

Gonal-F

Store Gonal-F in a fridge between 2-8 degrees, if you are transporting your medication keep it in a cool bag with an ice pack and put it in the fridge as soon as possible. Once opened you can only use each pen within 28 days. Ensure the pen is within the expiry date.

Check List

Dose Pen

Needle Head (disposable, one use each)

Alcohol Swabs

- Screw needle head onto the pen
- Turn the dose dial until the window reflects the dose you have been prescribed
- Prepare your chosen injection site with an alcohol wipe to sterilise
- Pinch a small section of your injection site and push the needle into your skin
- Release your pinch and gently push down on the dose button as far as it goes and hold still for 5 seconds
- Pull the needle out from your skin
- Check the dose window shows 0
- Remove the needle cap from your pen and place the lid back onto it, dispose of the needle in a sharps bin provided
- Replace the pen cap

You can find more information [here](#) if required.