

CIMZIA® Injection Preparation Mat – Step-by-step

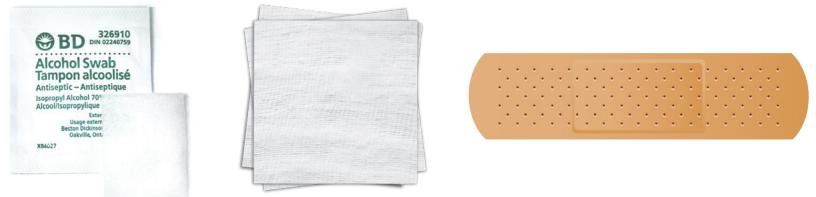
1. Prepare to use the CIMZIA® pre-filled syringe

You'll need:

- A dose tray with a pre-filled syringe of CIMZIA®
- 1 alcohol swab (found within the CIMZIA® box)
- A gauze and bandage

Remember to:

- Take your CIMZIA® syringe out of the fridge.
- Place it on a clean counter top out of the reach of children.
- Allow the syringe to come to room temperature (about 30 minutes).
- Take out your needle-safe sharps container.



2. Choose and prepare an injection site

- Wash your hands thoroughly.
- Use the alcohol swab to clean the site where you will be giving yourself the injection.
 - Do not touch the clean area again until you're ready for the injection.

Helpful tips

- Change the site of injection between your stomach (abdomen) and thigh each time you give yourself the injection.
- Each new injection should be given at least one inch from a site you used before.
- If you choose the abdomen, avoid the 2 inches around your belly button.
- **Never inject** into areas where the skin is tender, bruised, red or hard or where you have scars or stretch marks.



3. Injecting CIMZIA®

i) Remove needle cover

- Pull straight up on the plastic ring. Take care not to touch the needle and do not allow the needle to touch anything. Place the needle cover to the side.



ii) Gently pinch a fold of skin and inject syringe contents

- Hold the syringe in one hand with the needle facing down. Use the other hand to gently pinch a fold of cleaned area of skin.
 - Insert the needle at about a 45 degree angle with a quick, short, "dart-like" motion.
- Release the skin pinch, keeping the syringe in position. If blood enters the syringe, this means you have entered a blood vessel. Do not inject CIMZIA®. Pull the needle out and throw away the pre-filled syringe and needle in a puncture-proof container. Repeat the steps to prepare for an injection using a new pre-filled syringe. **Do not use the same pre-filled syringe.**
- If no blood appears, inject all of the medicine in the pre-filled syringe under the skin.



iii) Remove needle and press gauze over injection site for 10 seconds

- When the syringe is empty, remove the needle from the skin and press the clean gauze pad over the injection site for ten seconds. Do not rub the injection site. You may have a slight amount of bleeding. This is normal.



4. Dispose of the CIMZIA® syringe and needle cover

- To avoid a needle-stick injury, do not try to recap the needle.
- Use the needle-safe sharps container to dispose of the syringe and needle cover.



If you are prescribed a second injection of CIMZIA® (total 400 mg dose), repeat these steps.



Do not use the CIMZIA® (certolizumab pegol) pre-filled syringe if:

- Any name other than "CIMZIA" is on the package and pre-filled syringe label
- The expiration date on the container has passed
- The packaging is torn or if the tamper evident seals are missing or broken on the top and bottom of carton when you receive it. If this is the case, contact your pharmacist.
- The pre-filled syringe is frozen or has been left in direct sunlight
- The medicine in the pre-filled syringe is not clear to pale yellow, or has large, colored particles in it



Contact your rheumatologist or nurse if you:

- Develop an upper respiratory infection (such as the flu or a cold)
- Develop a serious infection, such as tuberculosis
- Are concerned about any other side effects



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Syringe designed in partnership with OXO GOOD GRIPS



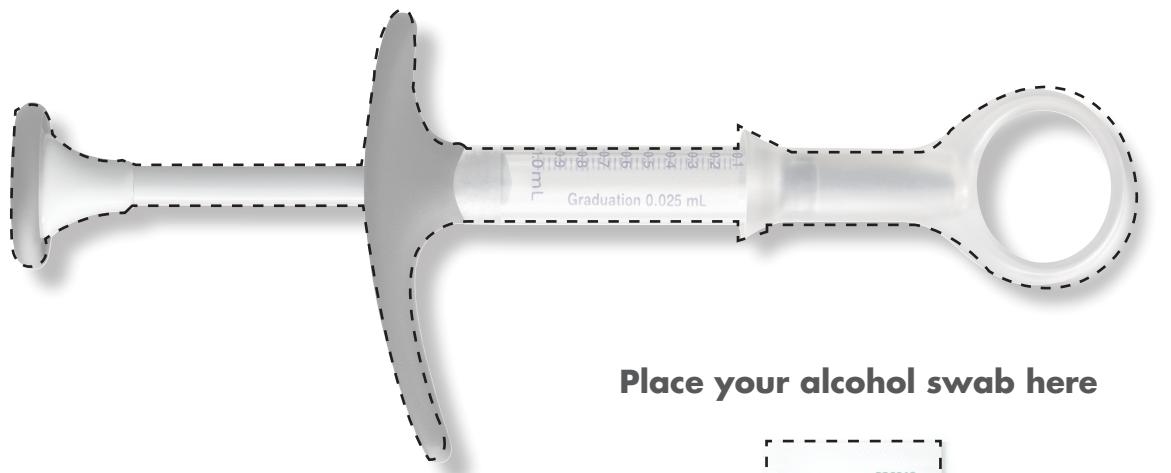
cimzia
(certolizumab pegol)

Injection
Preparation
Mat

CIMZIA® Injection Preparation Mat – Quick Reminder

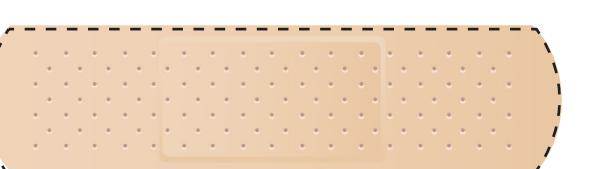
1. Prepare to use the CIMZIA® pre-filled syringe

Place your syringe here

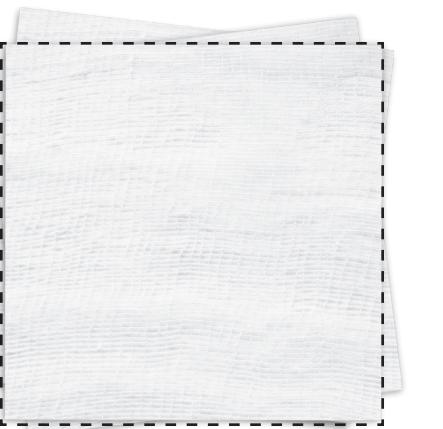


Take out your needle-safe sharps container and place next to your injection mat

Place your bandage here



Place your gauze here



Place your alcohol swab here



3. Injecting CIMZIA®

i) Remove needle cover



ii) Gently pinch a fold of skin and inject syringe contents



OR

iii) Remove needle and press gauze over injection site for 10 seconds



2. Choose and prepare an injection site



4. Dispose of the CIMZIA® syringe and needle cover

Use the needle-safe sharps container to dispose of the syringe and needle cover



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Injection Preparation Mat



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