

HUMIRA 80MG/0.8ML PEN INSTRUCTIONS FOR USE

If you are using the Humira pen, instructions for preparing and giving an injection of Humira are provided in the Injecting Instructions supplied with the product.

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

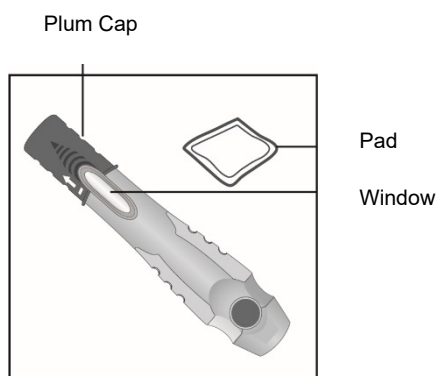


Figure 1

- Leave Humira at room temperature for 15 to 30 minutes before injecting.

Do not remove the 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 it 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 plum cap pointing up.

Check the appearance of Humira solution through the windows on the sides of the pre-filled pen (see Figures 1 and 3).

It must be clear and colourless. If it is cloudy or particles in it, you must not use it.

Do not remove the plum cap marked by the arrow in Figure 3, until immediately before the injection.

- Set up the following items on a clean surface
 - One Humira pre-filled pen and alcohol pad.
 - One cotton ball or gauze pad (not included)
 - Puncture-resistant sharps disposal container (not included)
- Wash and dry your hands.



Figure 2

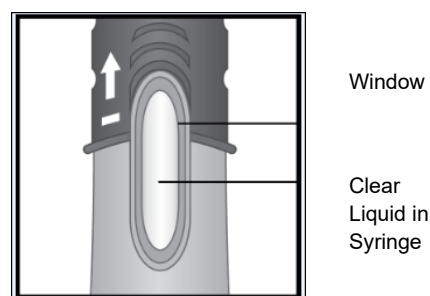
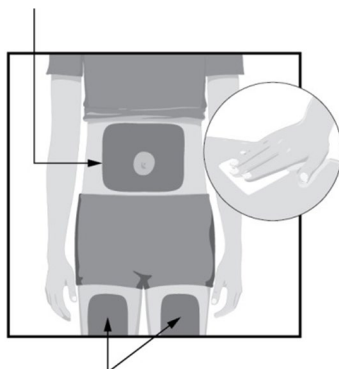


Figure 3

2. Where should I give my injections?

- Choose a site on your thigh or stomach (at least 5 cm from your belly button (navel)). Please see the shaded area in Figure 4.

Injectable Areas



Injectable Areas

Figure 4

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 plaque psoriasis.

3. How do I give my injection?

- **Wipe your skin by using the enclosed alcohol pad, using a circular motion.**
- Only remove the plum cap immediately before injection.

Hold the pre-filled pen with the plum cap pointing up.

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

- **Check that the small black 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 okay. 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 and could potentially cause needle stick injury.

- Turn the pen so that the white needle sleeve points toward the injection site.

4. Giving the injection

- With your free hand, gently grasp or pinch a sizable area of the cleaned skin at the injection site and hold firmly for the entire injection procedure (see Figure 5).
- Place the white needle sleeve of the pre-filled pen at a right angle (90 degrees) against the injection, so that you can see the green activation button and inspection window. The presence of one or more bubbles in the window is normal.
- Holding the pre-filled pen, press down firmly onto the injection site (holding in place without moving), but do not press the green activation button until ready for injection.
- The pen will activate only if the white needle sleeve is pressed down against the injection site before pressing the green activation button.
- Press the green activation button. You will hear a loud 'click' to signal the start of the injection.

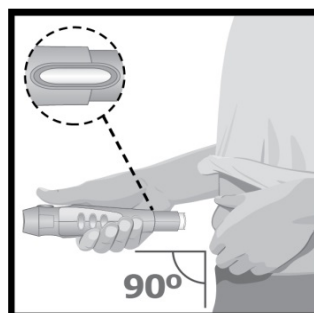


Figure 5

- 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.**
- Injection is complete when the pen has made a second 'click' or the yellow indicator has filled the window (see Figure 6). This takes up to 10 seconds.

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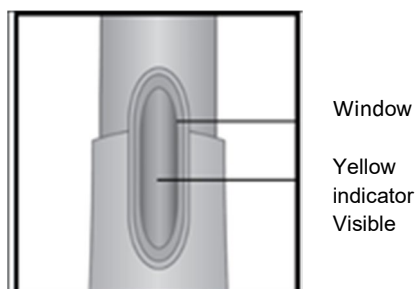


Figure 6

For more information:

Australia: Call us on 1800 043 460 or visit
www.abbviecare.com.au

New Zealand: Call us on 0800 900 030 or visit
www.abbviecare.co.nz

- Lift the pen straight up from the injection site. The white needle sleeve will move down over the needle, lock into place over the needle tip and make another click.

Do not try to touch the needle.

The white needle sleeve is there to protect you from touching the needle (see Figure 7)

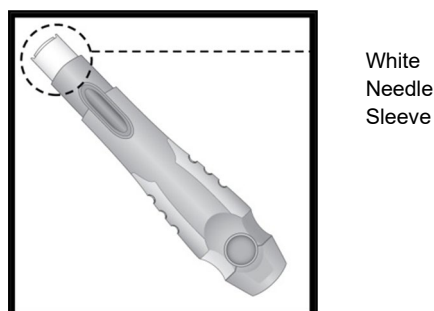


Figure 7

- 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.

5. Throwing away supplies

- Only use each pen for one injection.
Do not put the cap 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.