

RHEUMATOLOGY

YOUR CIMZIA[®] TREATMENT GUIDE

WWW.UCBCARESCIMZIA.CA



cimzia[®]
(certolizumab pegol)

SUPPORT WHEN YOU NEED IT

Together, you and your healthcare professional have decided that CIMZIA® is appropriate for you.

CIMZIA is a medication used to treat adults with:

- moderate to severe rheumatoid arthritis (RA)
- psoriatic arthritis (PsA)
- ankylosing spondylitis (AS)
- non-radiographic ankylosing spondyloarthritis (nr-axSpA)

This booklet is designed to help answer any questions you may have about your treatment.

Remember, the more you know about your condition and its treatment, the better equipped you will be to play an active role in managing it.

UCBCares™ supporting you on your treatment journey

UCBCares™ is a patient support program designed to help you get the most out of CIMZIA therapy. UCBCares™ provides a wide range of services, including reimbursement assistance, toll-free telephone support, tips to help manage your condition, injection training, and more.

If you have any questions about CIMZIA, contact the UCBCares™ call centre at: 1-800-908-5555. The call centre is open from 8 am to 8 pm, EST, Monday to Friday. Nurse case managers are available from 9 am to 5 pm, EST, Monday to Friday.

You can also visit the UCBCares™ website anytime at www.UCBCaresCIMZIA.ca.

This booklet is for educational purposes only and is not meant to be a substitute for any guidance provided by your healthcare professional.

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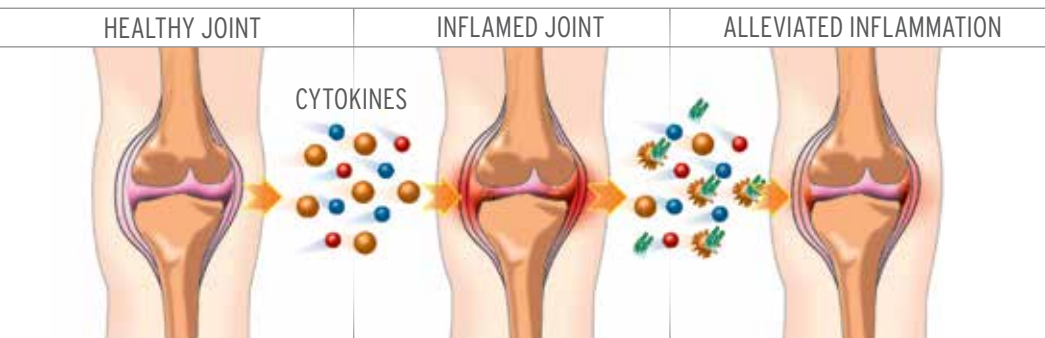
WHAT IS CIMZIA?

CIMZIA is a medication used to treat moderate or severe rheumatoid arthritis (RA), psoriatic arthritis (PsA), ankylosing spondylitis (AS), and non-radiographic ankylosing spondyloarthritis (nr-axSpA).



The active ingredient in CIMZIA is called certolizumab pegol, a humanized antibody.

Antibodies are proteins that identify other proteins and bind to them. People with RA, PsA, AS, or nr-axSpA usually have too much of a protein called tumour necrosis factor alpha (TNF α) in their bodies, which can cause painful and swollen joints. CIMZIA works by binding itself to TNF α , which reduces the amount of TNF α in the body to normal levels, alleviates inflammation, and helps treat joint damage.



● = TNF α
 ●● = CIMZIA® binds to TNF α

HOW IS CIMZIA TAKEN?

CIMZIA is given by an injection under the skin (called a subcutaneous injection).

Your healthcare professional will determine the dose that's right for you. The usual doses for people with rheumatoid arthritis, psoriatic arthritis, ankylosing spondyloarthritis, and non-radiographic axial spondyloarthritis are listed below. If your doctor has prescribed CIMZIA for psoriasis only, you may require a different dose. Always follow your healthcare professional's dosing instructions.

The starting dose is 400 mg at weeks 0, 2, and 4.

Because each autoinjector or prefilled syringe contains 200 mg, this means that you will need **2 injections** in one day as follows:

STARTING DOSE				
	OR	WEEK 0 2 injections 2 x 200 mg	WEEK 2 2 injections 2 x 200 mg	WEEK 4 2 injections 2 x 200 mg

Subsequent doses (called maintenance doses) can be given as follows:

MAINTENANCE DOSE	
	EVERY 2 WEEKS (STARTING FROM WEEK 6) One injection 1 x 200 mg
OR	
	EVERY 4 WEEKS (STARTING FROM WEEK 8) 2 injections 2 x 200 mg

BE SURE TO USE CIMZIA EXACTLY AS PRESCRIBED BY YOUR HEALTHCARE PROFESSIONAL.

WHAT'S INSIDE IN MY CIMZIA PACKAGE?

Each CIMZIA medication package contains:

- 2 prefilled autoinjectors or 2 prefilled syringes (2 x 200 mg)
- 2 alcohol wipes (additional packages are also available)
- A Consumer Information leaflet with information about CIMZIA, including detailed instructions on how to take your medication



BEFORE YOU INJECT

Your healthcare professional or your nurse case manager will show you how to inject CIMZIA before doing it yourself. When you are taking CIMZIA at home, you may want to have someone with you so they can support you while you take your injection. You can call your healthcare professional or nurse case manager if you have any questions about giving yourself an injection.



CIMZIA INJECTION: CHOOSE THE DEVICE THAT SUITS YOU BEST

CIMZIA AUTOINJECTOR



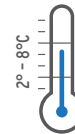
CIMZIA PREFILLED SYRINGE



Prefilled syringe designed for comfort and control in partnership with **OXO GOODGRIPS**[®]
 Autoinjector designed for comfort and ease-of-use in partnership with **OXO GOODGRIPS**[®]

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HOW DO I STORE MY MEDICATION?



CIMZIA must be stored in a refrigerator, between 2°C and 8°C. **Do not freeze CIMZIA.** When necessary, CIMZIA may be stored at room temperature, up to 25°C, for a single period of a maximum 10 days with protection from light. **At the end of this period, CIMZIA must be used or discarded.**

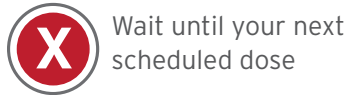


CIMZIA must be protected from light. Store the autoinjector and syringes in their original packages.

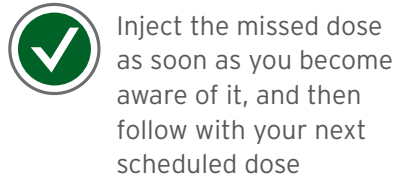
WHAT HAPPENS IF I MISS A DOSE?

If you forget to take CIMZIA at your regularly scheduled time, here's what to do:

Less than 1 week until next dose?



A week or more until next dose?



BE SURE TO TAKE YOUR MEDICATION EXACTLY AS PRESCRIBED. DO NOT STOP TAKING CIMZIA WITHOUT TALKING TO YOUR HEALTHCARE PROFESSIONAL FIRST.

Can I use other medications with CIMZIA?

Tell your healthcare professional about all the medications you are taking, including prescription and non-prescription medications, as well as any vitamin and herbal supplements.

Your healthcare professional will tell you if you may take other medications or supplements while you are taking CIMZIA.

KEEP A LIST OF ALL MEDICATIONS YOU ARE TAKING, AS WELL AS THEIR DOSES. SHOW IT TO YOUR DOCTOR AND PHARMACIST EACH TIME YOU ARE PRESCRIBED A NEW MEDICATION

What should I know about CIMZIA and pregnancy/breastfeeding?

The use of adequate contraception should be considered for women of childbearing potential, but the need for treatment should also be taken into account. Please speak to your healthcare professional about CIMZIA use when planning to become pregnant, during pregnancy, or if you are breastfeeding. CIMZIA should be used during pregnancy only if clearly needed. The use of CIMZIA may be considered during breastfeeding.

Can I receive vaccines if I am taking CIMZIA?

It is important to talk to your healthcare professional if you have received or are scheduled to receive any vaccinations. You should not receive certain (live) vaccines while taking CIMZIA.

What should I do when travelling with CIMZIA?

Here is a quick checklist you can refer to when travelling with your medication:

- Take only the amount of CIMZIA you will need during your trip, along with **one extra dose**.
- Carry the original prescription (or copy) with you.
- If travelling by plane, pack your autoinjectors or prefilled syringes in your carry-on, in their original packaging.
- CIMZIA must be kept cool, at a temperature of 2°C to 8°C. Protect from freezing.
- When necessary, CIMZIA may be stored at room temperature up to 25°C, for a single period of a maximum 10 days with protection from light. At the end of this period, **CIMZIA must be used or discarded**.
- CIMZIA must be protected from light.** Store CIMZIA in the original carton.



For more helpful tips on travelling with CIMZIA, visit www.UCBCaresCIMZIA.ca

ARE THERE ANY SIDE EFFECTS WITH CIMZIA?

Like all medications, CIMZIA can cause side effects in some people.

The most common side effects reported include:

- Upper respiratory tract infections (such as flu, cold)
- Fatigue
- Skin infections
- Liver function elevations (from blood tests)

In addition, some people may experience:

- A reaction at the site where the injection was given. These reactions are usually mild and may include pain, redness, swelling, itching, or bruising
- Itchy, reddish-purple skin rash and/or threadlike white-grey lines on mucous membranes (called lichenoid reactions)

Tell your healthcare professional if you experience any side effects, including any that are not listed here.

FOR MORE INFORMATION ABOUT SIDE EFFECTS (INCLUDING THOSE THAT ARE SERIOUS, BUT LESS COMMON), REFER TO THE CONSUMER INFORMATION LEAFLET THAT YOU RECEIVED WITH THE CIMZIA MEDICATION PACKAGE. **READ THIS LEAFLET CAREFULLY BEFORE TAKING THE FIRST DOSE OF CIMZIA.**

ARE THERE ANY SERIOUS WARNINGS AND PRECAUTIONS ASSOCIATED WITH CIMZIA?

As with other medicines that affect a person's immune system, CIMZIA can cause serious side effects. These include:

Serious Warnings and Precautions

- **Serious infections:** Serious infections have been reported in patients receiving CIMZIA and other TNF blockers. Some of these cases have been life-threatening. Such infections include tuberculosis (TB), infections caused by bacteria or fungi, bacterial infections that have spread throughout the body (sepsis), and very rare cases of hepatitis B infection relapse.
- **Cardiovascular system diseases:** There have been rare cases of disorders called (congestive) heart failure that affect people taking CIMZIA or other TNF blockers. Signs that you could be experiencing a problem affecting your cardiovascular system include: shortness of breath and swelling of the ankles or feet.
- **Nervous system diseases:** Rare cases of disorders that affect the nervous system have been reported in patients receiving CIMZIA and other TNF blockers. Signs that you could be experiencing a problem affecting your nervous system include: numbness or tingling, problems with your vision, weakness in your legs, and dizziness.
- **Malignancies:** Very rare cases of certain kinds of cancer have been reported in patients receiving CIMZIA and other TNF blockers. Some patients receiving CIMZIA have developed types of cancer called non-melanoma skin cancer. Tell your doctor if new skin lesions appear during or after therapy with CIMZIA or existing skin lesions change appearance or you have a bump or open sore that does not heal. People with more serious RA who have had the disease for a long time may have a higher than average risk of getting a kind of cancer that affects the lymph system, called lymphoma. There have been cases of unusual cancers in children and teenage patients using TNF-blocking agents. If you take CIMZIA or other TNF blockers, your risk of getting lymphoma or other cancers may increase.
- **Lupus-like symptoms:** Some patients have developed lupus-like symptoms that got better after their treatment was stopped. If you have chest pains that do not go away, shortness of breath, joint pain, or a rash on your cheeks or arms that is sensitive to the sun, call your doctor right away.
- **Allergic reactions:** If you develop a severe rash, swollen face or difficulty breathing while taking CIMZIA, call your doctor right away.

For more information on these serious warnings and precautions, including what to do should they happen, please review the Consumer Information leaflet that came with your medicine. If you still have questions, talk to your healthcare professional.

ARE THERE ANY OTHER WARNINGS I SHOULD KNOW ABOUT?

Blood problems

In some patients, the body might not be able to produce enough of the blood cells that help your body fight infections or help you to stop bleeding. Symptoms to watch for include persistent fever, unusual bruising or bleeding, and extremely pale skin.

Latex sensitivity

The needle shield inside the removable cap of the CIMZIA autoinjector contains a derivative of natural rubber latex. The needle shield inside the removable cap does not come into direct contact with you or your injection administrator. Nevertheless, the potential risk of an allergic reaction cannot be completely excluded in people who are sensitive to latex. Tell your doctor if you have ever had an allergic reaction to latex or develop any allergic reaction to CIMZIA.

If you develop any of the serious side effects mentioned here while you are taking CIMZIA, or if you develop any other unusual symptom, call your doctor right away. Your doctor may decide that your treatment with CIMZIA should be stopped.

CIMZIA AUTOINJECTOR PREPARATION AND INSTRUCTIONS FOR USE

CIMZIA is given by an injection under the skin. After proper training from your healthcare professional or UCBCares™ nurse case manager, the injection can be self-administered or given to you by another person, for example, a family member or friend.

Do not attempt to self-inject until you are sure that you understand how to prepare and give the injection. If you are unsure about anything relating to self-injection, contact your healthcare professional or your UCBCares™ nurse case manager.

Getting ready to use your CIMZIA autoinjector

- Each autoinjector contains 200 mg of medicine
- Depending on the amount of CIMZIA prescribed by your doctor, you may need to take more than one injection
- If you are prescribed 400 mg of CIMZIA, you will need to take two injections, which means you will need to use two CIMZIA autoinjectors
- **If you are taking two injections**, ensure that you give the second injection at a different site on your body
- **If you are taking only one injection**, ensure that the second autoinjector is placed back in the fridge, in its original carton, until you are ready for your next dose



CIMZIA AUTOINJECTOR PREPARATION AND INSTRUCTIONS FOR USE



1 SETTING UP



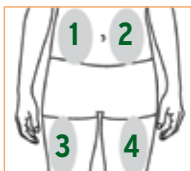
- Wash your hands thoroughly
- Remove the following items from the CIMZIA package and set them up on a clean flat surface:
 - One prefilled autoinjector
 - One alcohol wipe
- Look at the expiry date on the autoinjector and package
 - Do not use CIMZIA after the expiry date which is stated on the package and autoinjector device
 - The expiry date refers to the last day of the month shown
- **Do not remove** the cap of the device until you are ready to inject



Remove your CIMZIA autoinjector(s) from the refrigerator at least 30-45 minutes or longer before you are planning to inject to allow your medicine to warm up at room temperature. This helps minimize discomfort during injection.

DO NOT try to warm the prefilled autoinjector in any other way.

2 CHOOSING AND PREPARING AN INJECTION SITE



- 1 = Abdomen, right
- 2 = Abdomen, left
- 3 = Upper thigh, right
- 4 = Upper thigh, left

CHOOSE A SITE ON YOUR THIGH OR ABDOMEN

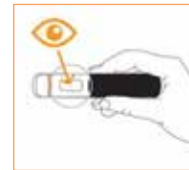
- Each new injection should be given on a separate site from the last injection site
- Do not inject in an area where the skin is reddened, bruised, hard, or where you have scars or stretch marks
- Wipe the injection site with the enclosed alcohol wipe using a circular motion moving from the inside out
- Do not touch the area again before injecting

3 CHECK BEFORE YOU INJECT!

The autoinjector is designed to work accurately and safely. However, if any of the following steps go wrong, or if you feel unsure about the injection process, contact your doctor or pharmacist.

DO NOT:

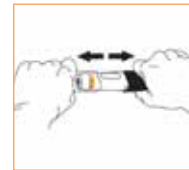
- ✗ Shake the autoinjector
- ✗ Use the autoinjector if the solution is discoloured, cloudy, or if you can see particles in it. You can check the medication through the viewing window



You may see air bubbles - this is normal. **There is no need to remove air bubbles before the injection.** Injecting the solution subcutaneously with air bubbles is harmless.

INJECTING YOUR MEDICATION

Remove the autoinjector cap



- Hold the autoinjector firmly with one hand around the black handle
- Grasp the clear cap with the other hand and pull it straight out
- Do not twist the cap while removing it, as this could jam the internal mechanism
- You must inject within 5 minutes of removing the cap. **Do not replace the cap**

Position the injector at the injection site



- Hold the autoinjector straight (at a 90-degree angle) against the skin that has been cleaned (the "injection site")

CIMZIA AUTOINJECTOR PREPARATION AND INSTRUCTIONS FOR USE



INJECTING YOUR MEDICATION, CONTINUED

Press firmly

- Press the autoinjector firmly against the skin
- The injection begins when a first “click” is heard and the orange band at the bottom of the autoinjector disappears



Hold until “click”

- Continue to hold the autoinjector firmly against the skin until a second “click” is heard and the viewing window turns **orange**
 - This can take up to 15 seconds
 - If the viewing window turns orange and you hear a second click, this means the injection is complete
 - If you feel unsure about the injection process, please contact your doctor or pharmacist
 - Do not try to repeat the injection without speaking to your doctor or pharmacist
- The needle will automatically move back into the empty device
 - Do not try to touch the needle



Remove

- You can now remove the autoinjector by pulling the pen straight up carefully from the skin
- Use a piece of gauze to apply pressure over the injection site for a few seconds
 - Do not rub the injection site
 - You may cover the injection site with a small bandage if necessary

4 WHEN YOU ARE FINISHED...



Do not re-use the autoinjector. Do not replace the cap. After the injection, immediately dispose of the autoinjector in a special sharps container as instructed by your healthcare professional.

Be sure to keep the container out of the sight and reach of children.

Looking for more information on self-injection?

Visit www.UCBCaresCIMZIA.ca
for a comprehensive injection training video

CIMZIA PREFILLED SYRINGE PREPARATION AND INSTRUCTIONS FOR USE

CIMZIA is given by an injection under the skin. After proper training from your healthcare professional or UCBCares™ nurse case manager, the injection can be self-administered or given to you by another person, for example, a family member or friend.

Do not attempt to self-inject until you are sure that you understand how to prepare and give the injection. If you are unsure about anything relating to self-injection, contact your healthcare professional or your UCBCares™ nurse case manager.

Getting ready to use your CIMZIA prefilled syringe

- Each prefilled syringe contains 200 mg of medicine
- Depending on the amount of CIMZIA prescribed by your doctor, you may need to take more than one injection
- If you are prescribed 400 mg of CIMZIA, you will need to take two injections, which means you will need to use two CIMZIA prefilled syringes
- **If you are taking two injections**, ensure that you give the second injection at a different site on your body
- **If you are taking only one injection**, ensure that the second prefilled syringe is placed back in the fridge, in its original carton, until you are ready for your next dose



1 SETTING UP



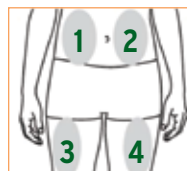
- Wash your hands thoroughly
- Remove the following items from the CIMZIA package and set them up on a clean flat surface:
 - One prefilled syringe
 - One alcohol wipe
- Look at the expiry date on the syringe and package
 - Do not use CIMZIA after the expiry date which is stated on the package and syringe
 - The expiry date refers to the last day of the month shown
- **Do not remove** the needle cover until you are ready to inject



Remove your CIMZIA syringe(s) from the refrigerator at least 30-45 minutes or longer before you are planning to inject to allow your medicine to warm up at room temperature. This helps minimize discomfort during injection.

DO NOT try to warm the prefilled syringe in any other way.

2 CHOOSING AND PREPARING AN INJECTION SITE



- 1 = Abdomen, right
- 2 = Abdomen, left
- 3 = Upper thigh, right
- 4 = Upper thigh, left

CHOOSE A SITE ON YOUR THIGH OR ABDOMEN

- Each new injection should be given on a separate site from the last injection site
- Do not inject in an area where the skin is reddened, bruised, hard, or where you have scars or stretch marks
- Wipe the injection site with the enclosed alcohol wipe using a circular motion moving from the inside out
- Do not touch the area again before injecting



CIMZIA PREFILLED SYRINGE PREPARATION AND INSTRUCTIONS FOR USE



3 CHECK BEFORE YOU INJECT!

DO NOT use if:

- ✗ the solution is not clear to pale yellow, or has large, coloured particles in it
- ✗ any name other than "CIMZIA" is on the package and prefilled syringe label
- ✗ the packaging is torn, or if the tamper evident seal is missing or broken when you receive it. If this is the case, contact your pharmacist
- ✗ the prefilled syringe is frozen or has been left in direct sunlight



GETTING READY TO USE YOUR PREFILLED SYRINGE

- Remove the needle cover by pulling straight up on the plastic ring
- Take care not to touch the needle and do not allow the needle to touch any surface
- Place the needle cover to the side

Hold the syringe so the needle is pointing up. You may see air bubbles. This is normal. **There is no need to remove air bubbles before giving your injection.** Injecting the solution with air bubbles will not harm you.

Hold the syringe with the needle facing down. Do not touch the needle with your fingers or let it touch any surface.

INJECTING YOUR MEDICATION

- Gently grasp the cleaned area of the skin with one hand and hold firmly



OR



INJECTING YOUR MEDICATION, CONTINUED

- With the other hand, hold the syringe at a 45-degree angle to the skin
- With one quick, short motion, push the needle all the way into the skin
- Release the skin with the first hand, 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 prefilled syringe and needle in a puncture-proof container. Repeat the steps to prepare for an injection using a new prefilled syringe. **Do not use the same prefilled syringe**
- If no blood appears, inject all of the medicine in the prefilled syringe under the skin
- When the syringe is empty, carefully remove the needle from the skin at the same angle at which it was inserted
- Use a piece of gauze to apply pressure over the injection site for a few seconds
- Do not rub the injection site
- You may cover the injection site with a small adhesive bandage if necessary

4 WHEN YOU ARE FINISHED...



Do not re-use the syringe. Do not re-cap the needle. After the injection, immediately dispose of the used syringe in a special sharps container as instructed by your healthcare professional. Be sure to keep the container out of the sight and reach of children.

Looking for more information on self-injection?

Visit www.UCBCaresCIMZIA.ca for a comprehensive injection training video

YOUR TREATMENT DIARY



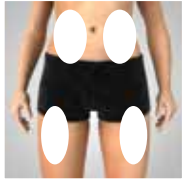
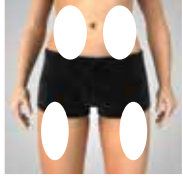
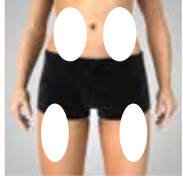
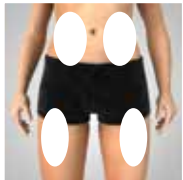
This personal diary is designed to help you and your healthcare team keep track of how you are feeling during treatment with CIMZIA.

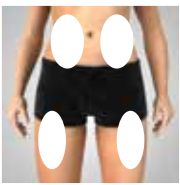
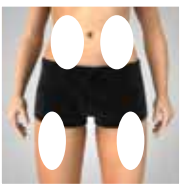
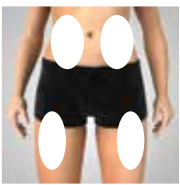
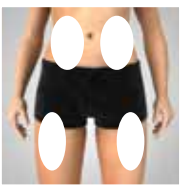
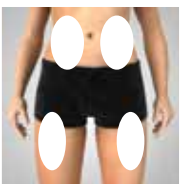
There is also a section designated for note-taking. You can use this to write down questions you have for your healthcare professional and record any answers you receive.

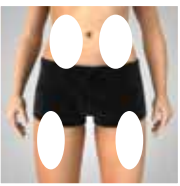
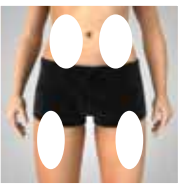
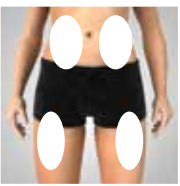
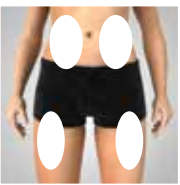
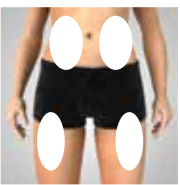
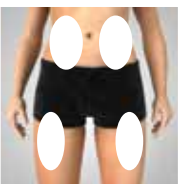
Consider the following questions:

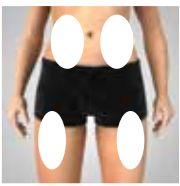
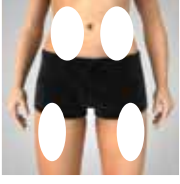
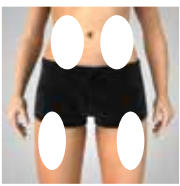
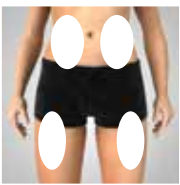
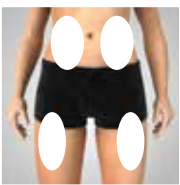
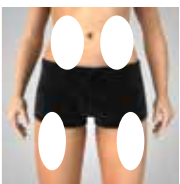
- How have your symptoms changed?
- Is there anything you can do now that you couldn't do before treatment?
- How do you feel now compared to the last time you visited your healthcare professional?
- How do you feel now compared to before you started treatment?
- Are you stiff in the mornings?
If so, for how long?

You can also use this diary to help you keep track of your injection dates and sites. This will make it easier for you to remember where you injected last so that you regularly change the injection site.

WEEK	COMMENTS	INJECTION SITE(S)
		
		
		
		
		
		

WEEK	COMMENTS	INJECTION SITE(S)
		
		
		
		
		
		

WEEK	COMMENTS	INJECTION SITE(S)
		
		
		
		
		
		

WEEK	COMMENTS	INJECTION SITE(S)
		
		
		
		
		
		

IMPORTANT CONTACT INFORMATION

Healthcare professional: _____

Phone: _____

Nurse case manager: _____

Phone: _____

Pharmacist: _____

Phone: _____

Other: _____

UCBCares™ program

UCBCares™ was designed to support you throughout your treatment with CIMZIA.

As part of the UCBCares™ program, there are many services you can use to help you get the most out of your therapy

Answering your questions

We understand that living with a chronic condition can be challenging at times. UCBCares™ is here to help!

Option 1

You can contact your nurse case manager to help you manage your therapy and answer any questions you might have. Our nurse case managers are specially trained to listen, answer questions, and help address your concerns about CIMZIA treatment. Your nurse case manager will provide you with a direct number to contact them.

Your nurse case manager is available 9 am to 5 pm, EST, Monday to Friday.

Option 2

You can also contact the UCBCares™ call centre at 1-800-908-5555 for any questions you might have about your CIMZIA treatment.

The call centre is open from 8 am to 8 pm, EST, Monday to Friday.

Answers to Your Frequently Asked Questions

Visit www.UCBCaresCIMZIA.ca for answers to some of the most frequently asked questions about CIMZIA treatment.

UCBCares™: Here when you need us

Your nurse case manager

Your nurse case manager is here to support you during your treatment journey with CIMZIA. They will explain all the services offered by the UCBCares™ program, and help you find the services that best suit your needs.

Prescription drug coverage

Obtaining drug coverage is important, and sometimes navigating the health insurance system can be complicated and time-consuming. Your nurse case manager can help determine what kind of drug coverage you have so that you can take advantage of all that it has to offer.

Financial assistance

Your nurse case manager can also find out if you are eligible for alternative financial assistance.

Pharmacy services

The UCBCares™ patient support program offers a variety of pharmacy services, including home delivery of CIMZIA. If you have any questions, pharmacists from the specialty pharmacy can offer expert advice about CIMZIA or any other medications you may be taking.

Injection training

As part of UCBCares™ services, arrangements can be made to have a registered nurse teach you how to inject CIMZIA so that you can feel comfortable injecting on your own. Simply contact your nurse case manager to get the process started.

For more information about how to inject CIMZIA that hasn't already been covered in this booklet, watch our step-by-step video at www.UCBCaresCIMZIA.ca



UCBCares™

Supporting you on your treatment journey.

www.UCBCaresCIMZIA.ca



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