

CIMZIA[®] Injection Preparation Mat – Step-by-step

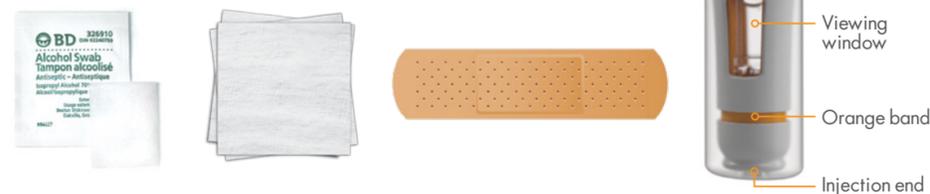
1. Prepare to use the CIMZIA[®] pre-filled autoinjector

You'll need:

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

Remember to:

- Take your CIMZIA[®] autoinjector out of the fridge
- Place it on a clean countertop out of the reach of children
- Allow the autoinjector 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

- Alternate 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) Check the medicine

- Check the medicine by looking through the viewing window

Do not

- Use the medication if the solution is discoloured, cloudy or if you can see particles in it
- Shake the autoinjector
- It is normal to see air bubbles in the solution. There is no need to remove air bubbles before the injection. Injecting the solution subcutaneously (under the skin) with air bubbles is harmless.

ii) Remove cap

- Hold your autoinjector firmly with one hand around the black handle. Grasp the clear cap with your other hand to remove it (do not twist cap off).
- Do not try to touch the needle as this could activate the autoinjector



iii) Begin injection

- Carefully place the autoinjector on the cleaned injection site at a 90° angle to your skin

iv) Complete injection

- Press the autoinjector firmly against your skin. The injection begins when you hear a 'click' and the orange band at the bottom of the autoinjector disappears
- Continue to hold the autoinjector firmly against your skin until a second 'click' is heard and the viewing window turns orange. This can take up to **15 seconds**.

The injection is now complete.

- Remove the autoinjector by pulling it straight away from your skin. Apply gentle pressure to the injection site for a few seconds using your gauze pad and then cover with a small bandage, if necessary. Do not rub the injection site.



4. Dispose of the CIMZIA[®] autoinjector

- Use the needle-safe sharps container to dispose of the autoinjector

Do not:

- Re-use the autoinjector
- Try to replace the cap



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



Autoinjector Preparation Mat

STOP Do not use the CIMZIA[®] (certolizumab pegol) autoinjector if:

- Any name other than "CIMZIA" is on the package and pre-filled autoinjector
- 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 autoinjector is frozen or has been left in direct sunlight
- The medicine in the pre-filled autoinjector 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

CIMZIA® Injection Preparation Mat – Quick reminder

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

Place your autoinjector here



Place your bandage here



Place your gauze pad here

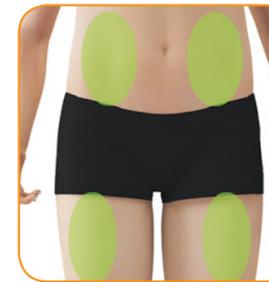


Place your alcohol swab here



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

2. Choose and prepare an injection site



3. Injecting CIMZIA®

i) Check the medicine



ii) Remove cap



iii) Begin injection

Carefully place the autoinjector on the cleaned injection site at a 90° angle to your skin



iv) Complete injection

Continue to hold the autoinjector firmly against your skin until a second 'click' is heard and the viewing window turns orange. This can take up to **15 seconds**



4. Dispose of the CIMZIA® autoinjector

Use the needle-safe sharps container to dispose of the autoinjector



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

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CIMZIA®
(certolizumab pegol)

Autoinjector Preparation Mat