How to inject the HUMIRA (adalimumab) single-use pen

Read through these instructions before handling the single-use pen.

Note that you can only use the HUMIRA pen once. The pen comes preloaded with the exact dose of medicine inside, ready for you to inject. It also has its own built-in needle. Do not attempt to self-inject until you are sure that you understand how to prepare and give the injection.

1. Remove the single-use pen from the refrigerator
   - Do not practise with the pen. You may accidentally set off the injection.
   - Do not shake or drop the pen. You may accidentally set off the injection.

2. Check that the medicine is NOT past its expiry date
   - Hold the pen at its centre, with cap 1 – the grey end – pointing up.
   - Read the expiry date located on the side of the pen.
   - Do not use the medicine if it is past this date.
   - Dispose of any expired medicine using your sharps container.

3. Check the appearance of the HUMIRA solution through the mushroom-shaped window on the side of the single-use pen
   - It must be clear and colourless.
   - Do not use the medicine if the liquid is not clear or has flakes or particles in it.
   - Do not use it if the solution has been frozen, (even if thawed).
   - Instead, put the pen back into the refrigerator. Then call us on 0800 900 030 to arrange for the medicine’s return and replacement.

4. Gently place the single-use pen on a flat, clean surface
   - Allow the medicine to warm to room temperature (around 15 minutes).
   - Wash your hands with soap and water.

5. Choose an injection site
   - Choose from an area around your stomach or top of the thigh – as shown right.
   - Do not choose an injection site within 3 cm of any previous injection site or your navel.
   - Do not choose an injection site where the skin is reddened, bruised, scarred or hard.
   - Wipe the injection site with an alcohol pad, using a circular motion.
   - Allow the site to air dry (1-2 minutes).
   - Do not touch the site again before injecting. If you do, you will need to cleanse it again.

6. Pick up the single-use pen at its centre with one hand
   If you hold the pen at its ends you may accidentally set off the injection.
   - Don’t inject yourself yet! You need to set the pen up (see steps 8-11).
   - Do not practice using the pen.
   - Do not shake, drop or put the pen down.
   - Do not transfer it from one hand to the other.
   - Keep holding the pen in the hand you picked it up with. Rotate the pen so the grey cap is pointing towards your free hand.

7. Slide off cap 1 – the grey cap – do not twist it!
   Twisting the cap may set off the injection.
   - Check that the small grey needle cover has been removed with the cap. It may fall out. This is normal.
   - Do not recap the pen or put it down. You may damage the needle or accidentally set off the injection.
   - Do not try to touch the needle housed in the barrel.
   - Rotate the pen so the plum-coloured cap is pointing towards your free hand.

8. Slide off cap 2 – the plum-coloured cap – do not twist it!
   Twisting the cap may set off the injection.
   Underneath the plum-coloured cap is the button that activates the injection.
   - Do not press this button or practice with it. You will set off the injection.
   - Do not recap the pen or put it down. You may accidentally set off the injection.

9. Squeeze a sizable area of skin around the injection site (4-6 cm)
   This creates a firm section of fat to inject into.
   - Keep holding the pen at its centre while you do this.

10. Put the grey end of the single-use pen firmly against the injection site, at a 90 degree angle, while still squeezing your skin with your other hand
    - You must be able to clearly see the mushroom-shaped window.
    - The presence of one or more bubbles is normal.

11. Press and HOLD the plum-coloured button to make the injection
    You will hear a loud ‘click’ when you do this.
    The injection will start almost immediately.
    You will feel a sharp prick as the needle goes in – this is normal.
    - Keep pressing and holding the plum-coloured button. Keep squeezing your skin. If you don’t, the needle won’t go in properly.
    - Keep holding the pen firmly against your skin until the yellow indicator moves into the mushroom-shaped window and comes to a complete stop (10 seconds). This shows that the injection is complete.

12. Remove the single-use pen by gently pulling it away from your body at a 90 degree angle
    You won’t see the needle when you pull the pen away – it is covered by a white tube.
    - Stop squeezing the skin around your injection site and put down the pen.

13. Press a cotton ball or gauze strip over the injection site
    Hold it firmly for ten seconds
    You may get a spot of blood or a small bruise at the injection site – this is normal. Do not rub the injection site. It may cause bleeding, bruising, or infection.
    - Do not recap the pen. You may prick yourself.

14. Dispose of the used pen in your sharps container
    - Keep your sharps container out of reach of children at all times.
    - When the sharps container is two-thirds full, take it back to your pharmacist, nurse or doctor for disposal. Never dispose of injection pens or sharps containers in the household rubbish bin.

Please review the full instructions provided with your HUMIRA single-use pen for complete directions.
Please also review the Consumer Medicine Information at http://www.medsafe.govt.nz/consumers/cmi/h/humirapen.pdf.
You can also speak to your Healthcare Professional for further information.
IMPORTANT INFORMATION ABOUT HUMIRA. HUMIRA is a prescription medicine containing adalimumab. HUMIRA is available as a single use, pre-filled syringe (containing 20mg adalimumab) or single-use pen (containing 20mg or 40mg adalimumab). It is used in the treatment of patients with rheumatoid arthritis, polyarticular juvenile idiopathic arthritis, enthesitis-related arthritis, psoriatic arthritis, ankylosing spondylitis, non-radiographic axial spondyloarthritis, chronic plaque psoriasis, ulcerative colitis, Crohn’s disease, non-infectious intermediate, posterior or pan-uveitis in adults, chronic non-infectious anterior uveitis in children >2, and hidradenitis suppurativa. HUMIRA is only used in patients of a specific age group, in diseases of certain severity (e.g. moderate to severe), and/or after some other treatments have been tried (e.g. conventional therapy).

HUMIRA has risks and benefits. Do not use Humira if you have: an allergy to any medicines containing adalimumab or any of the other ingredients in HUMIRA; have a severe infection; have tuberculosis (TB); have moderate to severe heart failure; or are using a medicine containing anakinra (Kineret®) or abatacept (Orencia®). Before you use HUMIRA tell your doctor if you have: a current infection or a history of recurring infections (including TB, hepatitis B, fungal or any other infection); any conditions that increase the risk of infections; had close contact with someone with TB; a nervous system disease (such as multiple sclerosis); blood disorders; low resistance to disease; heart conditions; cancer; autoimmune disease; lung disease; uveitis (an eye problem); kidney or liver problems; psoriasis and have undergone phototherapy; or if you have any allergies. Your risk of getting serious infections or certain kinds of cancer may increase if you take HUMIRA. In rare cases these infections may be life-threatening. Tell your doctor right away: if symptoms of TB or any other infection appear during treatment (such as fever, cough, feeling tired, wounds etc); if you develop cancer, skin lesions, or if existing lesions change appearance; if you develop symptoms of an allergy (such as chest tightness, swelling, rash, shortness of breath), heart problems (shortness of breath, swollen feet); blood disorders (bruising, bleeding, paleness); or nervous system disorders such as multiple sclerosis (numbness, tingling, muscle weakness). Tell your doctor: if you are taking any other medicines, including any that you get without a prescription; if you are going to have surgery, or are scheduled for any vaccines. If possible, children should be brought up to date with their immunisations before starting HUMIRA. Patients taking HUMIRA should not receive live vaccines. Tell all doctors, dentists, and pharmacists who are treating you that you are using HUMIRA. Tell your doctor if you are pregnant, breastfeeding, or plan to become pregnant or breastfeed. The use of HUMIRA in pregnant women is not recommended. Tell your baby’s doctor about your Humira use during pregnancy as the risk of your baby getting an infection may be higher. Side Effects: Tell your doctor if you experience any side effects that make you feel unwell. The most common side effects of HUMIRA are injection site reactions (e.g. pain, swelling, redness etc), respiratory tract infections, headache, dizziness, tiredness, mouth ulcers, tummy pain, nausea, vomiting, diarrhoea, rash, itching, muscle pain and infections caused by viruses, bacteria or fungi, as well as abnormal laboratory tests such as reduced blood cell count, increased liver test results, increased blood lipid test results, etc. If you have any questions about using Humira, including the risks and benefits, how much to use, how and when to use it, or the storage conditions, ask your healthcare professional and refer to the Consumer Medicine Information (CMI) available from www.HUMIRA.co.nz or freephone 0800 900 030. Ask your doctor if HUMIRA is right for you. Use strictly as directed. If symptoms continue, or you have side effects, see your doctor, pharmacist or healthcare professional.

HUMIRA is a fully funded medicine under Special Authority for most indications - normal pharmacy prescription charges apply. HUMIRA is not funded for enthesitis-related arthritis, non-radiographic axial spondyloarthritis, ulcerative colitis, uveitis and hidradenitis suppurativa – a pharmacy charge will apply. Normal doctor’s charges apply.