

MEDICATION INFORMATION



**CANBERRA
FERTILITY CENTRE**

Phone: 02 6282 5458
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Many medications are used for fertility treatment cycles. This information sheet includes the recommended storage for some commonly used medications and important points for self-injection.

STORAGE:

Room Temperature (Below 25°C)

- Clomid;
- Serophene;
- Metformin;
- Progynova;
- Synarel Nasal Spray (GnRH); and
- Crinone (Progesterone Gel Applicators).

Refrigerate (2°C to 8°C)

- Puregon Pen and Puregon cartridges (FSH);
- Gonal F Pen (FSH);
- Lucrin (GnRH);
- Cetrotide;
- Orgalutran;
- Ovidrel (hCG);
- Pregnyl (hCG); and
- Progesterone Pessaries.

Freezer

- Ice brick for your esky.

SIDE EFFECTS:

Common side effects are listed on the medication leaflets provided with the medications and your doctor will have already discussed these with you. Ovarian Hyperstimulation Syndrome (OHSS) is a potentially serious side effect of fertility medication. Please read and take note of the information provided with your medication and from the clinic about OHSS. If you have questions or concerns at any stage about

side effects please speak to the nurse coordinator. You must contact the nurse coordinator if you experience any of the following:

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|------------------|--------------------------|
| Nausea | Abdominal pain |
| Vomiting | Abdominal bloating |
| Diarrhoea | Breathlessness |
| Severe Headaches | Difficulty passing urine |

GENERAL HEALTH AND WELLBEING:

It is a good time to readjust your diet and lifestyle. Meals should consist of the five food groups and include plenty of fruit and vegetables. Please eat a normal breakfast before attending the clinic for your blood tests and ultrasounds. This is the best time to take your daily **folate (folic Acid)** tablet. Adjust your activities so that you get plenty of rest and sleep, as many women find the process and medication side effects tiring and emotionally draining.

- Continue regular exercise but this is not a good time to start a new strenuous sporting program;
- Reduce tea and coffee intake and avoid smoking and alcohol at this time;
- Drink approximately 2 litres of water each day to counteract the dehydrating effects of the medications. Fruit juice and sports drinks such as Gatorade can be partially substituted if you experience headaches; and
- Report any illness to the nursing staff during your treatment cycle.

PUREGON AND GONAL F INJECTIONS

Self administration allows you to give the injections in the privacy and comfort of your own home. Your



partner may also wish to be involved. It is very important that you store and administer the injections correctly. Listed here are some general points and the nurse coordinator will give you more specific instructions for your cycle and medication dose.

ADMINISTRATION:

- Choose a dedicated time and place to give your injection. Please tell nursing staff if you choose to give your injection in the evening;
- Wash your hands, use a clean surface and once started complete the procedure without interruption;
- Record your daily dose on the chart provided;
- Self inject using the technique shown to you by the nurse coordinator;
- Report any local reaction or technical problems with the pen; and
- Refridgerate the capped pen. Keep the ice brick in the freezer.

CLEAN UP:

- Put sharps in the sharps bin provided and return to the Canberra Fertility Centre for disposal;
- Dispose of other rubbish in your bin.

AMOUNT OF MEDICATION:

- Throughout your cycle you may require more medication. Please ensure that you do not run out of medication;
- If your cycle medications have been provided through the Canberra Fertility Centre please bring the esky and ice brick to the clinic between 7:30am and 9:00am daily, write your name in the injection book on the front counter and a nurse will attend to you.

- If you have obtained your medications using a prescription from your doctor you must arrange to get a repeat prescription ahead of time; and
- The hospital pharmacy will stock your drugs but is only open Monday to Friday. It is not advisable to obtain these prescriptions through your local Pharmacy.

RETURN:

- At the end of your cycle please return all supplies to the clinic. If you have used the Puregon Pen please empty out any cartridges, place these in your sharps container, and keep the pen for future use. The Gonal F Pen is not re-usable, so at the end of your cycle please place it in your sharps container and return the sharps container to the clinic; and
- A pen or cartridge that has been partially used in one cycle, should not be used in a subsequent cycle as the drug deteriorates after being opened more than 14 days. Any unopened medication should be stored in the refridgerator until next cycle.

CANBERRA FERTILITY CENTRE

Suite 9, Level 2, Clinical Services Building

John James Health Campus

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Telephone: 02 6282 5458

General Hours:

Monday to Friday 7:30am to 4:00pm

Saturday and Public Holidays 7:30am to 1:00pm

Sunday Closed

Blood Tests, Injection Assistance & Supplies:

Monday to Saturday 7:30am to 9:00am

Ultrasounds:

Monday to Friday 7:30am to 9:00am by appointment

Test results:

Monday to Friday 2:00pm to 3:00pm

Saturday and Public Holidays 11:30am to 12:00noon