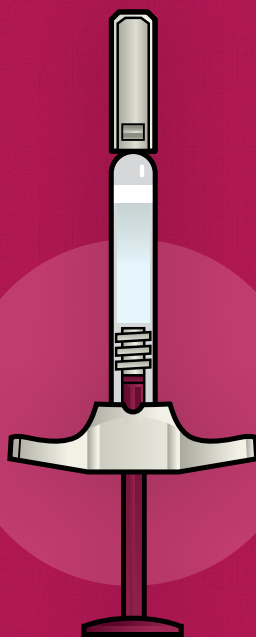
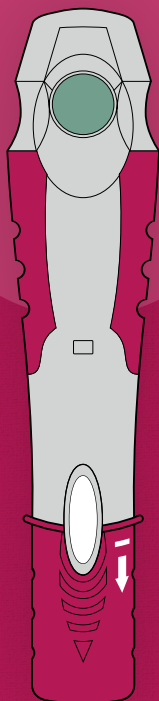


A step-by-step guide to using the **HUMIRA** (adalimumab) pre-filled Pen and syringe



If you have any questions about how to use your HUMIRA Pen or syringe, speak to your pharmacist or doctor. You can also visit abbviecare.com.au for further support. If you want a hard copy, please call AbbVie Care on 1800 222 843.

 **HUMIRA**[®]
adalimumab

HUMIRA PEN

HUMIRA SYRINGE

HUMIRA has both risks and benefits. Always use HUMIRA according to your doctor's advice. For more information, please refer to the Consumer Medicine Information (CMI) and if you have any questions please contact your healthcare professional. The CMI is available from your pharmacist, by calling AbbVie Pty Ltd on **1800 043 460** or online at **medicines.org.au**.

AbbVie medical information

1800 043 460

9.00 am – 5.00 pm AEST (Monday to Friday)

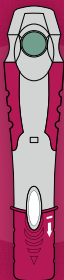
AbbVie Care patient support program

abbviecare.com.au

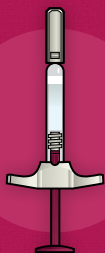
1800 ABBVIE (1800 222 843)

9.00 am – 5.30 pm AEST (Monday to Friday)

AbbVie Care is a support program that has been created to make sure you get the best chance at making HUMIRA work for you. It not only provides you with treatment support, but also advice and help to improve your overall wellbeing. To access this support all you need to do is enrol in the program – either online or over the phone.



To watch a video showing how to inject with the HUMIRA pre-filled Pen **scan the QR code** or visit the Resources page on **abbviecare.com.au**

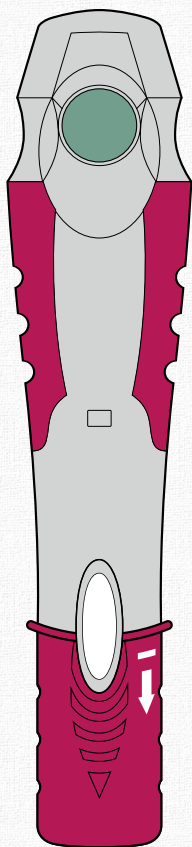


To watch a video showing how to inject with the HUMIRA pre-filled syringe **scan the QR code** or visit the Resources page on **abbviecare.com.au**

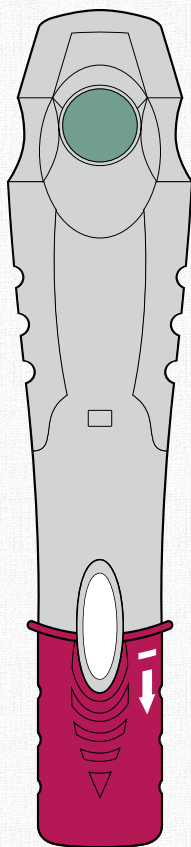


IMPORTANT INSTRUCTIONS ABOUT THE SINGLE-USE PEN

You can only use the single-use Pen once. The single-use Pen comes preloaded with the exact dose of medicine inside, ready to inject. It also has its own built-in needle.



HUMIRA
pre-filled Pen
40 mg



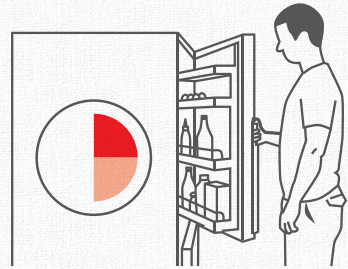
HUMIRA
pre-filled Pen
80 mg

STEP 1

Remove the HUMIRA single-use Pen from the refrigerator and set up a clean space

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 plum cap while allowing HUMIRA to reach room temperature
- Do not warm HUMIRA in any other way (DO NOT warm it in the 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**



 15 MINUTES

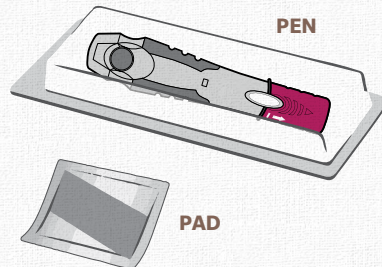
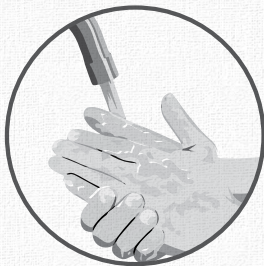
 30 MINUTES

Hold the pre-filled Pen with the plum cap 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 the plum cap marked by an arrow until immediately before the injection.

Set up the following items on a clean surface:

- One HUMIRA pre-filled Pen and alcohol pad
- One cotton ball or gauze pad (not included)
- Puncture-resistant sharps disposal container (not included)

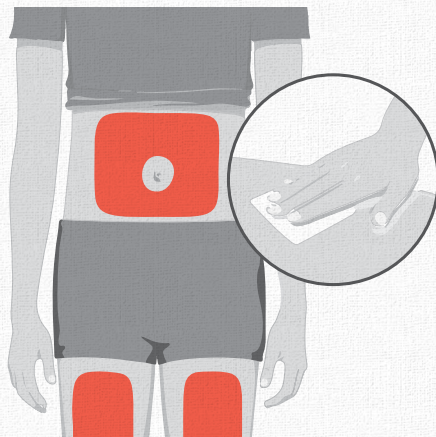
Wash and dry your hands.



STEP 2

Choose an injection site

- Choose from an area, as shown, on the front of your thighs or your abdomen (belly) at least 5 cm from your navel (belly button)
- 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
- Wipe your skin by using the enclosed alcohol pad, using a circular motion
- Do not inject into skin that is sore, bruised, red, hard, scarred, has stretch marks, or areas with psoriasis plaques

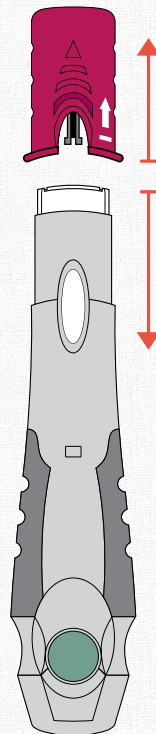


INJECTION SITE AREA

STEP 3

Prepare for the injection

- Only remove the plum cap immediately before injection
- Hold the pre-filled Pen with the plum cap pointing up
- With your other hand, pull the plum cap straight off and discard cap
- Check that the small black 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 OK, 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 and could potentially cause needle stick injury
- Turn the Pen so that the white needle sleeve points towards the injection site



STEP 4

Give yourself 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.

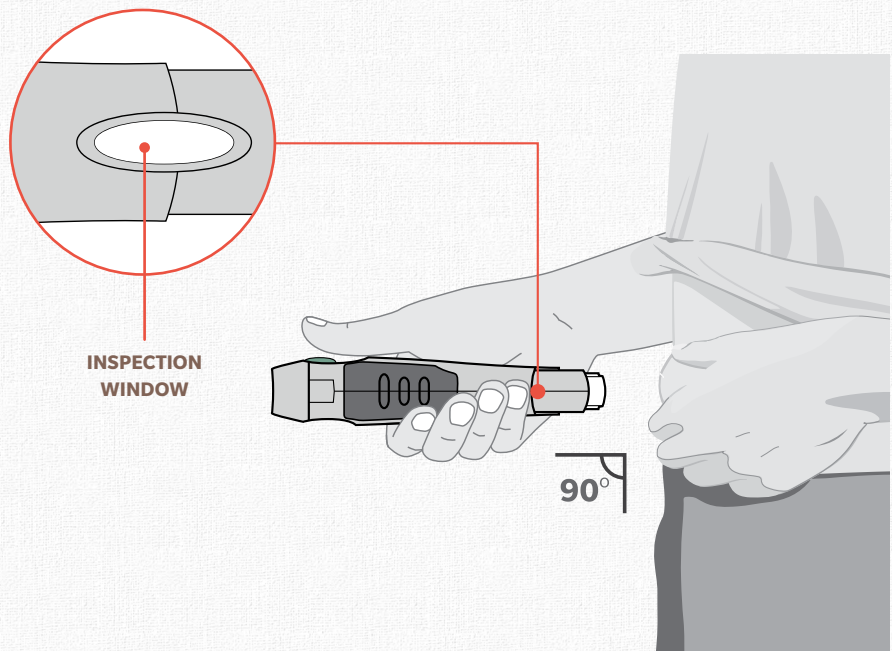
Place the white needle sleeve of the pre-filled Pen at a right angle (90 degrees) against the injection site, so that you can see the green activation button and inspection window. The presence of one or more bubbles in the window is normal.

Holding the pre-filled Pen, press down firmly onto the injection site (holding in place without moving), but do not press the green activation button until ready for injection.

The Pen will activate only if the white needle sleeve is pressed down against the injection site before pressing the green activation button.

Press the green activation button. You will hear a loud 'click' to signal the start of the injection.

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.**

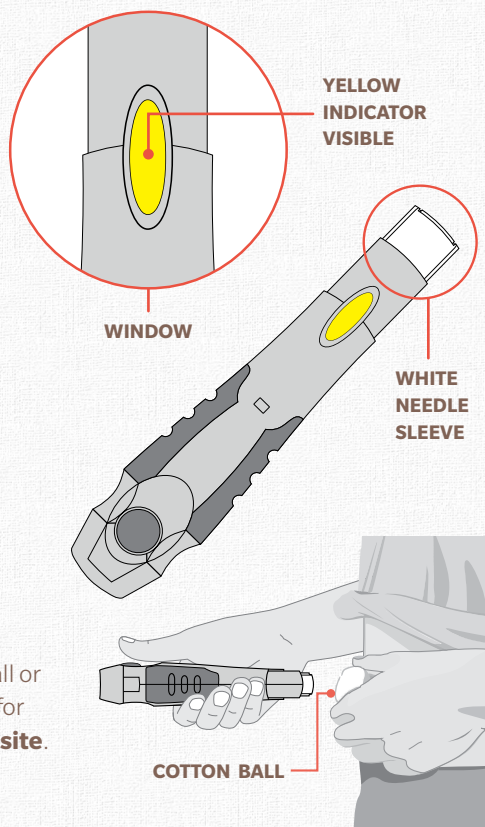


Injection is complete when the Pen has made a second 'click' or the yellow indicator has filled the window. This takes up to 10 seconds.

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 and make another click. Do not try to touch the needle.

The white needle sleeve is there to protect you from touching the needle.

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.**



STEP 5

Dispose the used pre-filled Pen in your sharps container

Only use each Pen for one injection. **Do not put the cap back on the Pen.**

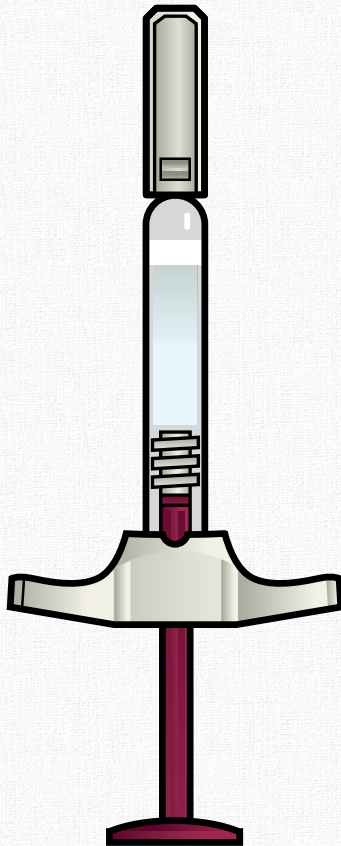
After injecting HUMIRA, immediately throw away the used Pen into a special 'sharps' container as instructed by your doctor, nurse or pharmacist. Keep this container out of reach and sight of children.



If you need more support, visit abbviecare.com.au

SYRINGE INSTRUCTIONS

You can only use the single-use syringe once. The single-use syringe comes preloaded with the exact dose of medicine inside, ready to inject. It also has its own built-in needle.



HUMIRA syringe

STEP 1

Remove the HUMIRA syringe from the refrigerator

Leave HUMIRA at room temperature for 15 to 30 minutes before injecting.

- Do not remove the needle cover while allowing HUMIRA to reach room temperature
- Do not warm HUMIRA in any other way (DO NOT warm it in the microwave or in hot water)
- Do not use the syringe if liquid has been frozen (even if thawed)



 15 MINUTES
 30 MINUTES

STEP 2

Check that the medicine is OK to use and set up a clean space

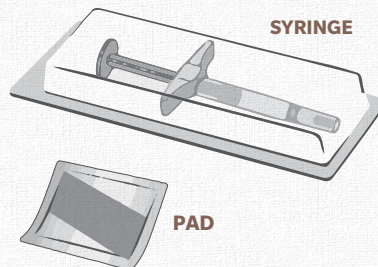
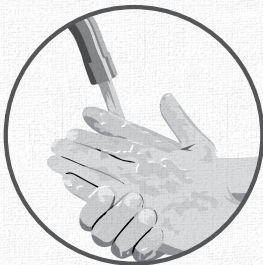
Check the expiry date on the syringe label.

Do not use the syringe if the expiry date has passed.

Place the following on a clean, flat surface:

- One HUMIRA single-use syringe and alcohol pad
- One cotton ball or gauze pad (not included)
- Puncture-resistant sharps disposal container (not included)

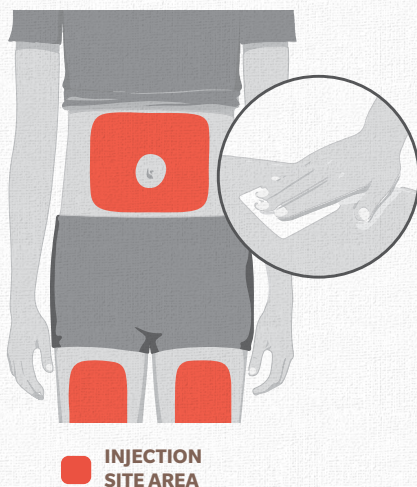
Wash and dry your hands.



STEP 3

Choose an injection site

- Choose from an area, as shown, on the front of your thighs or your abdomen (belly) at least 5 cm from your navel (belly button)
- The site needs to be different from and at least 3 cm from your last injection site
- **Wipe the injection site in a circular motion with the alcohol pad**
- **Do not inject into skin that is sore, bruised, red, hard, scarred, has stretch marks, or areas with psoriasis plaques**



STEP 4

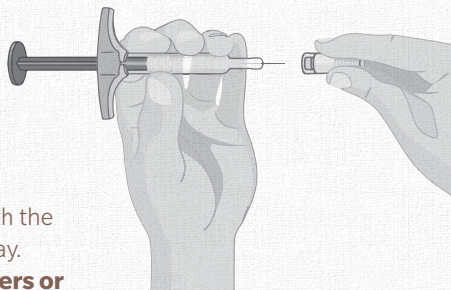
Remove the cap from the needle

Hold the syringe in one hand. Check the liquid in the pre-filled syringe. Make sure the liquid is clear and colourless.

Do not use the pre-filled syringe if the liquid is cloudy or has particles.

Gently pull the needle cover straight off with the other hand and throw the needle cover away.

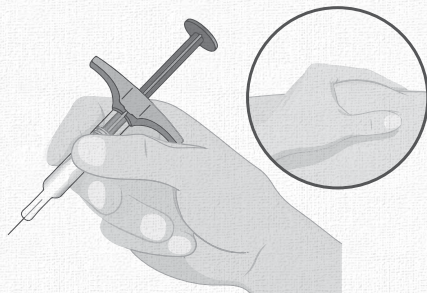
Do not touch the needle with your fingers or let the needle touch anything. You may see a drop of liquid at the end of the needle. This is normal.



STEP 5

Grip the syringe properly

Hold the body of the syringe in one hand between the thumb and index fingers, like you would a pencil. Gently squeeze the area of cleaned skin with your other hand and hold it firmly.

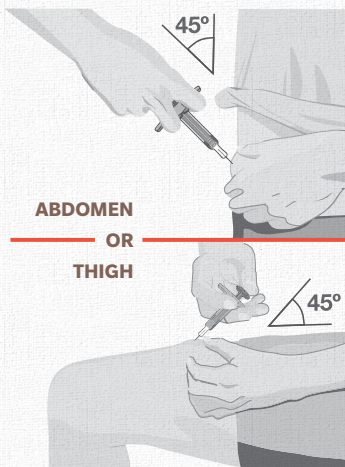


STEP 6

Give yourself the injection

Insert the needle into the skin at about a 45 degree angle using a 'dart-like' motion. After the needle is in, let go of the skin you are holding.

Slowly push the plunger all the way in until all of the liquid is injected and the syringe is empty.

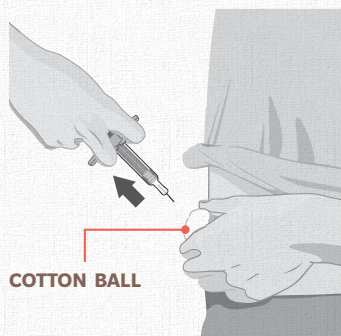


STEP 7

Press a cotton ball or gauze strip over the injection site and hold it firmly

When the injection is completed, slowly pull the needle out of the skin while keeping the syringe at the same angle. After completing the injection, place a cotton ball or gauze pad on the skin of the injection site.

Do not rub. Slight bleeding at the injection site is normal.



STEP 8

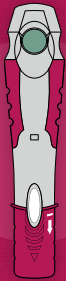
Dispose of the used syringe in your sharps container

The HUMIRA syringe should never be reused. Never recap a needle.

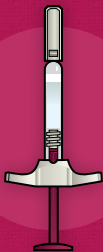
After injecting HUMIRA, immediately throw away the used syringe into a special 'sharps' container as instructed by your doctor, nurse or pharmacist. Keep this container out of reach and sight of children.



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To watch a video showing how to inject with the HUMIRA pre-filled syringe **scan the QR code** or visit the Resources page on abbviecare.com.au



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AU-HUM-210227. SSW. HUM-0002852-00. January 2022.

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