

HUMIRA 40MG/0.8ML PEN INSTRUCTIONS FOR USE

If you are using the Humira pen, instructions for preparing and giving an injection of Humira are provided in the Injecting instructions supplied with the product.

Read these instructions carefully and follow them step by step. These instructions explain how to self-inject this medicine.

Do not attempt to self-inject until you are sure that you understand how to prepare and give the injection.

Your doctor or his/her assistant will also show you best how to self-inject.

Keep Humira out of the sight and reach of children.

1. What should I do before I give myself a Humira injection?

- Take one dose tray containing a pre-filled pen of Humira from the refrigerator.
- Do not shake or drop the pre-filled pen.
- Leave Humira at room temperature for 15 to 30 minutes before injecting.

Do not remove the grey cap or plum cap while allowing Humira to reach room temperature.

Do not warm Humira in any other way.

For example, do not warm it in a microwave or in hot water.

Do not use it if the solution has been frozen.

- Check the expiry date on the pre-filled pen label. Do not use the product after the month and year shown.

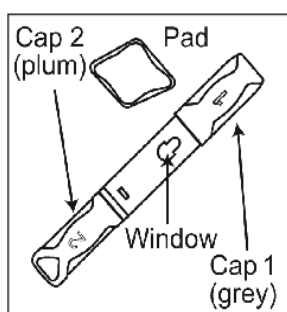


Figure 1

- Hold the pre-filled Pen with the grey cap (labelled '1') pointing up. Check the appearance of Humira solution through the windows on the sides of the pre-filled pen. It must be clear and colourless. If it is cloudy or has particles in it, you must not use it.

Do not remove either the grey cap or the plum cap, until immediately before the injection.

- Set up the following items on a clean surface:
 - One Humira pre-filled pen.
 - One cotton ball or gauze pad (not included)
 - One alcohol pad.
- Wash and dry your hands

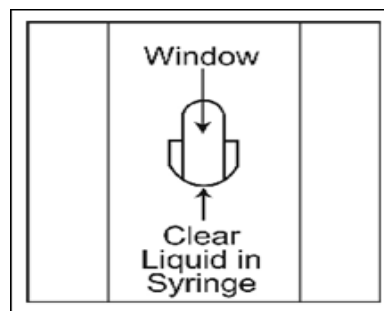


Figure 2

2. Where should I give my injections?

- Choose a site on your thigh or stomach (at least 5 cm from your belly button (navel)). Please see the shaded area in Figure 3.

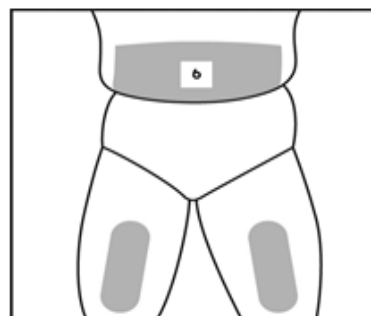


Figure 3

- Change the place that you inject each time so that you do not become sore in one area. Each new injection should be given at least 3 cm from the last injection site.
Do not inject into skin that is sore, bruised, red, hard, scarred, has stretch marks, or areas with psoriasis plaques.

3. How do I give my injection?

- Wipe your skin by using the enclosed alcohol pad, using a circular motion.
- Only remove both the grey cap and the plum cap **immediately** before injection.
- Hold the grey body of the pre-filled pen with one hand by placing this hand in the middle of the pen so that neither the grey cap nor the plum cap is covered. Hold the pre-filled pen with the grey cap pointing up.
- With your other hand, pull the grey cap straight off and discard cap.
- Check that the small grey needle cover of the syringe has been removed with the cap. If a few small drops of liquid come out of the needle, that is okay. The white needle sleeve will now be exposed.
- **Do not try to touch the needle housed in the barrel.**
- **DO NOT RECAP the pen as you may damage the needle inside**
- Pull the plum safety cap (labelled '2') straight off to expose the plum coloured activation button.
- The pre-filled pen is now ready to use. Do not press the plum activation button until properly positioned as this will result in discharge of medication.

DO NOT RECAP as this could cause the unit to discharge and could potentially cause needle stick injury.

- Do not place the pen down as this could cause the unit to discharge.

4. Giving the injection

- With your free hand, gently grasp or pinch a sizable area of the cleaned skin at the injection site and hold firmly for the entire injection procedure. (see Figure 4).
- Position the white end of the pre-filled pen at a right angle (90 degrees) to the skin, so that you can see the window. The presence of one or more bubbles in the window is normal.
- Holding the barrel of the pre-filled pen, press down slightly onto the injection site (holding in place without moving), but do not press plum end until ready for injection.
- With your index finger or your thumb, press the plum coloured button on top once you are ready to begin the injection. You will hear a loud 'click' as the needle

is released, and you will feel a small prick as the needle advances.

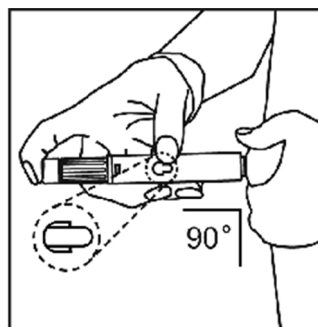
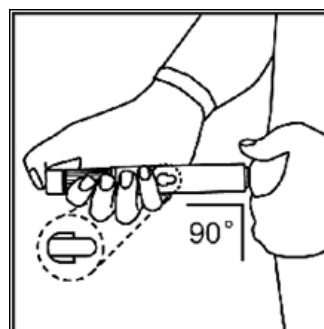


Figure 4



- Keep pressing and continue to hold the pen with steady pressure for about 10 seconds to ensure a complete injection. Do not remove the pen while the injection is being given.
- You will see a yellow indicator move into the window during the injection. The injection is complete when the yellow indicator stops moving (see Figure 5).

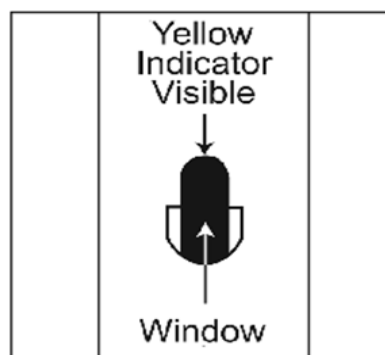


Figure 5

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- Lift the pen straight up from the injection site. The white needle sleeve will move down over the needle and lock into place over the needle tip. Do not try to touch the needle. The white needle sleeve is there to protect you from touching the needle (see Figure 6)

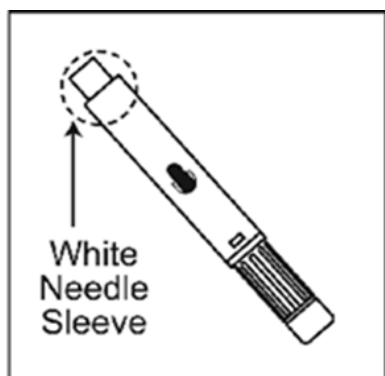


Figure 6

- You may notice a spot of blood at the injection site.
You can press a cotton ball or a piece of gauze over the injection site for 10 seconds.
Do NOT rub the injection site.

5. Throwing away supplies

- Only use each pen for one injection. Do not put either of the caps back on the pen.
- After injecting Humira, immediately throw away the used pen in a special 'sharps' container as instructed by your doctor, nurse or pharmacist.
- Keep this container out of reach and sight of children.

For more information:

Australia: Call us on 1800 043 460 or visit
www.abbviecare.com.au

New Zealand: Call us on 0800 900 030 or visit
www.abbviecare.co.nz