A step-by-step guide to using the HUMIRA (adalimumab) pre-filled single-use pen

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 single-use pen

The HUMIRA pen comes preloaded with the exact dose of medicine inside, ready for you to inject. It also has its own built-in needle. Note that you can only use the pre-filled pen once.

HUMIRA is injected under the skin. It can be self-administered or given by another person (e.g. a family member or friend) after proper training in injection technique, or by your doctor or their assistant.

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.

Keep HUMIRA out of the sight and reach of children.

1. What should I do before I give myself a HUMIRA injection?

- Take one dose tray containing a pre-filled pen of HUMIRA from the refrigerator.
- Do not shake or drop the pre-filled pen.
- Leave HUMIRA at room temperature for 15 to 30 minutes before injecting.

Do not remove the grey cap or plum cap 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 if the solution has been frozen.

- Check the expiry date on the pre-filled pen label. Do not use the product after the month and year shown.
• Hold the pre-filled pen with the grey cap (labelled ‘1’) pointing up. Check the appearance of the HUMIRA solution through the windows on the sides of the pre-filled pen. It must be clear and colourless. If it is cloudy or has particles in it, you must not use it.

**Do not remove either the grey cap or the plum cap, until immediately before the injection.**

Place the following on a clean, flat surface:

• One HUMIRA pre-filled pen
• One alcohol pad.

**Wash your hands thoroughly.**

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### 2. Where should I give my injections?

• Choose a site on your thigh or stomach, at least 5 cm from your navel (belly button). Please see the shaded area to the right.

• Change the place that you inject each time so that you do not become sore in one area. Each new injection should be given at least 3 cm from the last injection site.

**Do not inject into skin that is sore, bruised, red, hard, scarred, has stretch marks, or areas with psoriasis plaques.**

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### 3. How do I give my injection?

• Wipe your skin by using the enclosed alcohol pad, using a circular motion.

• Only remove both the grey cap and the plum cap **immediately** before injection.

• Hold the grey body of the pre-filled pen with one hand by placing this hand in the middle of the pen so that neither the grey cap nor the plum cap is covered. Hold the pre-filled pen with the grey cap pointing up.

• With your other hand, pull the grey cap straight off and discard cap.

• Check that the small grey needle cover of the syringe has been removed with the cap. If a few small drops of liquid come out of the needle, that is OK. The white needle sleeve will now be exposed.
• Do not try to touch the needle housed in the barrel.
• DO NOT RECAP the pen as you may damage the needle inside.
• Pull the plum safety cap (labelled ‘2’) straight off to expose the plum-coloured activation button.
• The pre-filled pen is now ready to use. Do not press the plum activation button until properly positioned as this will result in discharge of medication.
DO NOT RECAP as this could cause the unit to discharge and could potentially cause needle stick injury.
• Do not place the pen down as this could cause the unit to discharge.

4. Giving the injection
• With your free hand, gently grasp or pinch a sizeable area of the cleaned skin at the injection site and hold firmly for the entire injection procedure.
• Position the white end of the pre-filled pen at a right angle (90 degrees) to the skin, so that you can see the window. The presence of one or more bubbles in the window is normal.
• Holding the barrel of the pre-filled pen, press down slightly onto the injection site (holding in place without moving), but do not press plum end until ready for injection.
• With your index finger or your thumb, press the plum-coloured button on top once you are ready to begin the injection. You will hear a loud ‘click’ as the needle is released, and you will feel a small prick as the needle advances.
• Keep pressing and continue to hold the pen with steady pressure for about 10 seconds to ensure a complete injection. Do not remove the pen while the injection is being given.
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](http://www.abbviecare.com.au) or [www.abbviecare.co.nz](http://www.abbviecare.co.nz)

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- You will see a yellow indicator move into the window during the injection. The injection is complete when the yellow indicator stops moving.

- Lift the pen straight up from the injection site. The white needle sleeve will move down over the needle and lock into place over the needle tip. Do not try to touch the needle. The white needle sleeve is there to protect you from touching the needle.

- You may notice a spot of blood at the injection site. You can press a cotton ball or a piece of gauze over the injection site for 10 seconds. Do NOT rub the injection site.

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**5. Throwing away supplies**

- Only use each pen for one injection. Do not put either of the caps back on the pen.

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

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