

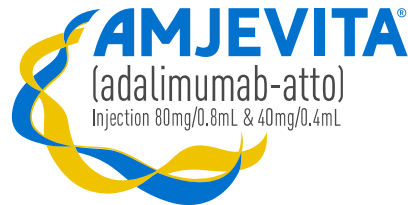
# MY AMJEVITA® PREFILLED SYRINGE INJECTION GUIDE

A RESOURCE ROADMAP TO HELP SUPPORT YOUR SELF-INJECTION JOURNEY WITH THE 20 mg/0.2 mL AND 40 mg/0.4 mL FORMULATION OF AMJEVITA

Other dosage presentations/forms are also available. Be sure to read and follow the Instructions for Use that comes with your medication.



This resource is intended to provide you with supplemental information about the AMJEVITA prefilled syringe and does not replace the AMJEVITA Instructions for Use. Do not try to inject AMJEVITA yourself until you have been shown the right way to give the injections by a healthcare professional. Please review the Instructions for Use included with your prescribed medication prior to performing your injection. If you have further questions, please contact your doctor.



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# GETTING STARTED WITH YOUR AMJEVITA® (ADALIMUMAB-ATTO) PREFILLED SYRINGE

This resource provides you with supplemental information about the AMJEVITA prefilled syringe. It can help answer questions you may have about using your syringe. It does not replace the Instructions for Use. Do not try to inject AMJEVITA yourself until you have been shown the right way to give the injections by a healthcare professional. Please review the [Instructions for Use](#) included with your prescribed medication prior to performing your injection. If you have further questions, please contact your doctor.



You can also access the Instructions for Use by holding your smartphone camera over the code.



# GETTING STARTED AT HOME WITH YOUR PREFILLED SYRINGE INJECTION RESOURCE



When you start using the AMJEVITA prefilled syringe for the very first time, you may wonder if you're going to do it right.

You may have questions or feel uncertain about the process. Other patients feel the same. You are not alone.

There's a lot to learn, and you want to get it right. With practice, you can begin to feel more confident and comfortable with the process.

With this resource and the online tools, you can do this... and you can read this as many times as you like, even if you are already experienced or want to remember the injection steps after a while. ***Now, let's get started!***

Carefully review this resource which offers additional helpful information just for you and your caregiver, including:

1. Key injection steps
2. Helpful tips
3. Resources and tools
4. Answers to frequently asked questions
5. Travel guidance

# PREPARE YOURSELF AND CREATE A SELF-INJECTION ROUTINE THAT WORKS FOR YOU

Before you start the injection process, it's important to be prepared. Creating a **routine that works for you** can help manage your injections and make you feel more comfortable with the process over time.

Here are some tips to help you start a routine that's right for you:



Set up a comfortable, distraction-free environment before each injection. Consider a room where you can close the door so that other people can't distract or interrupt you.



Keep your injection supplies in the same place so they are easy for you to find.



Add reminders to your calendar or create phone alerts so you don't miss a dose. Some people like to use an injection log to write dates for their injection.



Read through the Instructions for Use and all the information in this resource before you start.



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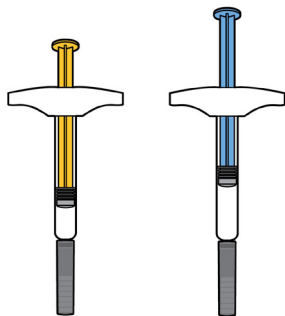
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# PREP | GET TO KNOW YOUR AMJEVITA® (ADALIMUMAB-ATTO) PREFILLED SYRINGE

The AMJEVITA prefilled syringe comes in different doses including:

20 mg/0.2 mL

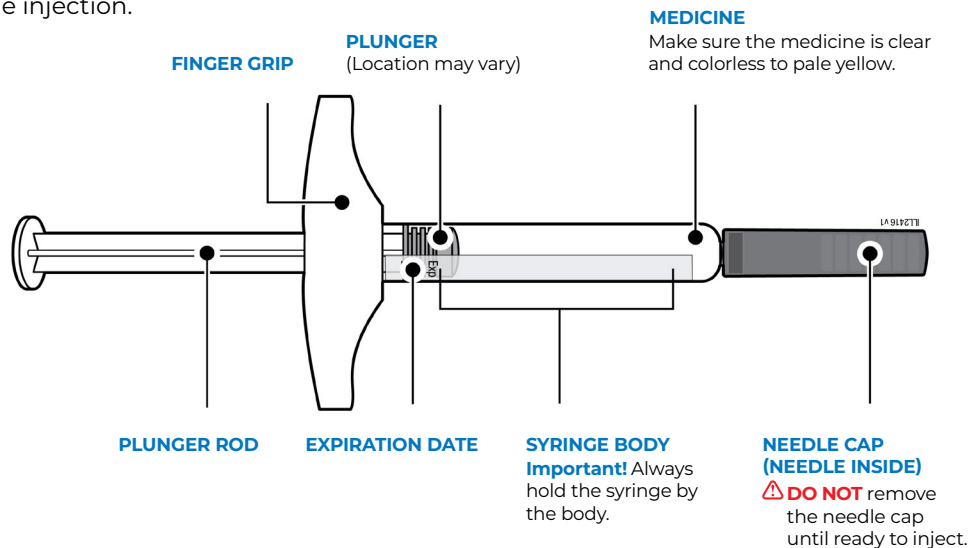
40 mg/0.4 mL



The look and amount of medicine in the prefilled syringe will be different for each dose.

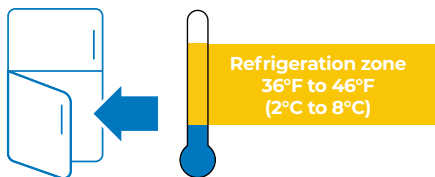
## Introduction to the AMJEVITA prefilled syringe

Please read the Instructions for Use for detailed information prior to performing the injection.



The AMJEVITA prefilled syringe is latex free.

# PREP | STORE YOUR AMJEVITA® (ADALIMUMAB-ATTO) PREFILLED SYRINGE



When you receive the AMJEVITA prefilled syringe, be sure to place it directly into the refrigerator.

Store your prefilled syringe in the refrigerator between 36°F to 46°F (2°C to 8°C) in original carton to protect it from light or physical damage.

**⚠ DO NOT** freeze.

**⚠ DO NOT** store the syringe in extreme heat or cold. For example, avoid storing in your vehicle's glove box or trunk.



The prefilled syringe can be stored outside of the refrigerator at room temperature 68°F to 77°F (20°C to 25°C) for up to 14 days.

Record the date you removed it and throw away in a sharps disposal container, if left out for longer.

**⚠ DO NOT** put the syringe back in the refrigerator once it has reached room temperature.

**Important!** Keep the prefilled syringe out of sight and reach of children.

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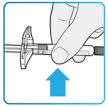
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# PREP | GET YOUR AMJEVITA® (ADALIMUMAB-ATTO) PREFILLED SYRINGE READY

Bring your prefilled syringe to room temperature.



Only remove the prefilled syringe you plan to use.

**Important!** Grab the syringe body to remove the syringe from the carton.

**⚠ DO NOT** grab the plunger rod, finger grip, or the needle cap.

**⚠ DO NOT** shake the syringe at any time.



For a more comfortable injection, leave the prefilled syringe at room temperature for 15-30 minutes before injecting.

**⚠ DO NOT** heat with hot water, a microwave, or direct sunlight.

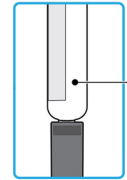
Gather your supplies and check your dose.

Gather materials in a clean, well-lit area. Place supplies on a flat surface.

- AMJEVITA prefilled syringe
- Alcohol wipes
- Cotton ball or gauze pad
- Adhesive bandage
- Sharps disposal container

Check your prescription to make sure you have the right dose.

Check expiration date and inspect the prefilled syringe.



The medicine should be clear and colorless to pale yellow. It is ok to see air bubbles in the syringe.

**⚠ DO NOT** use AMJEVITA if the medicine is frozen, cloudy, discolored, or has flakes or particles.

**⚠ DO NOT** use if the expiration date has passed.

**⚠ DO NOT** use if the cap is loose or missing, the syringe has cracks or broken parts, or has been dropped.

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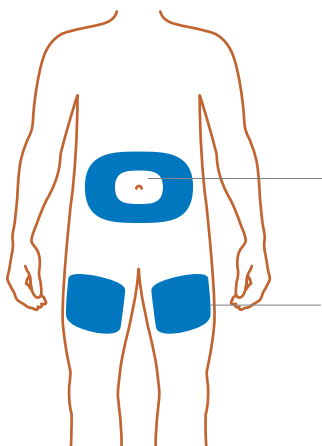
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## PREP | SELECT AND CLEAN YOUR INJECTION SITE

- Wash your hands thoroughly with soap and water.
- Clean the injection site with an alcohol wipe, and let your skin dry on its own.
- Select one of the following injection sites:

### Front



**Stomach (except for a 2-inch area around your belly button).**

**Thigh**

**If someone else is giving you the injection, they can inject in your stomach, thigh, upper arm, or buttocks.**

**⚠ DO NOT** inject where the skin is tender, bruised, red, or hard. Avoid injecting into scars or stretch marks.

**⚠ DO NOT** touch the cleaned area again before injecting.

### Tip!

- Choose a different site each time you give yourself an injection. If you need to use the same injection site, make sure it is not the same spot on the injection site you used the last time.
- Some people keep a diary or log to track their injection locations.



# INJECTING WITH YOUR AMJEVITA® (ADALIMUMAB-ATTO) PREFILLED SYRINGE

In this section, you will find the steps for injecting your medication.

Please read the Instructions for Use for detailed information prior to starting the injection.



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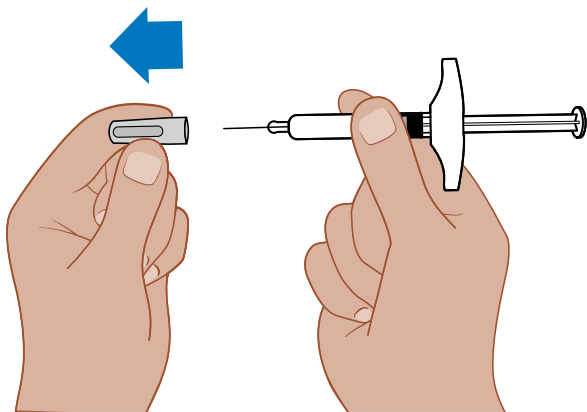
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## INJECT | REMOVE THE CAP FROM YOUR AMJEVITA® (ADALIMUMAB-ATTO) PREFILLED SYRINGE

- Always hold the syringe by the body.
- Carefully pull the needle cap straight off while holding the syringe body.
- You may see a drop of liquid at the end of the needle. This is normal.



**⚠ DO NOT** remove the needle cap until you're ready to inject. Never put the cap back on.

**⚠ DO NOT** touch the needle or let it touch any surface.

**⚠ DO NOT** twist or bend the needle cap.

**Important!** Throw the needle cap into a sharps container.

### Tip!

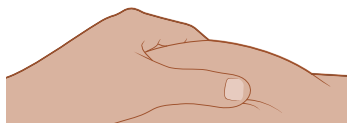
- If you have questions before you remove the needle cap, re-read the [Instructions for Use \(IFU\)](#).



Hold your smartphone camera over the code to access the IFU.

# INJECT | KEY STEPS TO USING YOUR AMJEVITA® (ADALIMUMAB-ATTO) PREFILLED SYRINGE

1



## PINCH

the skin around the injection site.

**Important!** Continue to pinch the skin until injection is complete.

2

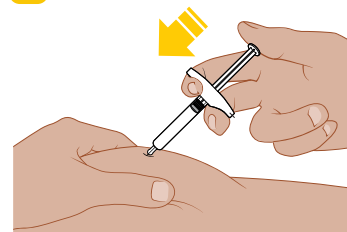


## INSERT

the needle into your pinched skin at a 45-degree angle.

**DO NOT** place your finger on the plunger rod.

3



## INJECT

by slowly pressing the plunger rod down until it reaches the bottom of the syringe.

Remove syringe gently from your skin when all of the medicine has been injected.

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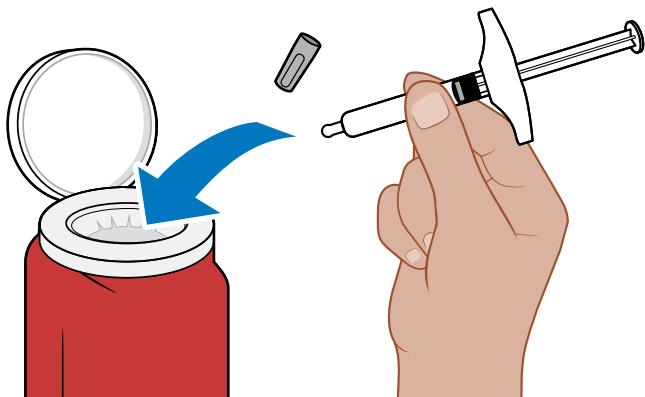
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## PROPERLY DISPOSE OF YOUR AMJEVITA® (ADALIMUMAB-ATTO) PREFILLED SYRINGE

Once you have finished your injection, put your used syringe and needle cap in a sharps container.



**⚠ DO NOT** throw away the syringe or needle cap in your household trash. Put other supplies like wipes and bandages in your household trash.

**⚠ DO NOT** put the needle cap back on.

**⚠ DO NOT** reuse the syringe.

### Tip!

- Learn how to properly dispose of your sharps container.
- If you don't have a sharps disposal container, you can go to <http://www.fda.gov/safesharpsdisposal> to learn what may be used as an alternative.

# CONGRATULATIONS!

## You know the process—Now make it part of your routine.

You can continue to use this resource to review your injection steps to help build confidence when self-injecting. You may find that you'll get more comfortable with each injection.

Remember:

**PINCH, INSERT, INJECT**

Be sure to contact your care team if you have any questions or concerns.

Please scan the code below to view the Prefilled Syringe Injection Overview Video.



Have supplemental injection questions?  
Call 1-888-8AMJEVITA (1-888-826-5384)  
Monday–Friday from 8 AM–8 PM ET



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# FREQUENTLY ASKED QUESTIONS

## TEMPERATURE CONTROL AND STORAGE:

**What is the best way to store my prefilled syringe?** Store the syringe in the refrigerator between 36°F to 46°F (2°C to 8°C) in its original carton. **DO NOT** store in the freezer.

**Why do I need to grab the syringe by the body?** **DO NOT** grab the syringe by the plunger rod, finger grip, or needle cap as it could start the injection.

**I left my prefilled syringe outside of the refrigerator. Is this okay?** Your prefilled syringe can be stored at room temperature 68°F to 77°F (20°C to 25°C) for up to 14 days. **DO NOT** put back in the refrigerator once it has reached room temperature. If it's been longer than 14 days, throw it out in a sharps container.

**Do I really have to wait 15-30 minutes for the prefilled syringe to reach room temperature before injecting?** Yes, if you don't, it may take longer to complete the injection, and you may experience discomfort. **DO NOT** warm it in a microwave or hot water, in direct sunlight, or near other heat sources.

## PREPARING TO INJECT:

**What should I do if the prefilled syringe looks frozen, cloudy, discolored, has large particles, is damaged, or expired?**

If the medicine is frozen, cloudy, discolored, or has flakes or particles, or if the syringe is damaged or expired, **DO NOT** use it. Throw it away and contact your doctor.

**Why do I have to change injection sites each time?**

It is recommended to change injection sites with each injection to avoid irritation, discomfort, fatty lumps, swelling, ulceration, scarring, or infection; and to give the skin a chance to heal.

# FREQUENTLY ASKED QUESTIONS (CONT'D)

## INJECTION:

**Why do I have to inject immediately after I remove the needle cover?** If you remove the needle cap before you are ready to inject, the medicine can dry out, the needle may become damaged, or you may accidentally hurt yourself with it.

### **Why do I need to pinch the skin?**

You need to pinch the skin to make sure that you are injecting under the skin. It is important to keep the skin pinched throughout the entire injection.

### **Can I adjust the position of the syringe after I've inserted the needle?**

Once you have inserted the needle, you should not change the position of the prefilled syringe. It may help to ensure you have everything you need in front of you and to sit in a comfortable position.

## DISPOSAL GUIDELINES:

**What if I don't have a sharps container?** If you don't have a sharps disposal container, you can go to <http://www.fda.gov/safesharpsdisposal> to learn what may be used as an alternative.

**Where do I dispose of a full sharps container?** When your sharps disposal container is almost full, you will need to follow your community guidelines for the right way to dispose of your sharps container. For details and specific information about sharps disposal in your area, go to: <http://www.fda.gov/safesharpsdisposal>.

**DO NOT** recycle your used sharps disposal container.

**DO NOT** dispose of your used sharps disposal container in your household trash unless your community guidelines permit this.

# GENERAL TRAVEL GUIDANCE

## TRAVELING WITH YOUR AMJEVITA® (ADALIMUMAB-ATTO) PREFILLED SYRINGE

If your injection day happens while you are traveling, it's important to plan ahead. Use this information to help ensure you don't miss a dose.

### SHORT TRIPS

#### Traveling less than 14 days:

- Your prefilled syringe can be stored at room temperature in its original carton for up to 14 days

**Remember that once your prefilled syringes reach room temperature, you should not put them back in the fridge.**

Make sure the carton is stored in a safe place where it won't be damaged or exposed to extreme temperatures or direct sunlight.

Pack what you need for injection, including:

- AMJEVITA prefilled syringe
- Alcohol wipes\*
- Cotton ball or gauze\*
- Bandage
- Puncture resistant (sharps) disposal container

\*Be sure to keep these items clean when you travel.

### LONGER TRIPS

#### Traveling more than 14 days:

- Keep within the safe temperature zone
- Reach out to your pharmacist and/or doctor to discuss other options such as filling your prescription at your desired destination

**DO NOT** use a prefilled syringe that has been at room temperature for more than 14 days.



# CAR AND AIR TRAVEL GUIDANCE



## TRAVELING BY CAR:

Make sure your prefilled syringe is stored in the safe temperature zone between 68°F to 77°F (20°C to 25°C).

**DO NOT** leave your prefilled syringe in the car once you've reached your destination.

**DO NOT** expose it to direct sunlight or heat.

**DO NOT** put it back in the refrigerator once it has reached room temperature.



## TRAVELING BY AIRPLANE:

Before you travel

- Contact your airline about the carry-on policy for needles, syringes, or injection devices. Security regulations may change.
- Research the injection device requirements of other countries you may visit.
- Bring a copy of your prescription or a doctor's note to show airport security.



## TSA OR AIRPORT SECURITY CONSIDERATIONS:

- Notify security screeners that you are carrying a sharps container.
- Consider requesting a "hand check" of your medication kit to avoid any delays.
- Be prepared to display, handle, and repack your own medication and supplies in order to prevent contamination or damage.
- Be sure to keep your medication with you during the flight. **DO NOT** put your medication in your checked baggage.

## IMPORTANT SAFETY INFORMATION

**What is the most important information I should know about AMJEVITA?**

**You should discuss the potential benefits and risks of AMJEVITA with your doctor. AMJEVITA is a TNF blocker medicine that can lower the ability of your immune system to fight infections. You should not start taking AMJEVITA if you have any kind of infection unless your doctor says it is okay.**

- **Serious infections have happened in people taking adalimumab products. These serious infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some people have died from these infections.** Your doctor should test you for TB before starting AMJEVITA, and check you closely for signs and symptoms of TB during treatment with AMJEVITA, even if your TB test was negative. If your doctor feels you are at risk, you may be treated with medicine for TB.
- **Cancer.** For children and adults taking TNF blockers, including AMJEVITA, the chance of getting lymphoma or other cancers may increase. There have been cases of unusual cancers in children, teenagers, and young adults using TNF blockers. Some people have developed a rare type of cancer called hepatosplenic T-cell lymphoma. This type of

cancer often results in death. If using TNF blockers including AMJEVITA, your chance of getting two types of skin cancer (basal cell and squamous cell) may increase. These types are generally not life-threatening if treated; tell your doctor if you have a bump or open sore that doesn't heal.

**What should I tell my doctor BEFORE starting AMJEVITA?**

**Tell your doctor about all of your health conditions, including if you:**

- Have an infection, are being treated for infection, or have symptoms of an infection
- Get a lot of infections or infections that keep coming back
- Have diabetes
- Have TB or have been in close contact with someone with TB, or were born in, lived in, or traveled where there is more risk for getting TB
- Live or have lived in an area (such as the Ohio and Mississippi River valleys) where there is an increased risk for getting certain kinds of fungal infections, such as histoplasmosis, coccidioidomycosis, or blastomycosis. These infections may happen or become more severe if you use AMJEVITA. Ask your doctor if you are unsure if you have lived in these areas
- Have or have had hepatitis B

## IMPORTANT SAFETY INFORMATION (CONT'D)

- Are scheduled for major surgery
- Have or have had cancer
- Have numbness or tingling or a nervous system disease such as multiple sclerosis or Guillain-Barré syndrome
- Have or had heart failure
- Have recently received or are scheduled to receive a vaccine. AMJEVITA patients may receive vaccines, except for live vaccines. Children should be brought up to date on all vaccines before starting AMJEVITA
- Are allergic to any AMJEVITA ingredients
- Are pregnant, planning to become pregnant, breastfeeding, or planning to breastfeed
- Have a baby and you were using AMJEVITA during your pregnancy. Tell your baby's doctor before your baby receives any vaccines

**Also tell your doctor about all the medicines you take. You should not take AMJEVITA with ORENCIA® (abatacept), KINERET® (anakinra), REMICADE® (infliximab), ENBREL® (etanercept), CIMZIA® (certolizumab pegol), or SIMPONI® (golimumab). Tell your doctor if you have ever used RITUXAN® (rituximab), IMURAN® (azathioprine), or PURINETHOL® (mercaptopurine, 6-MP).**

**What should I watch for AFTER starting AMJEVITA?**

**AMJEVITA can cause serious side effects, including:**

- **Serious infections.** These include TB and infections caused by viruses, fungi, or bacteria. Symptoms related to TB include a cough, low-grade fever, weight loss, or loss of body fat and muscle.
- **Hepatitis B infection in carriers of the virus.** Symptoms include muscle aches, feeling very tired, dark urine, skin or eyes that look yellow, little or no appetite, vomiting, clay-colored bowel movements, fever, chills, stomach discomfort, and skin rash.
- **Allergic reactions.** Symptoms of a serious allergic reaction include hives, trouble breathing, and swelling of your face, eyes, lips, or mouth.
- **Nervous system problems.** Signs and symptoms include numbness or tingling, problems with your vision, weakness in your arms or legs, and dizziness.
- **Blood problems (decreased blood cells that help fight infections or stop bleeding).** Symptoms include a fever that does not go away, bruising or bleeding very easily, or looking very pale.
- **Heart failure (new or worsening).** Symptoms include shortness of breath, swelling of your ankles or feet, and sudden weight gain.
- **Immune reactions including a lupus-like syndrome.** Symptoms include chest discomfort or pain that does not

## IMPORTANT SAFETY INFORMATION (CONT'D)

go away, shortness of breath, joint pain, or rash on your cheeks or arms that gets worse in the sun.

- **Liver problems.** Symptoms include feeling very tired, skin or eyes that look yellow, poor appetite or vomiting, and pain on the right side of your stomach (abdomen). These problems can lead to liver failure and death.
- **Psoriasis (new or worsening).** Symptoms include red scaly patches or raised bumps that are filled with pus.

**Call your doctor or get medical care right away if you develop any of the above symptoms.**

**The most common side effects of AMJEVITA include** injection site reactions (pain, redness, rash, swelling, itching, or bruising), upper respiratory infections (sinus infections), headaches, and rash. These are not all of the possible side effects with AMJEVITA. Tell your doctor if you have any side effect that bothers you or that does not go away.

**Remember, tell your doctor right away if you have an infection or symptoms of an infection, including:**

- Fever, sweats, or chills
- Muscle aches

- Cough
- Shortness of breath
- Blood in phlegm
- Weight loss
- Warm, red, or painful skin or sores on your body
- Diarrhea or stomach pain
- Burning when you urinate
- Urinating more often than normal
- Feeling very tired

If you have any questions about this information, be sure to discuss them with your healthcare provider. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

Please see the AMJEVITA full [Prescribing Information](#), including [Medication Guide](#).

# IMPORTANT SAFETY INFORMATION (CONT'D)

## INDICATIONS

**AMJEVITA is a prescription medicine used:**

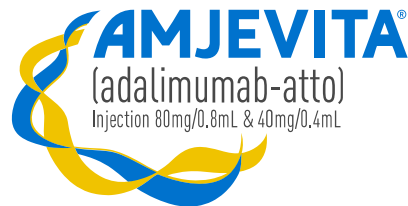
- **To reduce the signs and symptoms of:**
  - **Moderate to severe rheumatoid arthritis (RA) in adults.** AMJEVITA can be used alone, with methotrexate, or with certain other medicines. AMJEVITA may prevent further damage to your bones and joints and may help your ability to perform daily activities.
  - **Moderate to severe polyarticular juvenile idiopathic arthritis (JIA) in children** 2 years of age and older. AMJEVITA can be used alone or with methotrexate.
  - **Psoriatic arthritis (PsA) in adults.** AMJEVITA can be used alone or with certain other medicines. AMJEVITA may prevent further damage to your bones and joints and may help your ability to perform daily activities.
  - **Ankylosing spondylitis (AS) in adults.**
  - **Moderate to severe hidradenitis suppurativa (HS) in adults.**
- **To treat moderate to severe Crohn's disease (CD) in adults and children 6 years of age and older.**
- **To treat moderate to severe ulcerative colitis (UC) in adults.** It is not known if adalimumab products are effective in people who stopped responding to or could not tolerate TNF-blocker medicines.
- **To treat moderate to severe chronic plaque psoriasis (PsO) in adults** who are ready for systemic therapy or phototherapy, and are under the care of a doctor who will decide if other systemic therapies are less appropriate.
- **To treat non-infectious intermediate** (middle part of the eye), **posterior** (back of the eye), **and panuveitis** (all parts of the eye) **in adults.**

# IF YOU HAVE QUESTIONS ABOUT INJECTING WITH THE AMJEVITA® PREFILLED SYRINGE, CONTACT YOUR HEALTHCARE PROVIDER

If you need supplemental injection support call  
1-888-8AMJEVITA (1-888-826-5384) Monday–Friday  
from 8 AM–8 PM ET



Please see AMJEVITA full [Prescribing Information](#), including  
[Medication Guide](#) and [Instructions for Use](#).



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