

# How do I inject the Pre-filled Syringe?

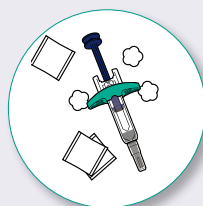
Yuflyma® is offered in two easy-to-use syringe types. The following steps will guide you to a safe and easy administration of Yuflyma®.

**Yuflyma®**  
adalimumab

## Important information

- Use the pre-filled syringe **only** if your healthcare provider has trained you in preparing and giving the injection.
- Ask your healthcare provider how often you will need to give the injection.
- **Do not** shake the syringe at any time.
- **Do not** remove the cap until you are ready to inject.
- **Do not** share the syringe with anyone.
- Only use each syringe for one injection.

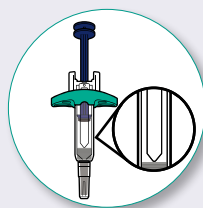
## Prepare for the injection



### GATHER THE SUPPLIES

- Prepare a clean, flat, and well-lit surface such as a table.
- Remove the syringe from the carton stored in your refrigerator.
- **Items needed for injection:**  
Syringe, Alcohol swab, Cotton ball or gauze\*, Adhesive bandage\*, Sharps disposal container\*

\* Items not included in the carton.



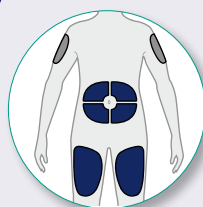
### INSPECT THE PEN AND THE MEDICINE

- Check the correct medicine and dosage.
- Check the expiration date on the label of the syringe.
- Look through the window and make sure the liquid is clear, colorless to pale brown and free of particles.
- \* **Do not** use the syringe if it has been cracked or is visibly damaged.
- \* **Do not** use the syringe if the liquid is discolored, cloudy, or contains particles.
- \* It is normal for air bubbles to be seen in the liquid.



### WAIT 15 TO 30 MINUTES

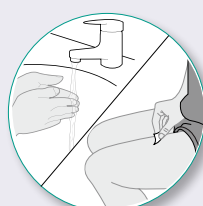
- Leave the syringe at room temperature (20°C to 25°C) for 15 to 30 minutes to let it warm up.
- \* **Do not** warm the syringe using heat sources.



### CHOOSE AN INJECTION SITE

- Select an injection site.
- Possible injection sites:
  - Front of the thighs
  - Abdomen, except for the 5cm around the belly button (navel)
  - Outer area of the upper arms, **ONLY** if given by a caregiver
- \* **Do not** inject into skin that is within 5cm of your belly button (navel) or is tender, damaged, bruised, or scarred.
- Rotate the injection site each time you give an injection.
- Each new injection site should be at least 3cm away from the previous site.

■ = Caregiver ONLY  
■ = Self-injection and Caregiver

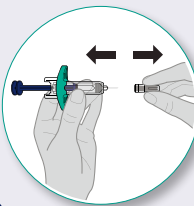


### WASH YOUR HANDS AND CLEAN THE INJECTION SITE

- Wash your hands with soap and water and dry them fully.
- Clean the injection site with an alcohol swab.
- Let the skin dry before injecting.
- \* **Do not** blow or touch the injection site.

## Give the injection

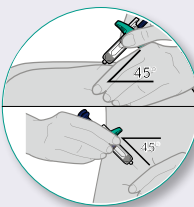
### Step 1



### REMOVE THE CAP

- Hold the pre-filled syringe by the body in one hand.
- Pull the cap straight off.
- \* **Do not** remove the cap until you are ready to inject.
- \* **Do not** touch the needle.
- \* Dispose of the cap immediately into the sharps disposal container.

### Step 2



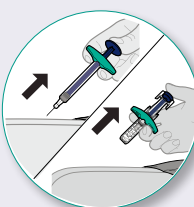
### INSERT THE SYRINGE

- Gently pinch a fold of skin at the injection site.
- While holding the syringe by its body, insert the needle completely into the fold of the skin at a 45-degree angle with a quick and "dart-like" motion.



### GIVE THE INJECTION

- After the needle is inserted, let go of the pinched skin.
- Push the plunger down slowly all the way down until the syringe is empty.
- \* **Do not** change the position of the syringe after the injection has started.



### REMOVE THE SYRINGE

- If using the Pre-Filled Syringe:**
  - Remove the syringe from your skin at the same angle it was inserted.
- If using the Pre-Filled Syringe with Needle Guard:**
  - Slowly lift your thumb from the plunger until the needle is completely covered by the automatic needle guard.
  - Gently press a cotton ball or gauze over the injection site and apply an adhesive bandage if necessary.
  - \* **Do not** rub the injection site.

## After the injection



### DISPOSE OF THE SYRINGE

- Throw away the used syringe in a special sharps disposal container immediately after use.
- Alcohol pads and packaging may be put in your household waste.
- \* **Do not** recap the syringe.
- \* Keep the syringe and sharps disposal container away from children.