

PATIENT INSTRUCTIONS FOR USE

HUMIRA® (Hu-MARE-ah)

(adalimumab)

SINGLE-USE PREFILLED SYRINGE

Do not try to inject HUMIRA yourself until you have been shown the right way to give the injections. If your doctor decides that you or a caregiver may be able to give your injections of HUMIRA at home, you should receive training on the right way to prepare and inject HUMIRA. It is important that you read, understand, and follow these instructions so that you inject HUMIRA the right way. Call your healthcare provider if you or your caregiver has any questions about the right way to inject HUMIRA.

How should I store HUMIRA?

- Store HUMIRA in a refrigerator at 36°F to 46°F (2°C to 8°C) in the original container until it is used. Protect from light.
- When traveling, HUMIRA should be stored in a cool carrier with an ice pack.
- **Do not freeze HUMIRA.** Do not use HUMIRA if frozen, even if it has been thawed.
- Refrigerated HUMIRA may be used until the expiration date printed on the HUMIRA carton, dose tray and prefilled syringe.
- Do not use a prefilled syringe if the liquid is cloudy, discolored, or has flakes or particles in it.
- Do not drop or crush HUMIRA. The prefilled syringe is glass.
- **Keep HUMIRA, injection supplies, and all other medicines out of the reach of children.**

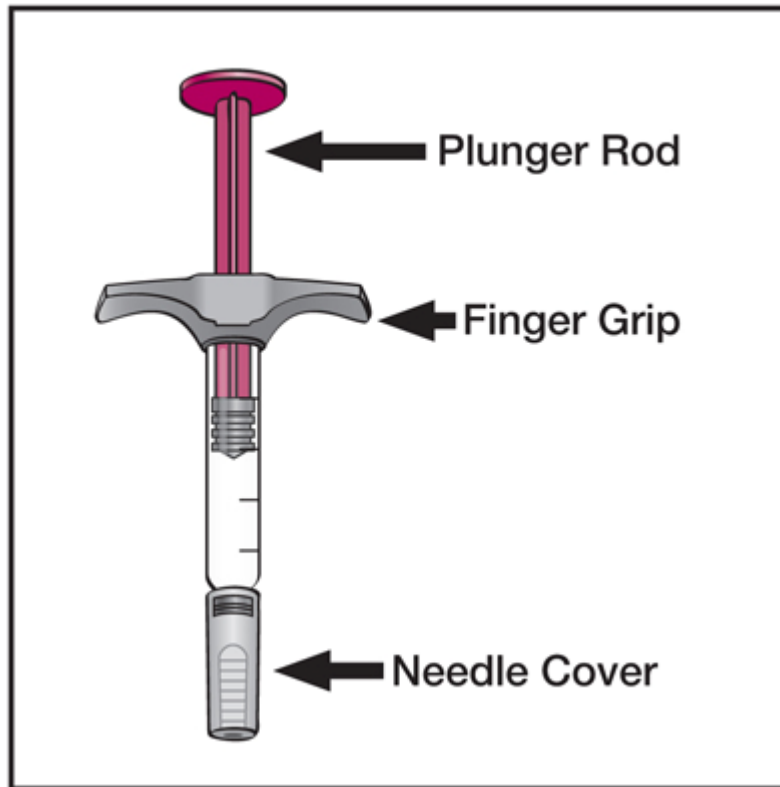
Gather the Supplies for Your Injection

- You will need the following supplies for your injection of HUMIRA.
Find a clean, flat surface to place the supplies on.
 - 1 alcohol swab
 - 1 cotton ball or gauze pad (not included in your HUMIRA carton)
 - 1 HUMIRA prefilled syringe (See Figure A)
 - 1 puncture-proof sharps container for HUMIRA prefilled syringe disposal (not included in your HUMIRA carton)

If you do not have all of the supplies you need to give yourself an injection, go to a pharmacy or call your pharmacist.

The diagram below shows what a prefilled syringe looks like. See Figure A.

Figure A



Check the carton, dose tray, and prefilled syringe

1. Make sure the name HUMIRA appears on the dose tray and prefilled syringe label.

2. **Do not use** and call your doctor or pharmacist if:

- the seals on top and bottom of the carton are broken or missing.
- the HUMIRA labeling has an expired date. Check the expiration date on your HUMIRA carton and do not use if the date has passed.
- the prefilled syringe that has been frozen or left in direct sunlight. See the section: “**How should I store HUMIRA?**” at the beginning of these Instructions for Use.
- the liquid in the prefilled syringe is cloudy, discolored or has flakes or particles in it. Make sure the liquid is clear and colorless.

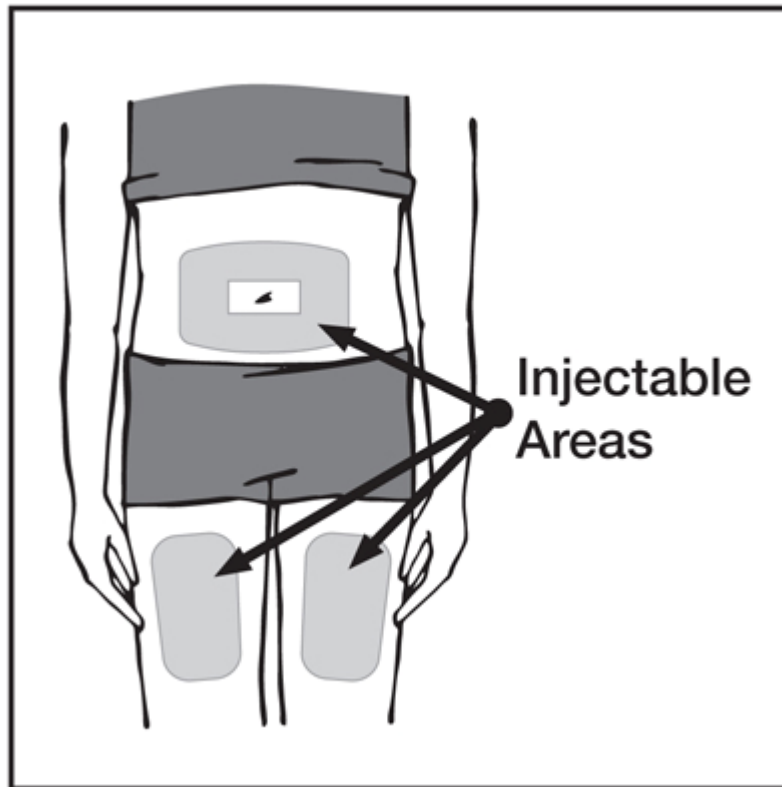
Choose the Injection Site

3. Wash and dry your hands well.

4. Choose an injection site on:

- the front of your thighs or
- your lower abdomen (belly). If you choose your abdomen, do not use the area 2 inches around your belly button (navel). See Figure B.

Figure B



- Choose a different site each time you give yourself an injection. Each new injection should be given at least one inch from a site you used before.
- **Do not** inject into skin that is:
 - sore (tender)
 - bruised
 - red
 - hard
 - scarred or where you have stretch marks
- If you have psoriasis, do not inject directly into any raised, thick, red or scaly skin patches or lesions on your skin.
- Do not inject through your clothes.

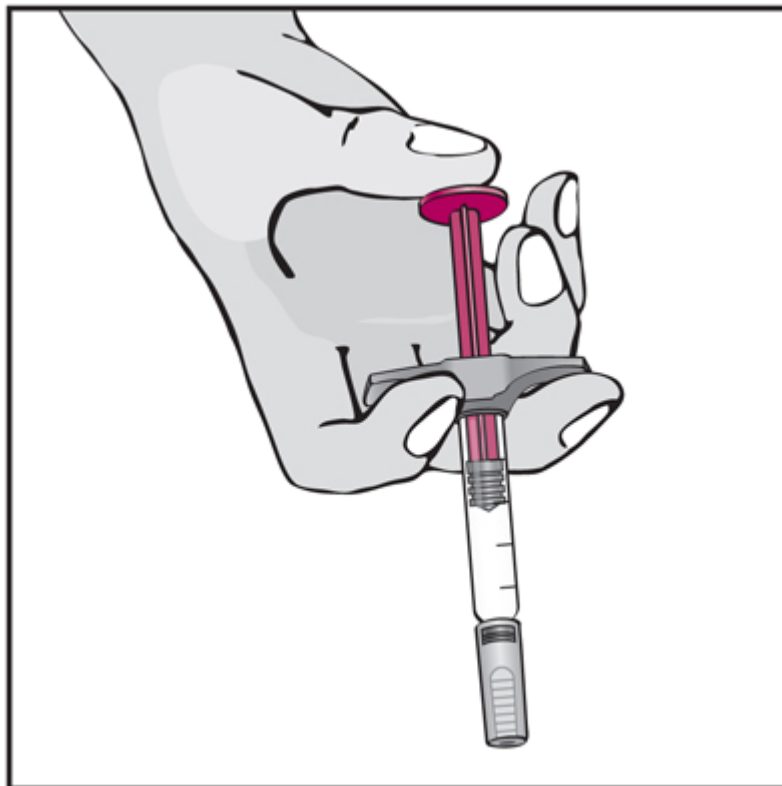
Prepare the Injection Site

5. Wipe the injection site with an alcohol prep (swab) using a circular motion.
6. Do **not** touch this area again before giving the injection. Allow the skin to dry before injecting. Do not fan or blow on the clean area.

Prepare the Syringe and Needle

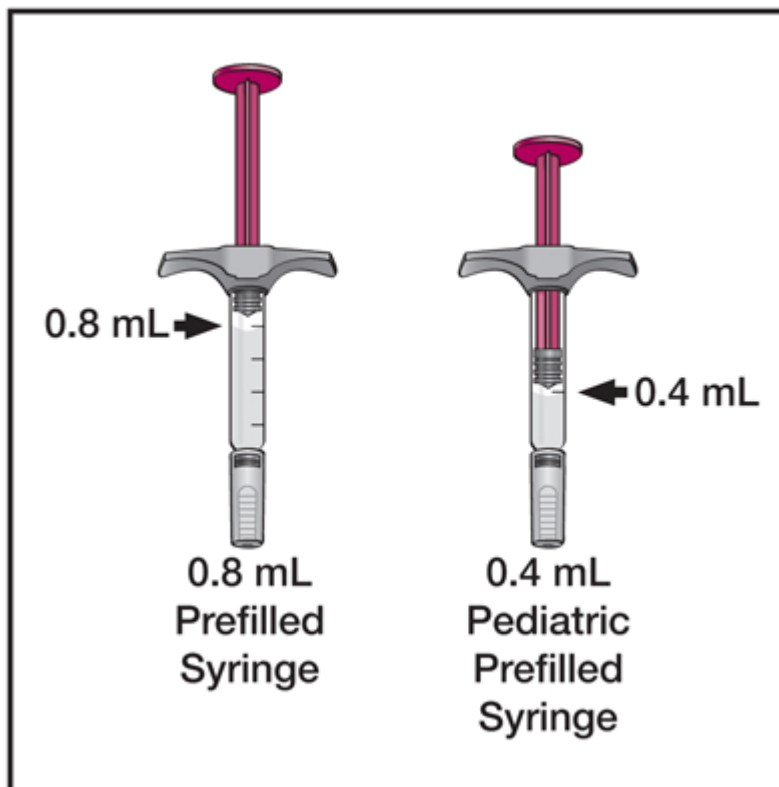
7. Check the fluid level in the syringe:
 - Always hold the prefilled syringe by the body of the syringe. Hold the syringe with the covered needle pointing down. See Figure C.

Figure C



- Hold the syringe at eye level. Look closely to make sure that the amount of liquid in the syringe is the same or close to the:
 - 0.8 mL line for the 40 mg prefilled syringe
 - 0.4 mL line for the 20 mg pediatric prefilled syringe. See Figure D.

Figure D

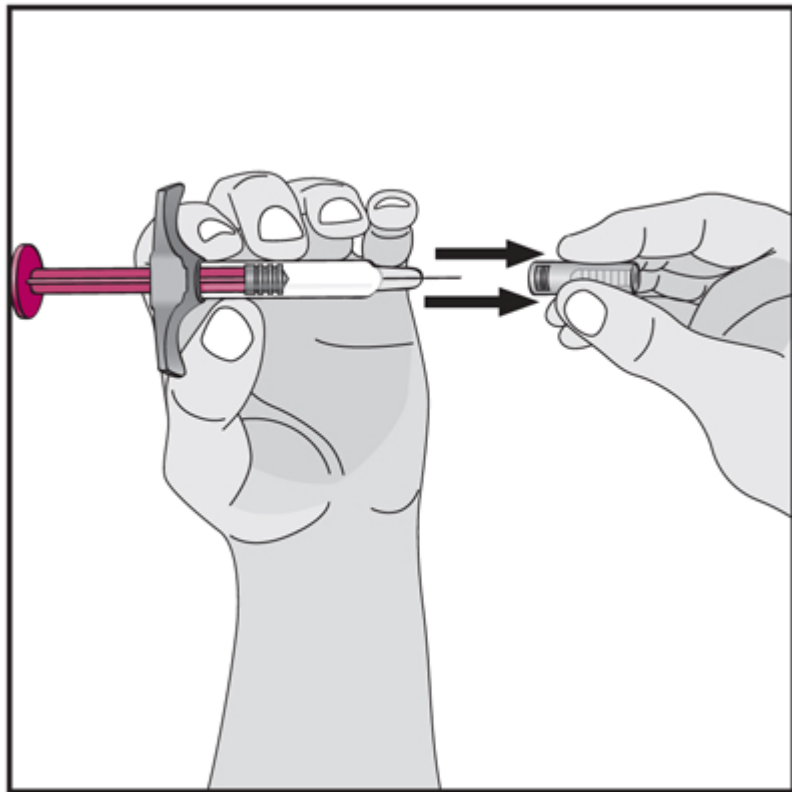


8. The top of the liquid may be curved. If the syringe does not have the correct amount of liquid, **do not use that syringe**. Call your pharmacist.

9. Remove the needle cover:

- Hold the syringe in one hand. With the other hand gently remove the needle cover. See Figure E.
- Throw away the needle cover.

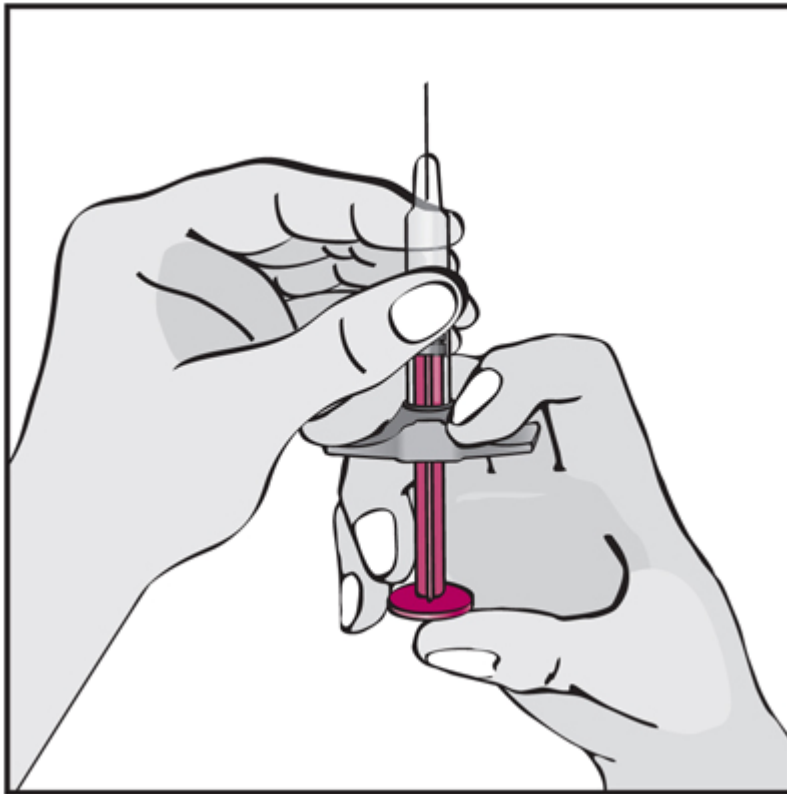
Figure E



- Do not touch the needle with your fingers or let the needle touch anything.

10. Turn the syringe so the needle is facing up and hold the syringe at eye level with one hand so you can see the air in the syringe. Using your other hand, slowly push the plunger in to push the air out through the needle. See Figure F.

Figure F



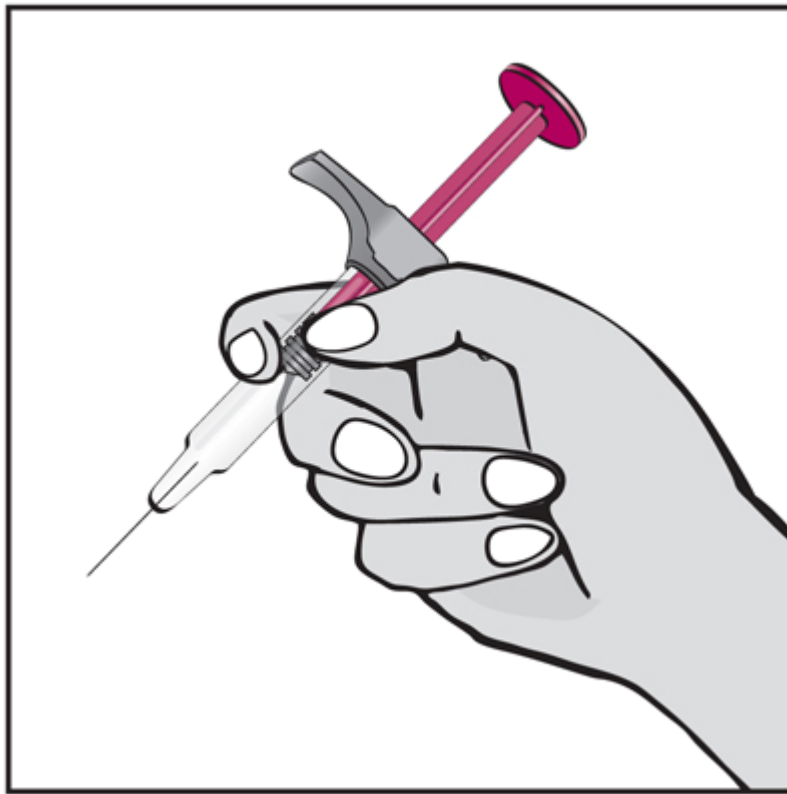
- You may see a drop of liquid at the end of the needle. This is normal.

Position the Prefilled Syringe and Inject HUMIRA

Position the Syringe

11. Hold the body of the prefilled syringe in one hand between the thumb and index fingers. Hold the syringe in your hand like a pencil. See Figure G.

Figure G



- **Do not** pull back on the plunger at any time.
- With your other hand, gently squeeze the area of the cleaned skin and hold it firmly. See Figure H.

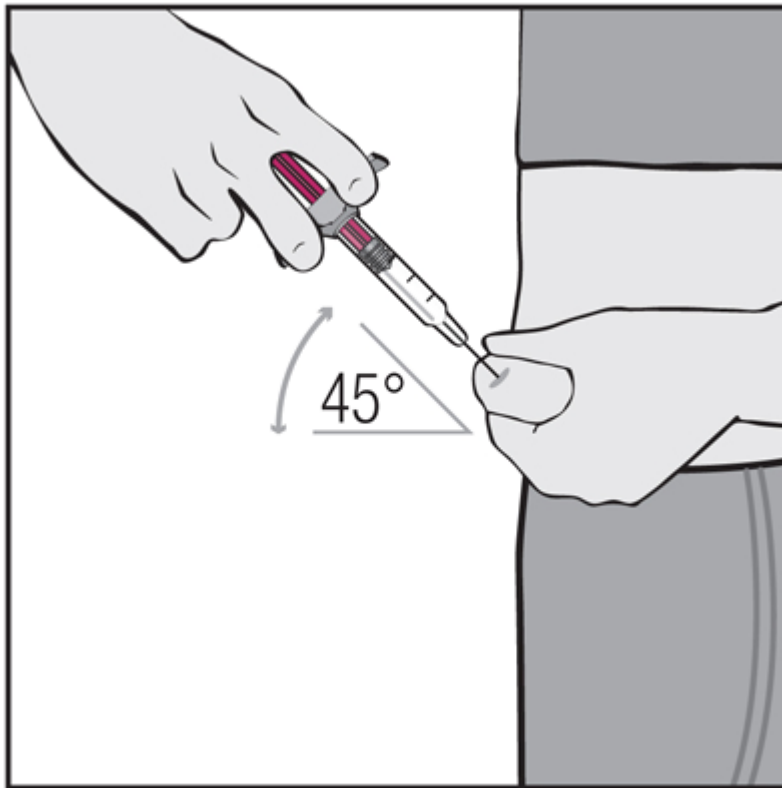
Figure H



Inject HUMIRA

12. Using a quick, dart-like motion, insert the needle into the squeezed skin at about a **45-degree angle**. See Figure I.

Figure I

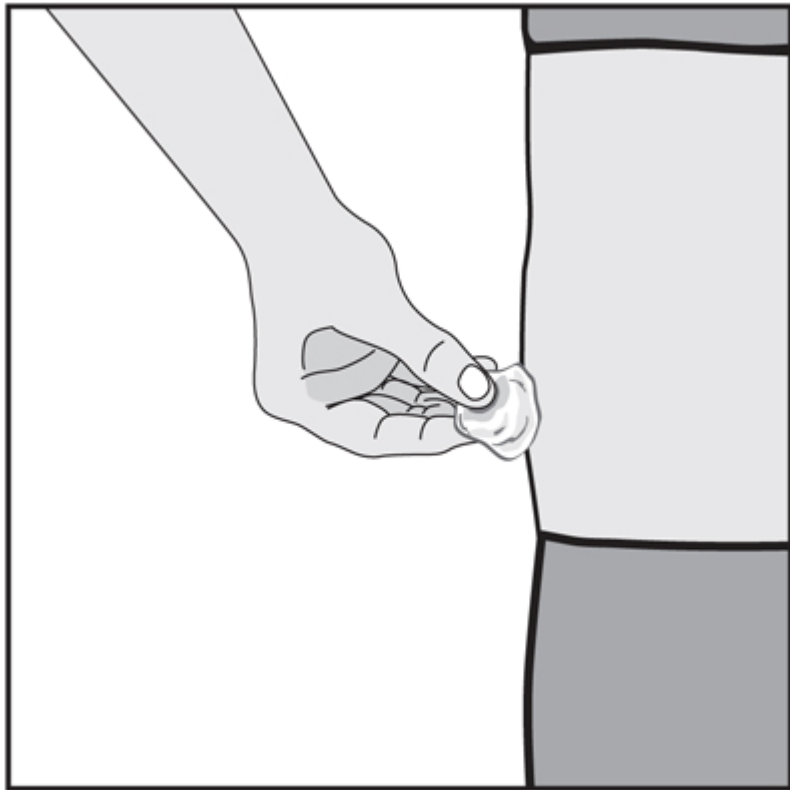


- After the needle is in, let go of the skin. Pull back gently on the plunger.

If blood appears in the syringe:

- It means that you have entered a blood vessel.
- **Do not inject HUMIRA.**
- Pull the needle out of the skin while keeping the syringe at the same angle.
- Press a cotton ball or gauze pad over the injection site and hold it for 10 seconds. See Figure J.

Figure J



- **Do not** use the same syringe and needle again. Throw away the needle and syringe in your special sharps container.
- **Do not** rub the injection site. You may have slight bleeding. This is normal.
- Repeat Steps 1 through 12 with a new prefilled syringe.

If no blood appears in the syringe:

- Slowly push the plunger all the way in until all of the liquid is injected and the syringe is empty.
- Pull the needle out of the skin while keeping the syringe at the same angle.
- Press a cotton ball or gauze pad over the injection site and hold it for 10 seconds. **Do not** rub the injection site. You may have slight bleeding. This is normal.

13. Throw away the used prefilled syringe and needle. See **“How should I dispose of used prefilled syringes and needles?”**

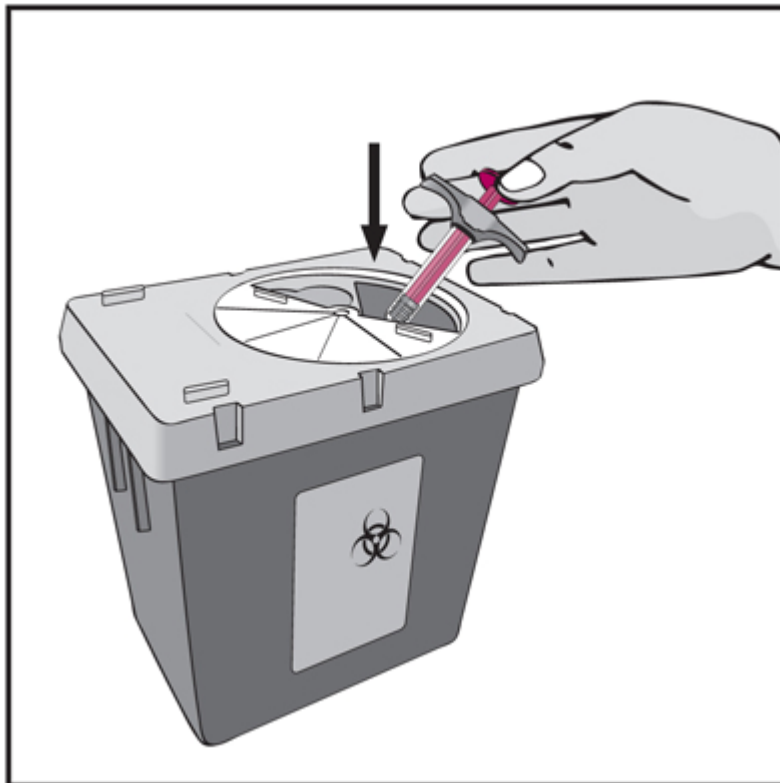
14. Keep a record of the dates and location of your injection sites. To help you remember when to take HUMIRA, you can mark your calendar ahead of time.

How should I dispose of used prefilled syringes and needles?

- **Do not throw the needle, or syringe, in the household trash. Do not recycle.**

- Do not try to touch the needle.
- Place the used prefilled syringe and needle in a special puncture-proof sharps container. You may use a sharps container (such as a red biohazard container), a hard plastic container (such as a detergent bottle), or a metal container (such as an empty coffee can). Do not use glass or clear plastic containers. See Figure K.

Figure K



- You should follow any special state or local laws regarding the disposal of needles and syringes.
- For the safety and health of you and others, needles and used syringes **must never** be re-used.
- **Always keep the sharps container out of the reach of children.**
- The used alcohol pads, cotton balls, dose trays and packaging may be placed in your household trash.
- When the sharps container is about two-thirds full, tape the cap or lid down so it does not come off and dispose of it as instructed by your doctor, nurse or pharmacist. **Do not throw the container in the household trash. Do not recycle.**

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