

Package Leaflet: Information for the user

Pregnyl® 5000 IU, powder and solvent for solution for injection human chorionic gonadotropin (hCG)

Read all of this leaflet carefully before you start using this medicine because it contains important information for you.

- Keep this leaflet. You may need to read it again.
- If you have any further questions, please ask your doctor or pharmacist.
- This medicine has been prescribed for you. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4

What is in this leaflet

- 1. What Pregnyl is and what it is used for**
- 2. What you need to know before you use Pregnyl**
- 3. How to use Pregnyl**
- 4. Possible side effects**
- 5. How to store Pregnyl**
- 6. Contents of the pack and other information**

1. What Pregnyl is and what it is used for

Pregnyl belongs to a group of medicines called gonadotropins (sex hormones). It controls the release of eggs from the ovary in women, and controls production of the male hormone, testosterone in men.

Women

In female infertility it can be used to cause women to ovulate (**Ovulation induction**). Pregnyl is also used along with other fertility drugs, to help produce eggs in medically assisted reproduction programmes (**IVF treatment**).

Men

In men it is used to help treat **delayed puberty, undescended testes** or oligospermia (**low sperm count**).

Ask your doctor if you are unsure why you have been given Pregnyl.

2. 2. What you need to know before you use Pregnyl

Do not use Pregnyl:

- If you are **allergic** to Human Chorionic Gonadotropin (HCG) or any of the other ingredients of this medicine (listed in section 6).
 - have **cancer** (especially a hormone-dependent cancer of the breast, ovaries, womb or the testes) or uterus in the female and prostate tumor in males.
 - suffer from **malformations of the reproductive organs** incompatible with pregnancy
 - suffer from **fibroids in the uterus** that are incompatible with pregnancy
- if you have unexplained heavy or irregular vaginal bleeding, which is not related to your menstrual period.

Do not use Pregnyl if you have any of the conditions listed above. If any of these conditions apply to you, please tell your doctor before starting to use this medicine.

Warnings and precautions

For men and women:

Please inform your doctor if you:

- have uncontrolled pituitary gland or hypothalamic problems.
- have an underactive thyroid gland (hypothyroidism).
- have adrenal glands that are not working properly (adrenocortical insufficiency).
- have high prolactin levels in the blood (hyperprolactinemia).
- have any other medical conditions (for example, diabetes, heart disease, or any other long-term disease).

Allergic reactions

Allergic reactions, both generalized and local, including swelling of the face, lips, tongue, and/or throat that may cause difficulty in breathing or swallowing (angioedema and anaphylaxis) have been reported. If you have an allergic reaction, stop taking Pregnyl and seek immediate medical assistance. (See also section 4)

Misuse for weight control

Pregnyl must not be used for weight loss. HCG has no effect on fat metabolism (burning fat), distribution of fat or appetite.

For women:**Chance of having ovarian hyperstimulation syndrome (OHSS)**

Treatment with gonadotropic hormones like Pregnyl may cause **ovarian hyperstimulation syndrome (OHSS)**. This is a serious medical condition where the ovaries are overly stimulated and the growing follicles become larger than normal. In rare cases, severe OHSS may be life-threatening. Therefore, close supervision by your doctor is very important. To check the effects of treatment, your doctor will do ultrasound scans of your ovaries. Your doctor may also check blood hormone levels. (See also section 4)

OHSS causes fluid to build up suddenly in your stomach and chest areas and can cause blood clots to form. Call your doctor right away if you have:

- severe abdominal swelling and pain in the stomach area (abdomen)
- feeling sick (nausea)
- vomiting
- sudden weight gain due to fluid build-up
- diarrhea
- decreased urine output
- trouble breathing

Ovarian Torsion

Ovarian torsion is the twisting of an ovary. Twisting of the ovary could cause the blood flow to the ovary to be cut off.

Before starting to use this medicine, it is important to inform your doctor if you:

- have ever had ovarian hyperstimulation syndrome OHSS
- are pregnant or think that you may be pregnant
- have ever had stomach (abdominal) surgery
- have ever had a twisting of an ovary
- have past or current cysts in your ovary or ovaries

There are no indications that use of Pregnyl during IVF increases the risk of birth defects in your child.

Chance of having multiple births or birth defects

If treatment with Pregnyl results in pregnancy, there is an increased chance of having twins or multiple pregnancies. Multiple pregnancies carry an increased risk for both the mother and her babies around the time of birth. There is also an increased chance of a miscarriage, or a pregnancy outside the womb (an ectopic pregnancy).

Chance of having pregnancy complications

In women undergoing fertility treatment there is a slightly increased risk of a pregnancy outside of the uterus (an ectopic pregnancy). Therefore, your doctor should perform an early ultrasound examination to exclude the possibility of pregnancy outside the uterus.

Miscarriage

In women undergoing fertility treatment there may be a slightly higher risk of miscarriage.

Chance of having a blood clot (thrombosis)

Treatment with Pregnyl (like pregnancy itself) may increase the risk of the formation of a blood clot in a blood vessel (thrombosis), most often in the veins of the legs or the lungs.

Blood clots can lead to serious medical conditions, such as:

- blockage in your lungs (pulmonary embolus)
- stroke
- heart attack
- reduced blood flow to the vital organs that may result in organ damage
- reduced blood flow (deep vein thrombosis) to your arm or leg that may result in a loss of your arm or leg

Please discuss this with your doctor, before starting treatment, especially if:

- you already know you have an increased risk of blood clots
- you, or anyone in your immediate family, have ever had a blood clot
- you are severely overweight

Medical examinations (pregnancy tests)

For up to 10 days after administration of Pregnyl, a pregnancy test may give a false-positive result. In case of a positive pregnancy test, contact your doctor.

For men:**Antibody formation**

If the treatment with Pregnyl is not working, consult with your doctor who may perform additional tests.

Treatment with Pregnyl (hCG) can cause the body to produce substances that act against hCG (antibodies to hCG). In rare cases this could result in ineffective treatment.

Androgen production

Treatment with hCG leads to increased androgen (male sexual hormone) production. Therefore extra supervision by the doctor is necessary

- in the treatment of boys who have not reached puberty. This is because Pregnyl can cause early sexual development and delay growth.
- if you have or have ever had:
 - heart or blood vessel disease
 - kidney disease
 - epilepsy
 - migraine headaches

because worsening or recurrence may occasionally be induced as a result of increased production of androgens (male sexual hormones).

The presence of a **thyroid, adrenal or pituitary** illness which is not being treated should be ruled out before using Pregnyl.

Other medicines and Pregnyl

Some medicines can affect the way Pregnyl works, or Pregnyl may affect how other medicines work.

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

Pregnancy and breast-feeding

Pregnyl may be used for luteal phase support but should not be used later during pregnancy.

Ask your doctor or pharmacist for advice before taking any medicine.

Pregnyl must not be used during lactation.

Driving and using machines

As far as is known, Pregnyl has no effect on the ability to drive or operate machines.

Pregnyl contains sodium

This medicine contains less than 1 mmol sodium (23 mg) per daily dose, that is to say essentially 'sodium-free'.

3. How to use Pregnyl

Always use Pregnyl exactly as your doctor has told you. You should check with your doctor or pharmacist if you are not sure. Your doctor will decide on the dose of Pregnyl to be given.

In **female patients** one injection is usually given for ovulation induction and a maximum of 3 injections for luteal phase support.

In **male patients** injections are given several times a week for some weeks or months, depending on the problem. Because the development of sperm cells takes about 74 days, treatment should be continued for at least three months before any improvement can be expected.

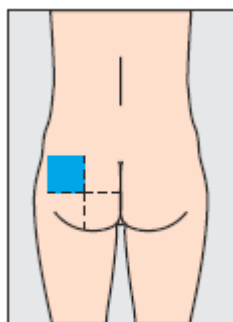
If you have the impression that the effect of Pregnyl is too strong or too weak, talk to your doctor immediately.

How are the injections given?

The very first injection of Pregnyl should be given under medical supervision. Injections may be given slowly **into a muscle** (for instance in the bottom, upper leg or upper arm) or **under the skin** (in the stomach wall for example).

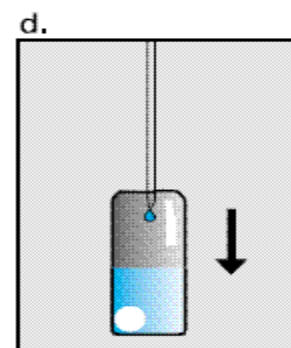
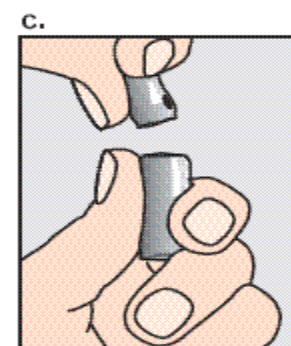
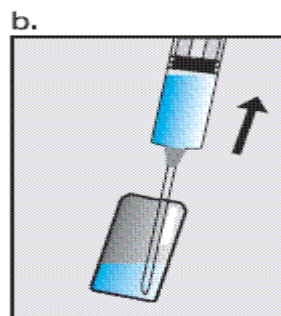
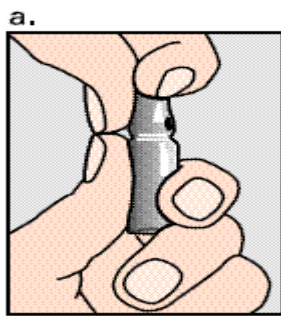
When given into a muscle the injection should be given by the doctor or nurse. The best site for injection of Pregnyl is the muscle of your bottom. The area shaded below in the diagram contains a large amount of muscle with few blood vessels or major nerves.

When given under the skin the injection may, in some cases, be given by yourself or your partner. Your doctor will tell you when and how to do this. If you inject yourself with Pregnyl, follow the instructions on this leaflet carefully to give Pregnyl properly and with minimal discomfort.



Step 1 – Preparing Pregnyl

Pregnyl comes in two glass ampoules whose contents must be mixed together and used immediately. First, break the top off the ampoule with the sodium chloride solution **(a)**. Draw up the liquid through the **larger** needle into the syringe **(b)**. Break open the second ampoule containing the dry white powder **(c)** and add the sodium chloride solution from the syringe **(d)**.



Do not shake, but **gently swirl** until the solution is clear. The Pregnyl usually dissolves immediately.

If the solution contains particles or does not become clear, do not use it.

Draw the Pregnyl solution up into the empty syringe **(e)**, and now **replace** the needle with a **smaller** sterile injection needle **(f)**. Finally hold the syringe with the needle pointing upwards and gently tap the side to force any air bubbles up to the top; then squeeze the plunger until all the air has been expelled, and only Pregnyl solution is left in the syringe **(g)**.

Step 2 - The injection site

The best site for injection is in the stomach around the middle of the tummy **(h)** where there is a lot of

loose skin and layers of fatty tissue. Pinch up a large area of skin between the finger and thumb. You should change the injection site a little each time you inject. It is possible to inject in other areas. Your doctor or nurse will advise you where to inject.

Step 3 - Preparing the area

A few taps at the injection site will stimulate tiny nerve endings and help reduce discomfort when the needle goes in. Hands should be washed and the injection site swabbed with disinfectant (for example chlorohexidine 0.5%) to remove any surface bacteria. Clean about two inches around the point where the needle will go in and let the disinfectant dry for at least one minute before proceeding.

Step 4 - Inserting the needle

The needle should be inserted at the base of the pinched-up skin at an angle of 45° to the skin surface (i).

Step 5 - Checking the correct needle position

If the needle position is correct the plunger should be quite difficult to draw back. Any blood sucked back into the syringe means that the needle tip has entered a vein or artery. If this happens pull out the syringe, cover the injection site with a swab containing disinfectant and apply pressure; the site will stop bleeding in a minute or two. **Do not use this solution** but flush it away.

Start again with Step 1 using a new needle and new ampoules of Pregnyl and sodium chloride solution.

Step 6 - Injecting the solution

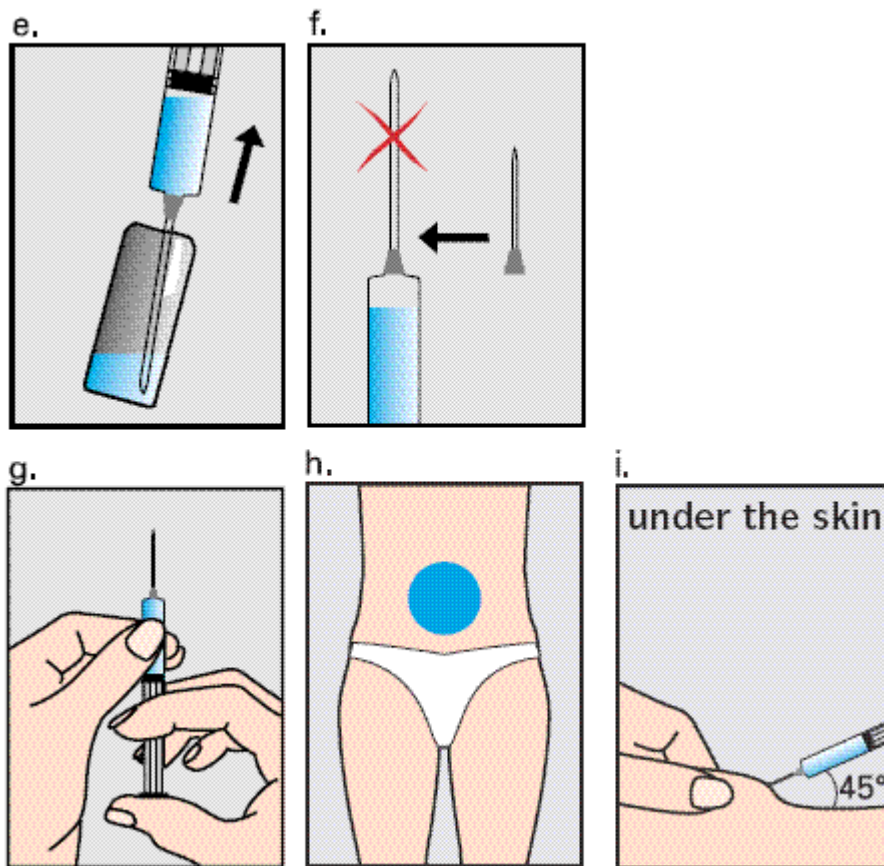
Depress the syringe plunger slowly and steadily, so the solution is correctly injected and the muscle or skin tissues are not damaged.

Step 7 - Removing the syringe

Pull the syringe out quickly and apply pressure to the injection site with a swab containing disinfectant. A gentle massage of the site - while still maintaining pressure - helps disperse the Pregnyl solution and relieve any discomfort. Any remaining solution should be discarded. Do not mix Pregnyl solution with any other medicines.

Step 8 - Disposing of needles

Replace the needle guard on the syringe to prevent injury. Carefully dispose of any needles that you use. You can dispose of needles in a 'sharps bin', or take them to your local pharmacy for disposal. Do not share your needles or syringes.



Always take Pregnyl exactly as your doctor has told you. Check with your doctor or pharmacist if you are still not sure.

If you use more Pregnyl than you should

As your doctor will be keeping a close eye on you it is unlikely you will be given too much, however too high a dose of Pregnyl may cause hyperstimulation of the ovaries. This may be noticed as pain in the abdomen.

If you are troubled by **stomach pains, tell your doctor immediately.**

If you **accidentally use too much** Pregnyl contact your doctor or pharmacist immediately.
The toxicity of Pregnyl is very low.

If you forget to take Pregnyl

If you forget to take a dose **do not take a double dose to make up for a missed dose.**

→ **Contact your doctor.**

If you stop taking Pregnyl

Do not stop taking Pregnyl unless your doctor tells you to. Your doctor will advise you if you need to stop using Pregnyl for any reason.

If you have any further questions on how to take Pregnyl, ask your doctor or pharmacist.

4. Possible side effects

Contact your doctor immediately if you are a woman and experience:

A possible complication of treatment with gonadotropic hormones like Pregnyl is unwanted overstimulation of the ovaries. The chance of having this complication can be reduced by carefully monitoring the number of maturing follicles (small round sacs in your ovaries that contain the eggs). Your doctor will do ultrasound scans of your ovaries to carefully monitor the number of maturing follicles. Your doctor may also check blood hormone levels. The first symptoms of ovarian overstimulation may be noticed as pain in the stomach

(abdomen), feeling sick or diarrhea. Ovarian overstimulation may develop into a medical condition called **ovarian hyperstimulation syndrome (OHSS)**, which can be a serious medical problem. In more severe cases this may lead to enlargement of the ovaries, collection of fluid in the abdomen and/or chest (which may cause sudden weight gain due to fluid build-up) or clots in the blood vessels (See also Section 2 Warnings and precautions)

Contact your doctor without delay if you have pain in the stomach (abdomen) or any of the other symptoms of ovarian hyperstimulation, even if they occur some days after the administration of Pregnyl has been given. Rarely, blood clots may occur without unwanted overstimulation of the ovaries (see also section 2. Warnings and precautions).

Like all medicines, this medicine can cause side effects, although not everybody gets them. The following side effects have been reported:

- Reactions at the site of injection, such as bruising, pain, redness, swelling and itching
- fever
- rash

If you are a woman:

- Ovarian hyperstimulation syndrome (swelling of abdomen or chest due to fluid retention, weight gain)
- pain in the abdomen
- nausea or diarrhoea
- painful breasts
- in rare cases blood clots

If you are a man:

- fluid retention
- enlargement of the breast may occur.

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via HPRA Pharmacovigilance, Earlsfort Terrace, IRL - Dublin 2; Tel: +353 1 6764971; Fax: +353 1 6762517. Website: www.hpra.ie; e-mail: medsafety@hpra.ie. By reporting side effects you can help provide more information on the safety of this medicine.

5. How to store Pregnyl

Keep Pregnyl out of the reach and sight of children.

Do not use Pregnyl after the expiry date which is stated on the carton and ampoule label after 'EXP'. The expiry date refers to the last day of that month.

Store at 2°C – 8°C (in a refrigerator). Keep the ampoules in the outer carton in order to protect from light.

Do not use Pregnyl if you notice that the reconstituted solution contains particles or if the solution is not clear.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

6. Contents of the pack and other information

What Pregnyl contains

Each ampoule contains 5000I.U. of the active ingredient Human Chorionic Gonadotropin.

The other ingredients are:

- carmellose sodium,
- mannitol,
- disodium phosphate dihydrate,
- sodium dihydrogen phosphate dihydrate.

The solvent contains sodium chloride (9 mg), water for injections, sodium hydroxide and hydrochloric acid.

What Pregnyl looks like and contents of the pack

Pregnyl comes as 2 ml ampoules of dry white powder with 1 ml ampoule of solvent (sodium chloride solution).

Pregnyl 5000 I.U. is available in packs of 1 or 10 ampoules of powder and solvent. Not all pack sizes may be marketed.

Marketing Authorisation Holder:

N.V. Organon, Kloosterstraat 6, 5349 AB Oss, The Netherlands

Manufacturer:

N.V. Organon, Kloosterstraat 6, Postbox 20, 5340 BH Oss, The Netherlands or
Organon Ireland Limited, Postbox 2857, Drynam Road, Swords, Co. Dublin

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