

EXTAVIA® Injection Site Rotation Guide

I have MS
and:

Indication

EXTAVIA® (interferon beta-1b) is a prescription medicine used to reduce the number of relapses in people with relapsing forms of multiple sclerosis (MS). This includes people who have had their first symptoms of multiple sclerosis and have an MRI consistent with MS. EXTAVIA will not cure MS but may decrease the number of flare-ups of the disease.

Important Safety Information

Do not take EXTAVIA (interferon beta-1b) if you are allergic to interferon beta-1b, to another interferon beta, to human albumin, or to mannitol.

Please see Important Safety Information on page 4.

[Please click here](#) for full Prescribing Information, including Medication Guide.



Tips to Help Reduce Injection Site Reactions

Therapies that are injected can cause injection site reactions (such as redness, pain, or swelling). Serious skin reactions, including infections or severe damage to skin and tissue below the skin (necrosis), can occur. If you experience any of these skin reactions, contact your health care provider (HCP).

To minimize the likelihood of severe injection site reactions, you should always rotate your injection site with each dose. Consider these other tips to help reduce injection site reactions:

- Always wash your hands before preparing the injection
- Use a sterile and unused needle that hasn't touched anything (do not wipe the needle with anything, including alcohol)
- A cooling gel pack can help soothe the injection site before and after each injection
- Never put ice directly on the skin; there should always be a barrier between skin and ice
- Use an alcohol wipe to clean the injection site; make sure it is dry before injecting
- Do not inject EXTAVIA® (interferon beta-1b) where you have red spots, or hard or sore areas
- Always insert and remove the needle quickly and at a 90° angle to the skin

Tips to Help Manage Flu-like Symptoms

Most people have flu-like symptoms (fever, chills, sweating, muscle aches, and tiredness) when taking EXTAVIA. These symptoms may lessen or go away over time. Consider injecting EXTAVIA before bed, so you can sleep through any flu-like symptoms. Talk to your HCP about whether you should take a nonprescription medicine for pain or to lower fever before or after you take your dose of EXTAVIA.

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including Medication Guide.

Guide to Rotating Your Injections

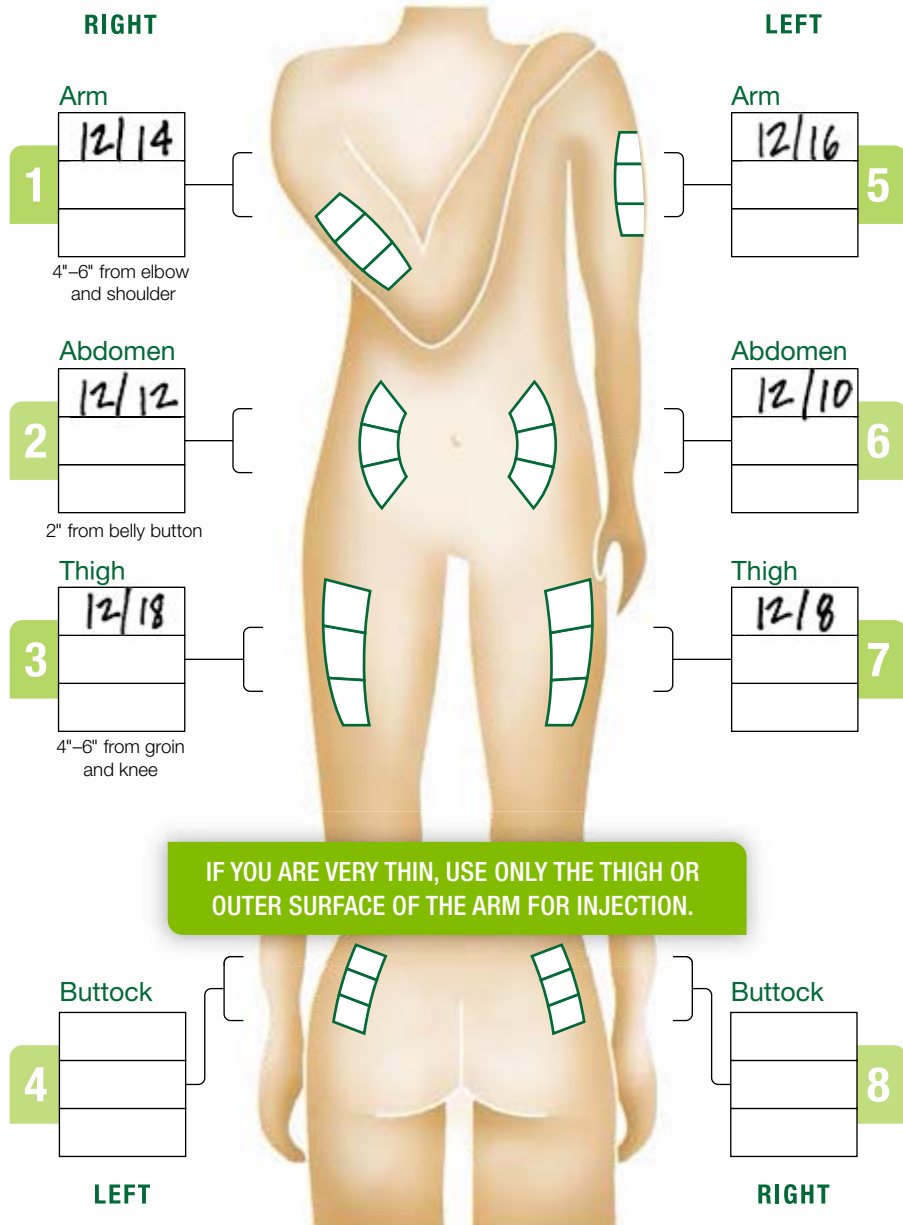
You should always write the date and location of each injection to make sure you've completed a full cycle. A full cycle consists of 8 injection areas, 1 to 8, shown at right. The Treatment Calendar included in this kit will help you vary and keep track of your injection sites.

Each area is further subdivided into top, middle, and bottom for a total of 24 injection sites. Choose a different site each time you inject, and do not choose the same area for 2 injections in a row. This will give each site a chance to recover.

Talk to your HCP if the injection site:

- Is swollen and painful
- Looks infected or does not heal within a few days
- Has fluid draining from it
- Has a break in the skin or blue-black discoloration along with a break in the skin

Injection Sites



Please see Important Safety Information on page 4.

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EXTAVIA can cause serious side effects, including:

Liver Problems Including Liver Failure. Symptoms of liver problems may include yellowing of your eyes, itchy skin, feeling very tired, flu-like symptoms, nausea or vomiting, bruising easily, or bleeding problems. Your healthcare provider will do blood tests to check for these problems while you take EXTAVIA.

Serious Allergic Reactions. Serious allergic reactions can happen quickly and may happen after your first dose of EXTAVIA or after you have taken EXTAVIA many times. Symptoms may include difficulty breathing or swallowing, swelling of the mouth or tongue, rash, itching, or skin bumps. Also tell your healthcare provider if you have or have had an allergic reaction to rubber or latex. The rubber cap of the diluent pre-filled syringe contains a natural rubber latex.

Depression or Suicidal Thoughts. Call your healthcare provider right away if you have any of the following symptoms, especially if they are new, worse, or worry you: thoughts about suicide or dying, new or worse depression (sinking feeling or sadness), new or worse anxiety (feeling uneasy, nervous, or fearful for no reason), trouble sleeping (insomnia), acting aggressive, being angry, or violent, acting on dangerous impulses, hallucinations, other unusual changes in behavior or mood.

Other possible serious side effects with EXTAVIA include:

Heart Problems. EXTAVIA may worsen heart problems including congestive heart failure. Symptoms of heart problems may include swollen ankles, shortness of breath, decreased ability to exercise, fast heartbeat, tightness in chest, increased need to urinate at night, not being able to lay flat in bed.

Injection Site Problems. Serious skin reactions can happen in some people, including areas of severe damage to skin and the tissue below the skin (necrosis). These reactions can happen anywhere you inject EXTAVIA. Symptoms of injection site problems may include swelling, redness, or pain at the injection site, fluid drainage from the injection site, breaks in your skin or blue-black skin discoloration. Change your injection site each time you inject EXTAVIA as it will lessen the chance of you having a serious skin reaction. Avoid injecting EXTAVIA into an area of the skin that is sore, reddened, infected, or has other problems.

Flu-like Symptoms. EXTAVIA can cause flu-like symptoms including fever, chills, tiredness, sweating, and muscle aches when you first start to use it. These symptoms may decrease over time. Taking medicines for fever and pain relief on the days you are using EXTAVIA may help decrease these symptoms.

Seizures. Some people have had seizures while taking EXTAVIA, including people who have never had seizures before. It is not known if the seizures were related to MS, to EXTAVIA, or to a combination of both. If you have a seizure after taking EXTAVIA call your healthcare provider right away.

Blood Problems. You may have a drop in the levels of infection-fighting white blood cells, red blood cells, or cells that help you form blood clots. If drops in levels are severe, they can lessen your ability to fight infections, make you feel tired or sluggish, or cause you to bruise or bleed easily.

Risk to Pregnancy:

EXTAVIA can harm your unborn baby. EXTAVIA may cause you to lose your baby (miscarry). If you become pregnant while taking EXTAVIA call your healthcare provider right away. You and your healthcare provider should decide if you should continue to take EXTAVIA.

Most Common Side Effects:

The most common side effects of EXTAVIA include low white blood cell count, increases in your liver enzymes, headache, increase in your muscle tension, pain, rash, problems sleeping, stomach pain, and weakness. These are not all the possible side effects of EXTAVIA.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. Tell your healthcare provider about all the medicines you take and your medical conditions.

[Please click here](#) for full Prescribing Information and Medication Guide.
For additional information, talk to your healthcare provider.

You are encouraged to report negative side effects of prescription drugs to the FDA.
Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

www.EXTAVIA.com

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