



CIMZIA[®] (certolizumab pegol) solution for subcutaneous use

Prefilled syringe — step-by-step instructions for use

INSTRUCTIONS FOR USE

Indications: CIMZIA is approved for the treatment of adults with moderate to severe active rheumatoid arthritis (RA), active psoriatic arthritis (PsA), and active ankylosing spondylitis (AS). CIMZIA is also approved to lessen the signs and symptoms of moderate to severe active Crohn's disease (CD) in adults who have not been helped enough by usual treatments. CIMZIA is also approved to treat moderate to severe plaque psoriasis (PsO) in adults who may benefit from taking injections or pills (systemic therapy) or phototherapy (treatment using ultraviolet light alone or with pills).

Important Safety Information: CIMZIA can lower the ability of your immune system to fight infections. Some people who received CIMZIA have developed serious infections, including tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some of these serious infections have caused hospitalization and death.

Please see accompanying full Prescribing Information, including Medication Guide.

Read this Instructions for Use booklet that comes with CIMZIA before you start receiving it, and before each injection of CIMZIA.

This Instructions for Use booklet does not take the place of talking with your healthcare provider about your medical condition or treatment. These instructions are for 1 injection only. You may need more than 1 injection at a time depending on your prescribed dose of CIMZIA.

Do not share your CIMZIA Prefilled Syringe with needle attached with another person. You may give another person an infection or get an infection from them.

Important: 7% of the plastic needle shield inside the removable cap is derived from natural rubber latex. Tell your healthcare provider if you are allergic to latex.

Supplies you will need to give your CIMZIA® (certolizumab pegol) injection: See Figure A and Figure B

- 1 CIMZIA prefilled syringe with needle attached. You may need 2 CIMZIA prefilled syringes with needles attached to give higher doses.
- 1 or 2 alcohol swabs.
- 1 or 2 clean cotton balls or gauze pads.
- 1 puncture-resistant sharps disposal container. See “Disposal of your syringes with needles attached” at the end of this Instructions for Use booklet.

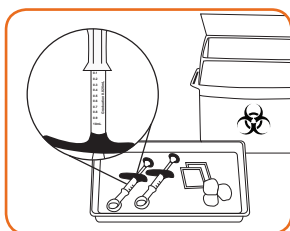


Figure A

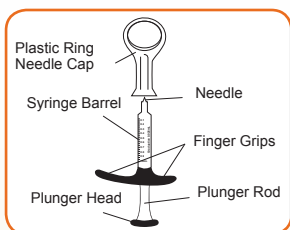


Figure B

CIMZIA comes in a tray containing two prefilled glass syringes. Use a new CIMZIA syringe for each injection.

When necessary, CIMZIA syringes may be stored at room temperature up to 77°F (25°C) in the original carton to protect from light for a single period of up to 7 days. Once a CIMZIA syringe has been stored at room temperature, do not place it back in the refrigerator. Write the date removed from the refrigerator in the space provided on the carton and discard if not used within the 7-day period.

Please see accompanying full Prescribing Information, including Medication Guide.

Setting up for your CIMZIA® (certolizumab pegol) injection:

STEP 1.

If refrigerated, take the carton containing the prefilled syringes of CIMZIA out of the refrigerator. Check the expiration date on the syringe carton and label.



Figure C

See Figure C.

If the expiration date has passed, **do not** use the syringe. Call your pharmacist for questions about the expiration date. Do not use CIMZIA if the tamper-evident seals on the top or bottom of the carton are missing or broken when you receive it. If the tamper-evident seals are missing or broken, contact your pharmacist.

STEP 2.

Remove the prefilled syringe from the carton and let it warm to room temperature. Do not warm the syringe in any other way. If you are not using the second syringe, put the carton containing the remaining prefilled syringe back in the refrigerator.

STEP 3.

Find a clean, flat work surface, such as a table.

STEP 4.

Make sure the liquid medicine in the prefilled syringe is clear and colorless to yellow and free from particles.

Do not inject the medicine if it is cloudy, discolored, or contains particles. Call your healthcare provider or pharmacist if you have any questions about your CIMZIA prefilled syringe.

STEP 5.

Gather all the supplies you will need for your injection.

STEP 6.

Wash your hands with soap and warm water and dry with a clean towel.

Selecting and preparing your injection site:

STEP 7.

Choose your injection site(s) on your stomach or upper thighs. **See Figure D.**

- Choose a new injection site each time you use CIMZIA.
- Each new injection should be given at least 1 inch from the site you used before. If you choose your stomach, avoid the 2 inches around your belly button (navel).
- Do not inject into areas where your skin is tender, bruised, red, or hard or where you have scars or stretch marks.
- Change injection sites between your stomach and upper thighs to reduce the chance of having a skin reaction.
- You may want to write down the site you use for your injection to help you remember to use a different site each time you inject.

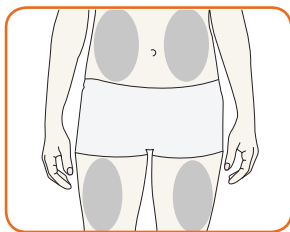


Figure D

STEP 8.

Clean your injection site with an alcohol swab. Let the area dry completely.

Please see accompanying full Prescribing Information, including Medication Guide.

Giving your CIMZIA® (certolizumab pegol) injection:

STEP 9.

Pick up the prefilled syringe with one hand and hold it with the needle pointing up. You may see air bubbles. This is normal. There is no need to remove the air bubbles before giving your injection. Injecting the solution with air bubbles will not harm you. With your other hand, remove the plastic ring needle cap by pulling straight up on the plastic ring.

See Figure E.

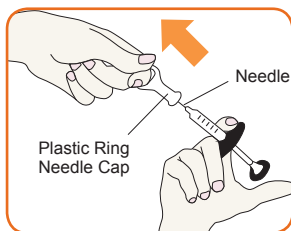


Figure E

- **Do not** touch the needle and do not let the needle touch any surface. Do not bend the needle. Place the plastic ring needle cap to the side.

STEP 10.

With your other hand, gently pinch a fold of skin at the cleaned injection site.

See Figure F.

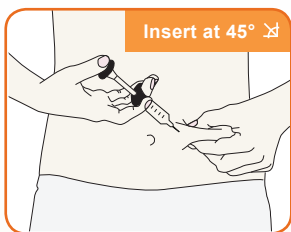


Figure F

STEP 11.

With a quick, "dart-like" motion, insert the needle into your skin at about a 45-degree angle. Release the pinched skin, keeping the syringe in position. Slowly push the plunger all the way down until the syringe is empty.

See Figure G.

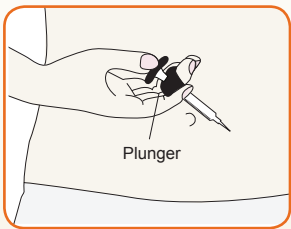


Figure G

STEP 12.

When the syringe is empty, pull the needle out of your skin while carefully keeping the needle at the same angle as inserted.

See Figure H.

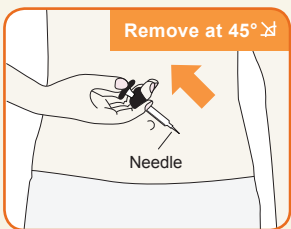


Figure H

STEP 13.

Place a dry cotton ball or gauze pad over the injection site for several seconds. **See Figure I.**

- Do not rub the injection site. Do not use an alcohol swab, as it may cause stinging. If there is a little bleeding, cover the injection site with a small bandage.

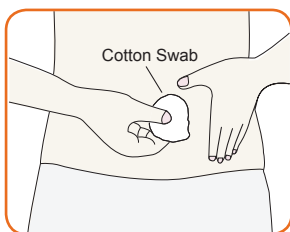


Figure I

To avoid a needle-stick injury, do not try to recap the needle. Do not reuse any of your injection supplies.

Disposal of your syringes with needles attached:

Put your used syringes with needles attached in an FDA-cleared sharps disposal container right away after use.

See Figure J.

Do not throw away (dispose of) loose syringes and needles in your household trash.



Figure J

- If you do not have an FDA-cleared sharps disposal container, you may use a household container that is:
 - Made of a heavy-duty plastic
 - Can be closed with a tight-fitting, puncture-resistant lid, without sharps being able to come out
 - Upright and stable during use
 - Leak-resistant
 - Properly labeled to warn of hazardous waste inside the 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 disposal container. There may be state or local laws about how you should throw away used needles and syringes. For more information about safe sharps disposal, and for specific information about sharps disposal in the state that you live in, go to the FDA's website at: <http://www.fda.gov/safesharpsdisposal>.

Do not dispose of your used sharps disposal container in your household trash unless your community guidelines permit this. Do not recycle your used sharps disposal container.

Please see accompanying full Prescribing Information, including Medication Guide.

THANK YOU.

We understand that each person's journey with a chronic disease is unique and oftentimes may not be easy. We are inspired by you and how you are taking action to take care of yourself or a loved one.

Please don't hesitate to contact us at 1-844-UCBNurse (1-844-822-6877).

Sign up for additional services at [CIMZIA.com](https://www.cimzia.com)

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Other serious side effects can occur including certain types of cancers, heart failure, allergic reactions, reactivation of hepatitis B infection in carriers of the virus, nervous system problems, blood problems, and certain immune reactions including a lupus-like syndrome. The most common side effects of CIMZIA include upper respiratory infections, rash, and urinary tract infections. Talk to your doctor about other possible side effects and read the Medication Guide for CIMZIA.

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We are available to answer questions you may have about your treatment. Call 1-844-UCBNurse (1-844-822-6877), Monday-Friday, 8 AM-8 PM, ET. Experienced and caring nurses are looking forward to helping you.

For video instructions, go to **CIMZIA.com**.

