection, USP) is a prescription medicine that contains a hormone to help stimulate healthy ovaries to make eggs. NOVAREL is used for women who need medical help to get pregnant. Your doctor may prescribe more than one medicine as part of a pregnancy plan.

#### Important Safety Information

Do not use NOVAREL if you have begun puberty at an unusually early age, have prostate cancer, or have had a prior allergic reaction to this hormone. This hormone may cause harm to an unborn baby when given to a pregnant woman.

NOVAREL may cause serious side effects. It sometimes stimulates the ovaries too much. This is called ovarian hyperstimulation syndrome (OHSS) and can be a serious medical problem. OHSS may cause pelvic pain or breathing problems, or it may make you urinate less. In rare cases, patients with this problem have had serious lung problems. NOVAREL can also cause blood clots and strokes. Call your doctor or get medical help right away if you have: severe pelvic pain, nausea, vomiting, diarrhea, sudden weight gain, trouble breathing, or decreased or no urination. NOVAREL may cause you to be pregnant with twins or more than two babies at the same time.

Other side effects of NOVAREL include headache, irritability, restlessness, depression, fatigue, swelling, and pain at the site of injection.

Anaphylaxis has been reported with urinary-derived hCG products.

These are not all the side effects with NOVAREL. Ask your doctor or pharmacist for more information.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

You may report side effects to FDA at 1-800-FDA-1088.

**Please see Important Safety Information and accompanying full Prescribing Information.**



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REPRODUCTIVE  
HEALTH  
HELPING TURN MORE  
PATIENTS INTO PARENTS

**Novarel®**  
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