SNAP

BY SPRING FERTILITY

Instruction Guide



S **STREAMLINED**
No mixing your nightly medications.

N **NEEDLE-LESS**
No daily needle sticks.

A **ADMINISTRATION**
Simple medication administration through your catheter.

P **PROGRAM**
Thoughtfully designed around the patient experience.

Welcome to SNAP

SNAP by Spring is our Streamlined Needle-less Administration Program, designed to streamline how stimulation medications are prepared and administered during egg freezing and IVF.

Your Spring care team places a small device with a catheter that allows your prescribed stimulation medications to be administered through the tubing instead of a new needle stick each night.

BEFORE YOUR 1ST DOSE

Scan the QR code to watch the short administration video and step-by-step instructions on preparing/administering your medication.

IMPORTANT: YOUR DEVICE

Spring will place and replace the device for you. Please see "Backup Medication Administration" or contact your care team for any support related to device maintenance and placement.

DEVICE IS LEAKING?

If liquid starts leaking from the device while you're administering medication, immediately stop administering. Gently press down on the device to ensure it is firmly placed on your abdomen while pushing a small amount of medication through. If leaking continues, try disconnecting the tubing and flush it with saline to ensure it isn't kinked or blocked. Do not administer any more medication through the device and instead see "Backup Medication Administration" for administering your doses that day. During office hours the following day, contact your care team to schedule a replacement.

BACKUP MEDICATION ADMINISTRATION

If at any point you are unable to administer any/all of your medication doses that your care team has advised you to take via the device, you will need to instead administer them via subcutaneous injection into the abdomen. For this method of administration, you will need to utilize the 27-gauge needles attached to the syringe or the provided needles for the Gonal-F/Follistim pen. Refer to the medication instructions and videos in your Salve app or the QR code for administration details.

Explore the SNAP Video Library

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Your SNAP Backup Plan

Device issues can be handled without disrupting your cycle.

ADHESIVE AROUND DEVICE STARTING TO LIFT?

If the device is still fully in place but the adhesive around the edges is starting to come up, reinforce the device with bandages in your kit. Contact your care team to arrange a replacement.

DEVICE ACCIDENTALLY CAME OFF?

Do not reinsert the device. You may place a bandage over the site. If you have not yet administered all of your medication through the device for that day, see "Backup Medication Administration" for administering your doses that day. During office hours the following day, contact your care team to schedule a replacement.

FEELING RESISTANCE WHEN ADMINISTERING YOUR MEDICATION?

Immediately stop administering when resistance is felt - do not attempt to push harder. Instead, gently press down on the device to ensure it is placed firmly on your abdomen and try again. If still finding resistance, remove the device tube and reinsert, ensuring you hear a "click" and try again. If still having trouble, see "Backup Medication Administration" for administering your doses that day. During office hours the following day, contact your care team to schedule a replacement.

Questions or Need Support?
Contact your care team via Salve or for urgent after-hours or weekend help, call our office.

Supplies for SNAP Administration

IN YOUR SPRING SNAP KIT

- 15 sterile saline flushes
- 20 × 1 mL Luer-lock syringes
- 2 red Luer-lock caps
- Alcohol prep pads
- Band-aids
- Gauze
- Medication instruction guide

FROM YOUR PHARMACY

- 18-gauge needles (ONLY used to draw up meds!)
- 27-gauge "backup" injection needles
- Extra 1 mL Luer-lock syringes to administer meds
- Your prescribed stimulation medications
- Sharps container
- 3 mL syringe for mixing trigger medication

KEEP ALL SUPPLIES FROM THE PHARMACY AND THE KIT AVAILABLE THROUGHOUT YOUR CYCLE.

4 Simple Steps

Always follow the instructions, medications and dosing provided by your care team in Salve.

DO NOT soak in tubs, swimming pools, or saunas to avoid wearing off the adhesive. However, you MAY shower normally, taking care to avoid scrubbing near the adhesive.

1 — 2 — 3 — 4

1. SET OUT + PREPARE

Review the instructions provided by your care team. Wash your hands and gather medications and supplies.

FSH (Gonal-F/Follistim)

Prepare the FSH pen by attaching a pen needle cap to the pen and dial to the prescribed dose. Take an empty 1 mL syringe and pull back on the plunger, filling the syringe with air. Remove the needle caps from the FSH pen. While holding the 1 mL syringe steady with plunger facing down, insert the needle of the FSH pen into the opening of the syringe and slowly push on the pen plunger until it stops. Set down the pen. Ensuring the syringe remains upright, gently press on the plunger to expel any excess air from the syringe until the liquid reaches the very top of the syringe.



All Other Medications
If necessary (i.e. Menopur or low-dose hCG) complete proper preparation of the medication per care team (and Salve app) instructions based on your dosing. Once prepared, attach an 18-gauge needle to a 1 mL syringe. Insert the needle through the top of the vial, turn it upside down, and draw to the prescribed dose. Remove the needle from the vial and recap.

2. PRIME

Remove the clear cap from the tubing by pushing in on both sides and pulling the cap off - put the cap aside. Attach a sterile flush to the other end of the tube. While holding the tubing over a sink or bin, push 0.5 mL through the tubing until liquid begins to leak out the other end.

3. ADMINISTER

Remove the light blue cap from the device on your abdomen by pushing in on both sides, then place the cap aside. Attach the tubing to the device - you should hear a "click" once it is properly in place. Remove any needles from the syringes with medication and twist onto the tubing. Gently push the plunger of the syringe until it is empty, then twist the syringe off and discard. Continue this process with each medication syringe prescribed for that day.

4. FLUSH + CAP

After all medications are pushed through the tubing, reattach the sterile flush and push 0.5 mL through. Remove the flush syringe and discard. Then disconnect the tubing from the device by pushing in on both sides. Recap the device with the light blue cap. Using an empty syringe, pull back to fill the syringe with air, attach to the tubing. While holding the tubing over a sink or bin, push on the plunger until all liquid in the tubing is expelled. Remove the syringe from the tubing, recap the tubing with the clear cap on one end and a red Luer-lock cap on the other and place back into your kit.



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