

## INSTRUCTIONS FOR PREPARING AND GIVING AN INJECTION OF ENBREL

### Introduction

The following instructions explain how to prepare and inject Enbrel. Please read the instructions carefully and follow them step by step. You will be instructed by your doctor or his/her assistant on the techniques of self-injection or on giving an injection to a child. Do not attempt to administer an injection until you are sure that you understand how to prepare and give the injection.

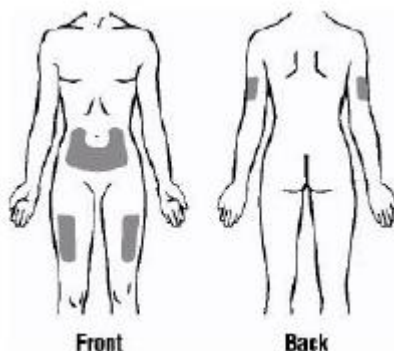
This injection should not be mixed with any other medicine.

### Step 1: Setting up for an injection

1. Select a clean well-lit, flat working surface.
2. Take the Enbrel carton containing the pre-filled syringes out of the refrigerator and place it on the flat work surface. Remove one pre-filled syringe and one alcohol swab and place them on the work surface. Do not shake the pre-filled syringe of Enbrel. Place the carton containing any remaining pre-filled syringes back into the refrigerator (2° to 8° C). If you have any questions about storage, contact your doctor, nurse or pharmacist for further instructions.
3. Check the expiration date on the pre-filled syringe. If the expiration date has passed, do not use the pre-filled syringe and contact your pharmacist for assistance.
4. Wait 15 to 30 minutes to allow the Enbrel in the pre-filled syringe to reach room temperature. **DO NOT** remove the needle cover while allowing it to reach room temperature. Do not warm Enbrel in any other way (for example, do not warm it in a microwave or in hot water).
5. Assemble the additional supplies you will need for your injection. These include an alcohol swab, and a cotton ball or gauze.
6. Wash your hands with soap and warm water.
7. Make sure the solution in the pre-filled syringe is clear to opalescent and colourless to yellow. It may contain small white or almost transparent particles. This appearance is normal for Enbrel. Do not use the solution if it is discoloured, cloudy or if particles other than those described above are present. Instead, use a different Enbrel pre-filled syringe. If you are concerned with the appearance of the solution, contact your doctor, nurse or pharmacist for assistance.

### Step 2: Choosing an injection site

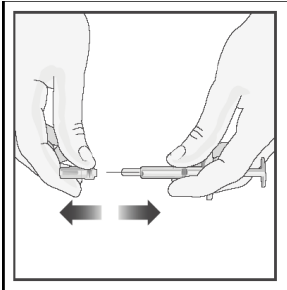
1. Three recommended injection sites for Enbrel using a pre-filled syringe include: (1) the front of the middle thighs; (2) the abdomen, except for the 5 cm area right around the navel; and, (3) the outer area of the upper arms. If you are self-injecting, you should not use the outer area of the upper arms.



2. A different site should be used for each new injection. Each new injection should be given at least 3 cm from an old site. Do not inject into areas where the skin is tender, bruised, red, or hard. Avoid areas with scars or stretch marks.
3. If you or the child have psoriasis, you should try not to inject directly into any raised, thick, red, or scaly skin patches (“psoriasis skin lesions”).

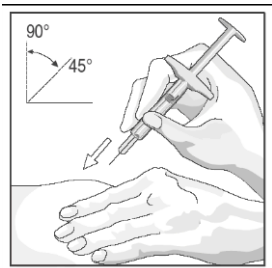
### Step 3: Injecting the Enbrel Solution

1. Pick up the pre-filled syringe from your flat work surface. Remove the needle cover by firmly pulling it straight off the syringe. The needle cap should be pulled off using a single, straight motion. If the needle cap is twisted or snapped off, the cap may damage the needle tip. This may blunt or bend the needle and can also damage the surface lubrication, which may contribute to pain on insertion.



When you remove the needle cover, there may be a drop of liquid at the end of the needle; this is normal. Never recap the needle. Do not touch the needle or allow it to touch any surface. Do not bump the plunger. Doing so could cause the liquid to leak out. Do not pull back on the plunger.

2. Some very small air bubbles may be observed in the syringe but there is no need to try and remove them as they are not harmful.
3. Wipe the site where Enbrel is to be injected with an alcohol swab, using a circular motion. DO NOT touch this area again before giving the injection.
4. When the cleaned area of skin has dried, pinch and hold it firmly with one hand.
5. With the other hand, hold the syringe like a pencil at an angle between 45 and 90 degrees with the bevel of the needle facing away from the skin. A 90-degree angle may minimise discomfort unless you have little fat beneath the skin. Be careful not to touch the cleaned area.



6. With a quick, short motion, insert the needle all the way into the skin.
7. After the needle is completely inserted into the skin, let go of the skin. With your free hand, hold the syringe near its base to stabilise it. Then slowly push the plunger at a steady rate to inject all of the solution.



8. When the syringe is empty, pull the needle out of the skin, being careful to keep it at the same angle as inserted. There may be a little bleeding at the injection site. You can press a cotton ball or gauze over the injection site for 10 seconds. Do not rub the injection site. If needed, you may cover the injection site with a bandage. Stinging or discomfort at the injection site may be felt in some cases. This is usually mild and transient.

#### **Step 4: Disposing of supplies**

The pre-filled syringe is for single-use administration only. The syringe and needle should NEVER be reused. Dispose of the needle and syringe as instructed by your doctor, nurse or pharmacist.

**All questions should be handled by a doctor, nurse or pharmacist familiar with Enbrel.**