


Your Guide to the



**GoQuick™**

**Genotropin (somatropin, rbe)  
pre-filled pen**

This non-promotional material has been developed and funded by  
Pfizer Ltd and is intended for UK Patients prescribed Genotropin only.



**Genotropin®  
somatropin<sup>(rbe)</sup>**

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# Instructions for use

As with any device, the more the GoQuick is used, the more familiar it will become.

Over time, using it will become just another part of the everyday routine. Even so, there may still be times when a reminder is required, even after being trained on how to use the GoQuick.

This guide can be used as a reminder on how to set up and use the pen.  
The 'Frequently Asked Questions' section should answer any additional questions.

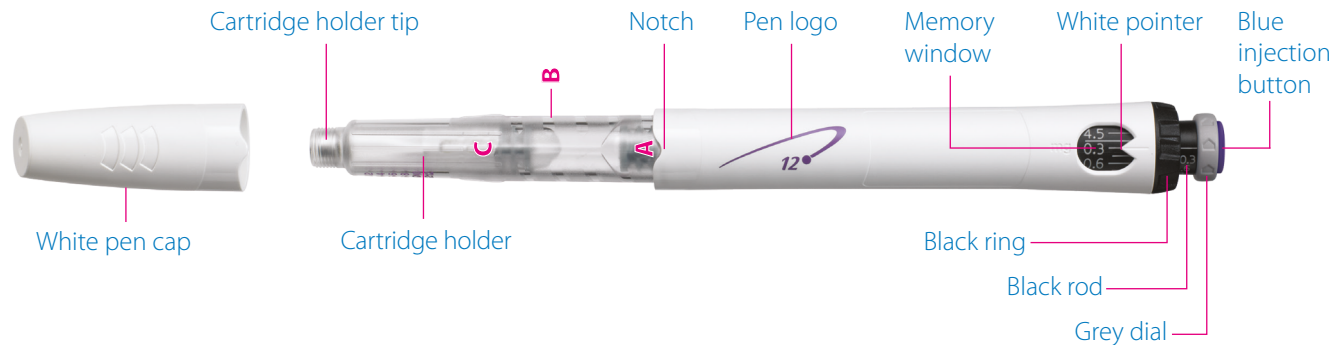
## Before you start

This is a summary of instructions. Please read the full Patient Information Leaflet and the Instructions for Use that come with the pen.

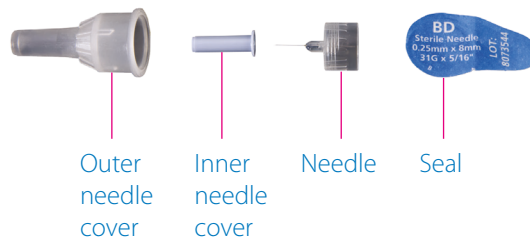
Make sure you have the followings items laid out in front of you:

- **GoQuick 5.3 mg pen, or GoQuick 12 mg pen**
- **Needle guard (you may choose not to use)**
- **Pen needle**
- **Proper container for used needles**
- **Always wash your hands with soap and water before handling the GoQuick**

# Getting to know the GoQuick



## Needle (not included)



## Optional needle guard



You will only receive one needle guard, you need to keep it and re-use it with each new GoQuick



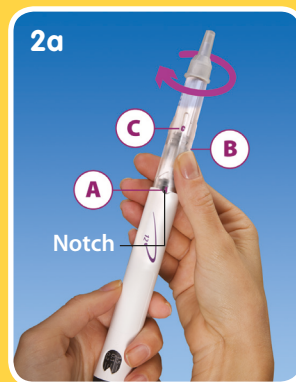
# Initial set up of the GoQuick

The set up procedure **ONLY NEEDS TO BE DONE ONCE WITH EACH NEW PEN**, after which the 3 daily steps are all that's required



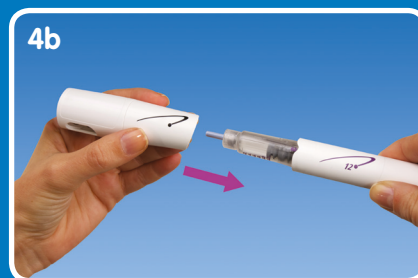
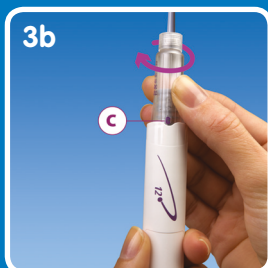
## Step 1. Attach the needle

- Pull the white pen cap straight off the pen
- Remove the seal from a new needle
- Firmly grasp the cartridge holder (Figure 1)
- Push the needle onto the cartridge holder tip
- Gently screw the needle onto the pen. Do not overtighten
- Leave both needle covers on the needle



## Step 2. Mix the Genotropin®

- Hold the pen with the needle end pointing up and the **A** facing you (Figure 2a)
- Firmly twist the cartridge holder into the pen. Continue until **B** clicks into the notch. Gently tilt the pen from side to side. **Do not shake the pen.** Shaking may damage the growth hormone (Figure 2b)
- Check that the liquid in the cartridge is clear. All the powder should be dissolved. If not, gently tilt the pen from side to side a few more times
- Check the liquid again. Make sure that it is clear. If the liquid is clear, go to step 3. If the liquid is still cloudy or you see any powder, use a new pen



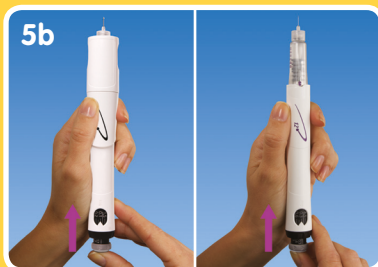
### Step 3. Remove the air

- Pull the outer needle cover off. Save it to re-cap the needle (Figure 3a)
- Leave the inner needle cover on
- Hold the pen with the needle end pointing up
- Tap the cartridge holder gently to help any trapped air move to the top
- Firmly twist the cartridge holder into the pen until **C** clicks into the notch (Figure 3b). Some liquid may appear around the inner needle cover

### Step 4. Attach the needle guard

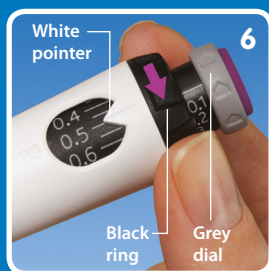
**NOTE:** If you choose not to use a needle guard, go straight to step 5

- Pull the black cap off the needle guard (Figure 4a). If the needle shield slides out, push it back into the needle guard until it clicks into place
- Hold the pen in one hand below the coloured logo. With the other hand, hold the needle guard below the needle shield (Figure 4b)
- Line up the black logo on the needle guard with the coloured logo on the pen. Carefully push the needle guard onto the pen until it snaps into place



## Step 5. Prime the pen

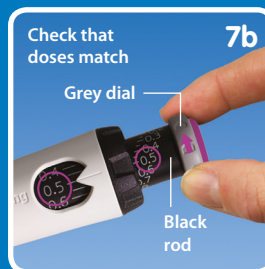
- Pull the inner needle cover off. Throw it away
- Check that the lowest dose is set in the memory window. For 5.3 mg this = 0.1. For 12 mg this = 0.3.
- Turn the **GREY** dial in the direction of the arrows until it stops clicking (Figure 5a)
- Hold the pen with the needle pointing up (Figure 5b with and without needle guard)
- Push the injection button until liquid appears
- If liquid does not appear, repeat the steps in this section up to 2 more times
- If liquid still does not appear, do not use the pen. For more information, see your Patient Information Leaflet
- If you use the needle guard, press the **BLACK** button to release the needle shield (Figure 5c)



## Step 6. Set the dose

- Use the **BLACK** ring to set the dose.  
Be careful not to turn the grey dial while setting the dose
- Hold the **BLACK** ring as shown in Figure 6
- Turn the **BLACK** ring until your dose lines up with the **WHITE** pointer. Your doctor or nurse has told you your dose
- If you turn your dose past the **WHITE** pointer, just turn the **BLACK** ring back to set the correct dose

**NOTE: If you cannot turn the BLACK ring, press in the injection button until it stops clicking. Then continue to set your dose using the BLACK ring. For more information, see your Patient Information Leaflet**



## Step 7. Dial up a dose

- Turn the **GREY** dial in the direction of the arrow until the clicking stops (Figure 7a)
- Your dose on the **BLACK** rod should line up with the **WHITE** pointer
- Check that the dose you dialled on the **BLACK** rod is the same as the dose you set in the memory window (Figure 7b shows an example)
- If the doses do not match, make sure you have turned the **GREY** dial in the direction of the arrows until it does not click anymore



## Step 8. Give the injection

### WITH the needle guard:

- Prepare an injection site as directed by your doctor or nurse
- Hold the pen over the injection site
- Push the pen down to insert the needle into the skin
- Using your thumb, push the injection button down until it stops clicking (Figure 8a)
- Count for 5 seconds before you pull the needle out of the skin. Keep light pressure on the button with your thumb while you count (Figure 8b)
- Pull the pen straight out from the skin

### WITHOUT the needle guard:

- Prepare an injection site as directed by your doctor or nurse
- Hold the pen over the injection site
- Push the pen down to insert the needle into the skin
- Using your thumb, push the injection button down until it stops clicking (Figure 8i)
- Count for 5 seconds before you pull the needle out of the skin. Keep light pressure on the button with your thumb while you count (Figure 8ii)
- Pull the pen straight out from the skin



## Step 9. Remove the needle; cap and store your pen

### WITH the needle guard:

- Place the outer needle cover into the end of the needle shield (Figure 9a)
- Use the needle cover to push in the needle shield until it locks into place
- Use the needle cover to unscrew the needle and put it in a proper container for used needles
- Leave the needle guard on the pen
- Put the black cap on the needle guard. Store your pen in the refrigerator

### WITHOUT the needle guard:

- Do not touch the needle
- Carefully cap the needle with the outer needle cover (Figure 9b)
- Use the needle cover to unscrew the needle and put it in a proper container for used needles
- Place the white cap on the pen. Store your pen in the refrigerator

**Now that you've set up the GoQuick, you just need to follow the 3 daily steps each day**

# 3 easy steps for everyday use (**WITH** the needle guard)

## Step 1. Attach the needle



## Step 2. Dial up the dose (by turning the grey dial)



Make sure the dose you dialled up on the **BLACK** rod is the same as the dose you set in the memory window

## Step 3. Give the injection Hold for 5 seconds



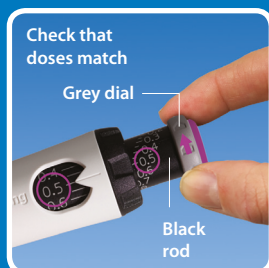
Remove the needle and replace the black cap.  
Store the GoQuick in the refrigerator

# 3 easy steps for everyday use (**WITHOUT** the needle guard)

## Step 1. Attach the needle

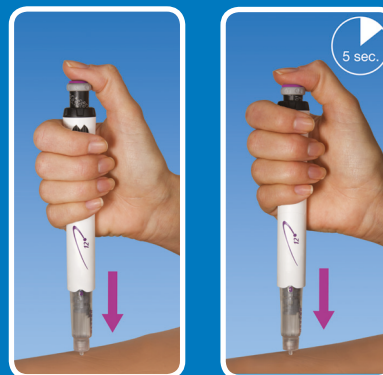


## Step 2. Dial up the dose (by turning the grey dial)



Make sure the dose you dialled up on the **BLACK** rod is the same as the dose you set in the memory window

## Step 3. Give the injection Hold for 5 seconds



Remove the needle and replace the white cap.  
Store the GoQuick in the refrigerator





# Storing and caring for the GoQuick

It is important to look after your pen and here is some useful information on how to make sure you get the most out of it.

## Storing your pen

- Never store your pen with the needle on
- Store your pen with a pen cap or needle guard attached
- Store your pen in a refrigerator (2 – 8°C)
- Do not freeze your pen
- If travelling, store your pen in an insulated bag with a cold pack. Return to the refrigerator as soon as possible
- Once the Genotropin is mixed, your pen may be used for up to 28 days
- Do not use your pen after 28 days, even if there is still medicine left in the pen
- Do not use your pen after its printed expiry date

### **Caring for your pen**

- Do not reconstitute the Genotropin without a needle on the pen
- Protect your pen from light, dust, and dirt
- Do not drop your pen
- Clean your pen and needle guard with a dry cloth. Do not put your pen in water
- Follow your local health and safety laws to discard used needles  
Always put your needles in your sharps bin.
- If your pen appears damaged, do not use it

# Frequently Asked Questions about the GoQuick

This section can help to answer any questions you may have about your GoQuick, so you can feel more confident using it. Of course, if you have a question that hasn't been addressed here, be sure to call your doctor or nurse and follow their instructions.

## ***Mixing the Genotropin***

### Question

### Answer

**Q1. What if the 'A' is not in the notch when I receive the pen?**

Do not use the pen. Call your doctor or nurse.

**Q2. What if I twist the cartridge holder past 'B' without stopping?**

Check to see if the powder has dissolved and the liquid is clear. If the powder has dissolved or you are able to dissolve the medicine by rocking the pen from side to side, continue to follow step 3 of the instructions: "Remove the air."

If you are not able to dissolve the powder or the liquid is not clear, do not use the pen. Call your doctor or nurse.

**Q3. What if the medicine looks cloudy or discoloured after it is mixed?**

Wait 2 minutes. Then tilt the pen a few more times. If the medicine remains cloudy or discoloured, do not use the pen. Call your doctor or nurse.

**Q4. What if I see un-dissolved powder particles or the medicine is cloudy after it is mixed?**

Tilt the pen a few more times. If powder or particles remain, do not use the pen. Call your doctor or nurse.

**Q5. What if some medicine comes out when I mix the medicine and prime the pen?**

The GoQuick was designed so that a very small amount of medicine appears on the tip of the needle during mixing and priming. This is normal. And remember, you only remove the air once for the life of the pen.

**Q6. What if the GoQuick is accidentally shaken during mixing of the medicine?**

Since shaking might damage the medicine, do not use the pen. Call your doctor or nurse.

***Attaching the needle guard (you may choose not to use it)***

**Q7. Do I receive a new needle guard with each GoQuick?**

No. The needle guard is reusable, durable, and designed to last. Please remember that the GoQuick was designed with a single, reusable needle guard to help prevent waste and reduce the amount of packaging used. If you accidentally dispose of your needle guard, please contact your doctor or nurse.

**Please do not throw out the needle guard.**

**Q8. What if I damage the needle after putting on the needle guard?**

Remove and dispose of the damaged needle. Attach a new needle. Be careful when attaching the needle guard. Remember to remove the black cap from the needle guard and leave the inner needle cover attached to the needle.

### *Priming the pen*

**Q9. What if the dose in the memory window is not the lowest dose required for priming?**

You should not have to set the dose to prime the pen – the pen should come pre-set to the lowest dose and this dose is used for priming. Follow steps beginning with Step 6 in the Instructions for Use, to set the correct dose.

**Q10. What if I cannot twist out the grey dial?**

Be sure you have twisted the cartridge holder from 'B' to 'C'. The **GREY** dial will not turn until position indicator '**C**' has clicked into the notch.

### *Setting the dose*

**Q11. What if the BLACK ring (used to "lock in" a dose) is accidentally knocked into an incorrect dose?**

Refer to Step 6 of the Instructions for Use: "Set the dose." Turn the **BLACK** ring to the correct dose.

If the **BLACK** ring will not turn, press the injection button until it stops clicking. Note that liquid will come out of the needle. Then, continue to set your dose using the **BLACK** ring.

**Q12. What if the dose number on the GREY delivery dial is less than the number in the memory window?**

This means your pen contains less than a full dose of medicine and you have reached the last dose in your pen. If you are not sure what to do, follow the instructions from your doctor or nurse.

### *Dialling up a dose*

**Q13. What if I don't hear any clicks while twisting out the GREY delivery dial?**

Do not use the pen. Call your doctor or nurse.

**Q14. What if the dose number on the BLACK rod is less than the number in the memory window?**

Be sure you have twisted the **GREY** dial until it stops clicking. If the dose on the **BLACK** rod is still less than the dose in the memory window, then your pen contains less than a full dose of medicine. You have reached the last dose in this pen. Follow the instructions given to you by your doctor or nurse. If you are not sure what to do, call your doctor or nurse.

### *Giving the injection*

**Q15. How could I make it feel more stable when giving the injection?**

Many people hold the pen with both hands to help keep it stable during the injection. If you are not using the needle guard, you may want to try using this, as some patients find that the needle guards adds stability to the injection.

**Q16. What should I do if there is a small drop of liquid on the needle after taking/giving the injection?**

For the next injection, be sure to wait the full 5 seconds before removing the needle from the skin. If you still see some liquid after the needle has been removed, hold for a little longer than 5 seconds at the next injection.

***Removing the needle; replacing the cap and storing your pen***

**Q17. After injection, what if I cannot remove the needle from the pen with the needle guard attached?**

Be sure the needle guard is securely attached to the pen and you have kept the outer needle cover. Refer to Step 9a of the 'Instructions for Use'.

**Q18. What if I cannot put the white cap on the pen or the black cap on the needle guard after giving the injection?**

If the needle is still on the pen, the cap will not go back on.

**Q19. What if I inject medicine that was accidentally left unrefrigerated?**

Call your doctor or nurse.

## ***Other Questions***

### **Q20. How do I dispose of the GoQuick pen?**

The most common method of disposal of used pens is in your normal refuse. This does NOT apply to needles. Always put your needles in your sharps bin.

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### **Q21. Can I take the cartridge out?**

No. The GoQuick is a pre-filled, disposable device. It is sealed and you should not attempt to open it. You cannot take the cartridge out and you cannot put more medicine into the GoQuick.

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### **Q22. What if there is blood in the cartridge after injecting?**

If the cartridge is a bit pink after injecting, you have probably just nicked a blood vessel. Don't worry, the medicine is still sterile, and you can continue to use as normal.

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### **Q23. How do we take care of the GoQuick when travelling?**

When travelling with your GoQuick place it in its case and carry it in an insulated bag to protect it from heat or freezing. Put it back in the fridge as soon as possible. Do not freeze.

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# Notes

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### **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 the package leaflet. You can also report side effects directly via the Yellow Card Scheme at <https://yellowcard.mhra.gov.uk/> or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects you can help provide more information on the safety of this medicine.