Many people feel nervous the first time they give themselves an injection. That’s why it’s OK to ask a friend or relative for help, once they have been properly trained.

Our support staff can also help by talking you through the injection steps.

**AU:** Call us on 1800 486 472 or visit www.abbviecare.com.au

**NZ:** Call us on 0800 848 243 or visit www.abbviecare.co.nz

**HUMIRA** has both risks and benefits. Consult your doctor, pharmacist or nurse if you have any questions or concerns. Always use **HUMIRA** according to your doctor’s advice.
AbbVie medical information

**AU**: 1800 043 460 | **NZ**: 0800 900 030
9.00 am – 5.00 pm AEST (Monday to Friday)

Please read the HUMIRA Consumer Medicine Information for more information.

The HUMIRA Consumer Medicine Information is available at:

**AU**: [Click here](#) to access the HUMIRA Consumer Medicine Information.

**NZ**: [Click here](#) to access the HUMIRA Consumer Medicine Information.

Consult your doctor, pharmacist or nurse if you have any questions or concerns.
Instructions for preparing and giving an injection of HUMIRA using the pre-filled syringe

Read through these instructions before handling the syringe. Note that you can only use the syringe once. The syringe comes pre-loaded with the exact dose of medicine inside, ready to inject.

HUMIRA is injected under the skin. It can be self-administered or given by your doctor or nurse, or by another person after proper training in injection technique.

Read these instructions carefully and follow them step-by-step. These instructions explain how to self-inject this medicine.

Do not attempt to self-inject until you are sure that you understand how to prepare and give the injection. Your doctor or his/her assistant will also show you best how to self-inject.

Do not mix the injection in the same syringe or vial with any other medicine.

Keep HUMIRA out of the sight and reach of children.

STEP 1

Take HUMIRA out of 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. For example, do not warm it in a microwave or in hot water.
- Do not use the syringe if liquid has been frozen (even if thawed).

STEP 2

Check 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

- On the front of your thighs or your abdomen (belly) at least 5 cm from your navel (belly button).
- 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**

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.
- 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**

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

After injecting HUMIRA, immediately throw away the used syringe in a special ‘sharps’ container as instructed by your doctor, nurse or pharmacist.

Keep this container out of the reach and sight of children.

When the sharps container is two-thirds full, take it back to your pharmacist, nurse or doctor, or check for disposal locations at www.abbviecare.com.au or www.abbviecare.co.nz.
AbbVie Care program

AU:
www.abbviecare.com.au
1800 HUMIRA (1800 486 472)
9.00 am – 5.30 pm AEST (Monday to Friday)

NZ:
www.abbviecare.co.nz
0800 848 243
8.00 am – 4.30 pm (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 information and help to improve your overall wellbeing. To access this support you need to enrol in the program – either online or over the phone.

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