





PACKAGE LEAFLET: INFORMATION FOR THE USER



75 IU (5.5 micrograms)

powder and solvent for solution for injection

Follitropin alfa

Read all of this leaflet carefully before you start using this medicine. • Keep this leaflet. You may need to read it need if you have need to read it need it for the first things the second of the

- medicine.

 Keep this leaflet. You may need to read it again.

 If you have any further questions, ask your doctor or pharmacist.
- pharmacist.

 This medicine has been prescribed for you. Do not pass it on to others. It may harm them, even if their symptoms are the same as yours.

 If any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

In this leaflet:

What GONAL-f is and what it is used for Before you use GONAL-How to use GONAL-Possible side effects How to store GONAL-f

- Further information How to prepare and use the GONAL-f powder and

1. WHAT GONAL-F IS AND WHAT IT IS USED FOR What GONAL-f is

vvnat UUNAL-f is

GONAL-f contains a medicine called "follitropin alfa".

Follitropin alfa is a type of "Follicle Stimulating Hormone"

(FSH) which belongs to the family of hormones called

"gonadotropins". Gonadotropins are involved in

reproduction and fertility.

What GONAL-f is used for In adult women, GONAL-f is used: to help release an egg from 5

- to help release an egg from the ovary (ovulation) in women that cannot ovulate and that did not respond to treatment with a medicine called "clomiphene citrate".
- citate."

 I together with another medicine called "lutropin alfa" [*Lutchising Hormone" or LH] to help release egg from the ovary (ovulation) in women that are not ovulating because their body is producing very little gonadotropins [FSH and LH].

 To help develop several follielse (each containing an egg) in women undergoing assisted reproductive technology procedures (procedures that may help you to become pregnant] such as i'n wiro Fertilisation," "gamete intra-fallopian transfer" or "zygote intra-fallopian transfer" or zygote intra-fallopian transfer or zygote intra

In adult men, GONAL-f is used: together with another medicine called "human Chorionic Gonadotropin" (hCG) to help produce sperm in men that are infertile due to a low level of certain

2. BEFORE YOU USE GONAL-f

You and your partner's fertility should be evaluated before the treatment is started by a doctor experienced in treating fertility disorders.

Do not use GONAL-f

- on tuse GONAL-f
 if you are allergic (hypersensitive) to Follide Stimulating
 Hormone or any of the other ingredients of GONAL-f
 listed in section 6.
 if you have a tumor in your hypothalamus or pituitary
 gland both are parts of the brain).
 If you are a woman:

 with large ovaries or sacs of fluids within the
 ovaries (ovarian cysts) of unknown origin.

 with unexplained vaginal bleeding.
 with cancer in your ovaries, wombor or breats.

 with a condition that usually makes normal
 pregnancy impossible, such as ovarian failure
 learly menopause), or malformed reproductive
 organs.

 If you are a man:

- If you are a man:
- with damaged testicles that cannot be healed.
Do not use GONAL-f if any of the above applies to you. If you are not sure, talk to your doctor or pharmacist before using this medicine.

Take special care with GONAL-f

PORPHYTIA
Tell your doctor before you start treatment, if you or member of your family have porphyria (an inability to br down porphyrins that may be passed on from parent: Tell your doctor straight away if

vour skin becomes frag

- your skin becomes fragile and easily blistered, especially skin that has been frequently in the sun, and/or you have stomach, arm or leg pain.
- In case of the above events your doctor may recommon that you stop treatment.

ous you stop treatment. Ouraina Hyper-Stimulation Sundrome (DHSS) If you are a woman, this medicine increases your risk of developing OHSS. This is when your follicities develop too much and become large cysts. If you get lower addominal pain, gain any weight rapidly, feel sick or are vomiting or if away who might ask wealth and you go concrete straight away who might ask you to stop using this medicine (see section 4).

section 4).

In case you are not ovulating, and if the recommended dose and schedule of administration are adhered to, the occurrence of OHSS is less likely. GONAL-f treatment seldom causes severe OHSS unless the medicine that is used for final follicular maturation (containing human Chorionic Gonadotropin, NCG) is administered. If you are

developing OHSS your doctor may not give you any hCG in this treatment cycle and you may be told not to have sex o to use a barrier contraceptive method for at least four days

to use a barrier contraceptive metnoor for a fleast four days. Multiple pregnancy:
When using GONALF, you have a higher risk of being pregnant with more than one child at the same time ("multiple pregnancy," mostly twins), than if you conceived maturally. Multiple pregnancy may lead to medical complications for you and your bables. You can reduce the risk of multiple pregnancy by using the right dose of GONALF at the right times. When undergoing assisted reproductive technology the risk of having a multiple pregnancy is related to your age, the quality and the number of fertilised eggs or emoty as placed inside you.

When undergoing assisted reproductive technology or stimulation of your ovaries to produce eggs, you are more likely to have a miscarriage than the average woman.

Blood clotting problems (thromboembolic events)

Blood closting propers titinomosembolic events! If you had in the past or recently blood clots in the leg or the lung, or a heart attack or stroke, or if those happen in your family, then you might have a higher risk that the problems occur or become worse with GONAL-f treatme

Men with too much FSH in their blood If you are a man, having too much FSH in your blood can be a sign of damaged testicles. GONAL-f usually does not work if you have this problem.

if you have this problem. If your doctor decides to try GONAL-f treatment, to monitor the treatment, they may ask you to provide semen for analysis 4 to 6 months after starting treatment.

Children GONAL-f is not indicated for use in children

Using other medicines

Using other medicines
Please tell your doctor or pharmacist if you are taking
or have recently taken any other medicines, including
medicines obtained without a prescription.

If you use GONALF with other medicines which help
ovulation (such as hCG or clomiphene citrate), this may

- ise of your follicles
- If you use GONAL-f at the same time as a "gonadotropin-releasing hormone" (GnRH) agonist o antagonist (these medicines reduce your sex hormone levels and stop you ovulating) you may need a higher dose of GONAL-f to produce follicles.

Pregnancy and breast-feeding
Do not use GONAL-fif you are pregnant or breast-feeding.

Driving and using machines
It is not expected that this medicine will affect your ability to drive and use machines.

Important information about some of the ingredients of GONAL-f

GONAL-f contains less than 1 mmol sodium (23 mg) per dose, therefore it is considered essentially "sodium-free".

3. HOW TO USE GONAL-f

Always use GONAL-f exactly as your doctor has told you. You should check with your doctor or pharmacist if you are not sure

Using this medicine

- ng this medicine

 GONAL Is intended to be given by injection just under
 the skin (subcottaneously).

 The first injection of GONAL is should be given under
 Your dector or nuise will show you how to inject
 GONAL is before you can inject yourself.
 If you administer GONAL-T you posses, please carefully
 read and follow the instructions at the end of this
 leaflet called "How to prepare and use the GONAL-I
 powder and solution".

villate to use r doctor will decide how much medicine you will take how often. The doses described below are stated in rnational Units (IU) and millilitres (ml).

If you are not ovulating and have irregular or no periods.

- ou are not ovulating and have irregular or no periods.

 GONAL-f is usually given every day.

 If you have irregular periods, start using GONAL-f
 within the first 7 days of your menstrual cycle. If you
 are not required to your man and the figure
 and the first of the start using the medicine
 are convenient day.

 The usual starting dose of GONAL-f is 75 to 150 IU
 (0.12 to 0.24 ml) each day.

 Your dose of GONAL-f may be increased every 7 or
 every 14 days by 37.5 to 751U, until you get the desired
 response.
- The maximum daily dose of GONAL-f is usually not higher than 225 IU (0.36 ml).
 - higher than 225 IJI (0.36 ml).

 When you get the desired response, you will be given a single injection of 250 micrograms of "recombinant hCG" (r-hCG, an hCG made in alboratory by a special DNA technique), or 5,000 to 10,000 il or 10,00 24 to 48 hours after your last GDNAL-f injection. The best time to have sex is on the day of the hCG injection and the day after sex elsevier responses after 4 weeks, that treatment cycle with GDNAL-f should be stopped. For the following treatment cycle would be done of the day of the hCDNAL-f should be stopped. The following treatment cycle with GDNAL-f than before.

If your body responds too strongly, your treatment will be stopped and you will not be given any hCG (see section 2, OHSS). For the following cycle, your doctor will give you a lower dose of GONAL-f than before.

If you are not ovulating, having no periods and have been diagnosed with very low levels of FSH and LH harmones

- The usual starting dose of GONAL-f is 75 to 150 IU (0.12 to 0.24 ml) together with 75 IU (0.12 ml) of lutropin alfa
- You will use these two medicines each day for up to five weeks.
- You will use these two medicines each day for up to five weeks.
 Your dose of 600 NAL-f may be increased every 7 or every 14 days by 37.5 to 75 IU, until you get the desired response.
 When you get the desired response, you will be given a single injection of 250 micrograms of "recombinant NCO" (+n.Cb, an NC made in a bloarbarry by a special DNA technique), or 5,000 to 10,0000 IU of NCO. 24 to 11 Lutropin alf 2.1 he best time to have sex is on the day of the NCO injection and the day after. Alternatively, intrauterine inserimation may be performed by placing the sperm into the womb cavity. Your doctor cannot see a response after 5 weeks, that eatment cycle with 60 NAL-f should be stopped. For the following cycle, your doctor will give you higher starting sec of 60 NAL-f than before.

If your body responds too strongly, your treatment with GONAL-f will be stopped and you will not be given any hCG (see section 2, OHSS). For the following cycle, your doctor will give you a lower dose of GONAL-f than before.

If you need to develop several eggs for collection prior to any assisted reproductive technology

- on assisted reproductive technology
 The usual starting dose of GONAL-f is 150 to 252 IU
 (0.24 to 0.36 ml) each day, from day 2 or 3 of your
 treatment cycle.
 GONAL-f dose may be increased, depending on your
 response. The maximum daily dose is 450 IU (0.72 ml).
- response: The maximum daily usee is 450 to (0.72 m). Treatment is continued until your eggs have develope to a desired point. This usually takes about 10 days broan take any time between 5 and 20 days. Your doct will use blood tests and/or an ultrasound machine to check when this is.
 - When your eggs are ready, you will be given a single injection of 250 micrograms "recombinant hCG (r-hCG, an hCG made in a laboratory by a specia

recombinant DNA technique], or 5,000 IU to 10,000 IU of NCQ, 24 to 48 hours after the last GONAL-finjection. This gets your eggs ready for collection.

In other cases, your doctor may first stop you from ovulating by using a gonadotrophin-releasing hormone (GnRH) agonist or antagonist. Then GONAL-f is started (GnRH) agonist or antagonist. Then GONAL-f and GnRH agonist are then both given until your follicles develop as desired. For example, after two weeks of GnRH agonist teatment, 15 to 22 FU GONAL for the document of the control of the co

- The usual dose of GONAL-f is 150 IU (0.24 ml) together with hCG
- You will use these two medicines three times a week for at least 4 months.
- If you have not responded to treatment after 4 months, your doctor may suggest that you continue using these two medicines for at least 18 months.

If you use more GONAL-f than you should The effects of taking too much GONAL-f are unknown, Nevertheless one could expect Ovarian Hyper-Stimulation Syndrome (OHSS) to occur, which is described in section 4. However the OHSS will only occur if hCG is also administered (see section 2, OHSS).

If you forget to use GONAL-f If you forget to use GONAL-f, do not take a double dose to make up for a forgotten dose. Please talk to your doctor as soon as you notice that you forgot a dose.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

4. POSSIBLE SIDE EFFECTS

TO TABLE STREETS

White all medicines, GONALF or a cause side effects, although not everybody gets them.

The frequency of possible side effects listed below is defined using the following convention:

• very common (affects more than 1 user in 10)

• common (affects in to 10 users in 100)

• uncommon (affects to 10 users in 1,000)

• rare [affects to 10 users in 1,000)

• very rare (affects less than 1 user in 10,000)

- Lower abdominal pain together with nausea or vomiting may be the symptoms of Ovarian Hyper-Stimulation Syndrome (DHSS). This may indicate that the ovaries over-reacted to the treatment and that large ovarian cysts developed (see also section 2 "Take special care with GONAL-f"). This side effect is
- common.
 The OHSS may become severe with clearly enlarged ovaries, decreased urine production, weight gain, difficulty in breathing and/or possible fluid accumulation in your stomach or chest. This side accumulation in your stomach or chest. This side effect is uncommon.

 Complications of OHSS such as twisting of ovaries or blood clotting may occur arely.

 Serious blood clotting complications (thromboembolic events) independent of OHSS may be found very rarely. This could cause chest pain, investiblessness, stoke or heart attack (see also section 2 "flake special care with GOMAL").

Serious side effects in men and women

Allergic reactions such as rash, red skin, hives, swell of your face with difficulty breathing can sometin be serious. This side effect is very rare.

If you notice any of the above-listed side effects you should immediately contact your doctor who might ask you to stop using GONAL-f.

Other side effects in women

Very common: Sacs of fluid within the ovaries (ovarian cysts)

- Local reactions at the injection site, such as pain, redness, bruising, swelling and/or irritation

Common: Abdominal pain

Abdominal pain Feeling sick, vomiting, diarrhoea, abdominal cramps and bloating

Allergic reactions such as rash, red skin, hives, swelling of your face with difficulty breathing may occur. These reactions can sometimes be serious.

Your asthma may get worse

Other side effects in men

 Very common;
 Local reactions at the injection site, such as pain, redness, bruising, swelling and/or irritation Common:

- Swelling of the veins above and behind the testicles (varicocele).
- Breast development, acne or weight gain.

- EVISIE:

 Allergic reactions such as rash, red skin, hives, swelling
 of your face with difficulty in breathing may occur.
 These reactions can sometimes be serious.
 Your asthma may get worse.
 'any of the side effects gets serious, or if you notice any
 ide effects no listed in this leaflet, please tell your doctor
 reharmatic manner.

5. HOW TO STORE GONAL-f

Keep out of the reach and sight of children.

Do not use GONAL-f after the expiry date which is stated on the vial after EXP. The expiry date refers to the last day

Do not store above 25°C Store in the original package, in order to protect from light. Do not use GONAL-f if you notice any visible signs of deterioration, if the liquid contains particles or is not clear.

The medicine must be administered immediately after

The missione must be assumed to the properties of the properties o

6. FURTHER INFORMATION

What GONAL-f contains The active substance is follitropin alfa

- Each vial contains 5.5 micrograms of follitropin alfa
- Each val contains 5.5 micrograms of follitropin affa. After perparation of the final solution for injection, there are 75 IU [5.5 micrograms] of follitropin affa in each millitier of solution.

 The other ingredients are sucrose, sodium dihydrogen phosphate monohydrate, disodium phosphate dihydrate, methionine, polysorbate 20, concentrated phosphoric and as dodium hydroxide.

 The solvent is water for injections.
- What GONAL-f looks like and contents of the pack
 - GONAL-f is presented as a powder and solve are used to prepare a solution for injection. The powder is a white pellet in a glass vial.

- The solvent is a clear colourless liquid in a pre-filled syringe, each containing 1 ml. GONALF is supplied in packs of 1, 10 vials of powder with the corresponding number of solvent in a pre-filled syringes.

HOW TO PREPARE AND USE THE GONAL-F POWDER AND SOLVENT

- This section tells you how to prepare and use your GONAL-f powder and solvent.

 Before starting the preparation, please read these instructions the whole way through first.

 Give yourself the injection at the same time each day.

Wash your hands and find a clean area

- is important that your hands and the items you use e as clean as possible. good place is a clean table or kitchen surface.

2. Get together everything you need and lay them out:

- 1 pre-filled syringe containing the solvent (the clear liquid)
 1 vial containing GONAL-f (the white powder)
 1 needle for preparation
 1 fine bore needle for injection under the skin
- Not provided in the pack: 2 alcohol swab
- 1 sharp container

Preparing the solution

- Remove the protective caps from the powder vial and from the pre-filled syringe. Attach the needle for preparation to the pre-filled syringe, insert it into the powder vial and slowly inject all the solvent. Swil gently without removing the syringe. Do not shake.

 Check that the resulting solution is clear and does not contain any particles.

- contain any particles.

 Turn the vial usaled down and gently draw the solution back into the syringe by pulling the plunger.

 Remove the syringe from the vial and set it down carefully. Do not touch the needle and do not allow the needle to touch any surface.



(If you have been prescribed more than one vial of GONAL-f, slowly re-inject the solution into another powder vial, until you have the prescribed number of powder vials dissolved in the solution. If you have been prescribed lutropin alfa in addition to GONAL-f, neen prescribed lutropin affa in addition to GONALF, you may also mike two medicines as an alternative to injecting each product separately. After dissolving the lutropin affa goowde, draw the solution back into the syringe and re-inject it into the vial containing GONALF. Once the powder has dissolved, draw the solution back into the syringe. Inspect for particles as before, and do not use if the solution is not clear. Up to three containers of powder may be dissolved in 1 ml of solution.

Getting ready the syringe for injection

Change the needle for the fine bore needle Remove any air bubbles: If you see air bubbles in the syringe, hold the syringe with the needle pointing upwards and gently flick the syringe until all the air collects at the top. Push the plunger until the air bubbles are gone.



5. Injecting the dose

Immediately inject the solution: Your doctor or nurse will have already advised you where to inject (e.g. tummy, front of thigh). To minimise skin irritation, select a different injection site each day. Clean the chosen skin area with an alcohol swab using a circular motion.

- a circular motion. Firmly pinch the skin together and insert the needle at 145° to 90° angle using a dar-like motion. Inject under the 36° angle using a gently the plunger, as you were leaught. Do not inject directly into a vein. Take as much time a you need to inject all the solution. Immediately withdraw the needle and clean the skin with an alcohol was using a circular motion.



6. After the injection Dispose of all used items: Once you have finished your injection, immediately discard all needles and empty glass containers safely preferably in the sharp container. Any unused solution must be discarded.

Marketing Authorisation Holder in EU no Europe Limited

56 Marsh Wall, London E14 9TP, United Kingdom.

Manufacturer Merck Serono S.A., Aubonne Branch, Zone Industrielle de l'Ouriettaz,

DATE OF INFORMATION

For further inquiries inside Egypt, Call 16935

- A medicine is a product which affects your health and its consumption, contrary to instructions, is dangerous for you.

 Closely follow your doctor's prescription, the method of use and the instructions of the pharmacist who
- sold the product.

 Your doctor and the pharmacist are experts in medicine, its benefits and risks.

 Do not interrupt the period of treatment prescribed without your doctor's permission.

 Do not repeat the same prescription without consulting your doctor.

Keep medicines out of reach of children.

Council of Arab Health Ministers Union of Arab Pharmacists