EXTAVIA®
Injection Training Manual

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 additional Important Safety Information on pages 10 and 11.

Click here for full Prescribing Information.
Click here for Medication Guide.
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.

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.

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.

Please see additional Important Safety Information on pages 10 and 11.

Click here for full Prescribing Information.
Click here for Medication Guide.
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I’m Ready To Start Treatment With EXTAVIA

As you get started, you may find the following tips helpful:

- Set up a permanent storage area in a convenient location out of the reach and sight of children so that your EXTAVIA and other supplies are always easy to find. EXTAVIA should be stored at room temperature.

- Try to give yourself the injection at the same time each day you inject EXTAVIA. This makes it easier to remember and to plan a block of time when you will not be interrupted.

- Prepare each dose only when you are ready for an injection. After mixing EXTAVIA, you should administer the injection immediately. If for some reason you are not able to inject EXTAVIA immediately, you can keep the syringe in the refrigerator for up to 3 hours before using it. Do not freeze EXTAVIA.
What You Will Need

Please see additional Important Safety Information on pages 10 and 11.

Click here for full Prescribing Information. Click here for Medication Guide.
What You Will Need

Each shipment of EXTAVIA contains 15 blister packs, which is enough medicine for 30 days of therapy. The following components are included in each blister pack and will be needed during the administration of EXTAVIA:

- **Blister pack tray**
- **Vial adapter** with attached 27-gauge needle
- **Prefilled syringe** (0.54% sodium chloride) set into a plastic tray, which will be used when assembling the EXTAVIA vial, syringe, and vial adapter
- **2 Alcohol wipes**
- **EXTAVIA vial** (with EXTAVIA powder for dissolving and injecting)
- **You may also receive the EXTAVIA Auto-Injector II (optional)** if your health care provider (HCP) has requested one for you. If you did not, and you’d like to try one, ask your HCP for more information or call the Go Program™ at 1-866-EXTAVIA (398-2842)

**NOTE:** Do not use the EXTAVIA blister pack, any of its components, or the Auto-Injector II if you notice that the packaging is damaged or shows signs of tampering. If the seal has been broken, return the entire pack to the pharmacy.

Please see additional Important Safety Information on pages 10 and 11.

Click here for full Prescribing Information. Click here for Medication Guide.
In addition, you will also need:

- Cotton balls or gauze pads (available at your local pharmacy)

- Special containers made for the disposal of used needles, syringes, and vials (called sharps containers), which may be provided by your specialty pharmacy at little or no cost. In addition, these containers are covered by many individual prescription insurance plans.

- Check with your HCP or specialty pharmacy for information that will help you dispose of used needles, vials, and associated sharps containers.
Important Points to Keep in Mind About Your Supplies

- Keep your syringes, sharps container, and EXTAVIA supplies out of the reach and sight of children
- Never share or reuse syringes or needles
- Always use a sterile (aseptic) technique as described in this manual
- Always place the used needles, vials, and syringes in your sharps container
- Do not use EXTAVIA if the seal to the blister pack or vial is broken. If the seal is broken, the product may not be safe for you to use
- Do not use EXTAVIA after the expiration date shown on the blister pack, box, or vial. If your EXTAVIA has expired, return it to your pharmacy
- Do not leave the blister pack where others might tamper with it
- Do not open the blister pack or take out any items until right before you are ready to use them
- Check to make sure the rubber cap on the prefilled syringe is firmly attached

Please see additional Important Safety Information on pages 10 and 11.
Overview of Dosing and Dose Titration

- EXTAVIA is given by injection under the skin (subcutaneous injection) every other day

- Many people begin with a lower dose of EXTAVIA and work up to the recommended dosage of 0.25 mg every other day, over the course of several weeks (dose titration)

- Your HCP may instruct you to titrate your dose over time based on the table below

Schedule for Dose Titration

<table>
<thead>
<tr>
<th>Recommended Titration</th>
<th>EXTAVIA Dose</th>
<th>Volume</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weeks 1-2</td>
<td>25% 0.0625 mg</td>
<td>0.25 mL</td>
</tr>
<tr>
<td>Weeks 3-4</td>
<td>50% 0.125 mg</td>
<td>0.5 mL</td>
</tr>
<tr>
<td>Weeks 5-6</td>
<td>75% 0.1875 mg</td>
<td>0.75 mL</td>
</tr>
<tr>
<td>Weeks 7+</td>
<td>100% 0.25 mg</td>
<td>1 mL</td>
</tr>
</tbody>
</table>

Adapted from EXTAVIA US Prescribing Information.

- Do not take EXTAVIA 2 days in a row

- Always use a new, unopened vial of EXTAVIA and syringe for each injection. Throw away any unused medicine. Do not reuse vials, syringes, or needles

- If you miss a dose of EXTAVIA, take your next dose as soon as you remember or are able to take it. Take your next injection 2 days after that dose. If you are not sure when you should take your next dose, call your HCP

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Click here for full Prescribing Information. Click here for Medication Guide.
Indication

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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.

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.

(cont’d on next page)
Important Safety Information (cont’d)

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.
Selecting Your Injection Site
Selecting Your Injection Site

Before you start, you will need to decide where to inject yourself (see Rotating Injection Sites on page 37). You’ll need to rotate the injection site after every injection, so that each site can recover post-injection. If some areas are too difficult for you to reach, ask a friend or family member who has been trained to help you.

Here are a few tips to help you get started:

- Keep track of where and when you gave yourself your last injection—consider using an injection site rotation guide, like the one included in this kit. This will help you keep track of sites used for injection.

- You should inject EXTAVIA subcutaneously, into the fatty layer between the skin and the muscle.

- The best areas for injections are where the skin is loose and soft, and away from joints, nerves, and bones. These spots may include the abdomen, arms, thighs, or buttocks (see page 38). Do not use the area near your belly button or waistline. If you are very thin, use only the thigh or outer surface of the arm.

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Please see additional Important Safety Information on pages 10 and 11.
Selecting Your Injection Site (cont’d)

- Important: Do not inject into areas where you can feel lumps, bumps, firm knots, or pain, or any area that is sore, red, infected, discolored, indented, scabbed, or where the skin is broken.

- You should not choose the same area for 2 injections in a row. If one of your injection sites becomes swollen and painful, the area looks infected or does not heal within a few days, the area has fluid draining from it, or you notice any breaks in your skin or blue-black discoloration of your skin along with a break in your skin, call your HCP and talk to him or her about choosing other injection sites.

Please see additional Important Safety Information on pages 10 and 11.

Click here for full Prescribing Information. Click here for Medication Guide.
Preparing the Solution for Injection
Step 1: Preparing the Solution for Injection

Whether you decide to inject manually or use an auto-injector, the steps used to reconstitute EXTAVIA are the same. Instructions for using the EXTAVIA Auto-Injector II can be found on pages 27 to 32.

Assembling the EXTAVIA Syringe

1. Wash your hands well with soap and water before opening the blister pack. Open the blister pack by peeling off the label, take out all the items, and place them on the mat provided in the EXTAVIA Starter Kit, available through the EXTAVIA Go Program at 1-866-EXTAVIA (398-2842). Make sure the blister pack containing the vial adapter is sealed and the rubber cap on the prefilled syringe is firmly attached. Take the blister pack that the components came in, turn it over, place the vial in the round space (vial holder) provided, and place the prefilled syringe in the U-shaped trough.

2. Pick up the vial containing the EXTAVIA powder and open it by lifting off the cap, using your thumb.

3. Place the vial back in the vial holder. Clean the top of the EXTAVIA vial with an alcohol wipe. Be sure to move the wipe in only 1 direction, then leave the wipe on top of the vial.

Please see additional Important Safety Information on pages 10 and 11.
Take the vial adapter, which is sealed in plastic, and peel off the label. Do not remove or touch the adapter, so that it stays sterile. Remove the alcohol wipe from the top of the vial, and put the vial adapter, still in its plastic pack, on top of the vial and push down with your thumb and forefinger until it pierces the rubber top of the vial and snaps in place. Remove the plastic from the vial adapter by holding it by the edges and pulling straight up.

Using a twist-and-pull motion, take off the rubber cap from the prefilled syringe. Do not touch the prefilled syringe tip or the end of the vial adapter. Throw away the rubber cap. Keeping the vial adapter attached to the vial, remove the vial from the vial holder. Be careful not to pull the vial adapter off the top of the vial.

Insert the prefilled syringe into the vial adapter, and turn it slowly in a clockwise direction until the turning becomes more difficult. Then, do not turn further because the assembly could be damaged and result in leakage.
Dissolving the EXTAVIA Solution

1. Holding the syringe vial assembly, slowly push the plunger of the prefilled syringe all the way in. This will transfer all of the solvent in the syringe to the vial. Continue to keep your thumb on the plunger during the mixing process; otherwise, the plunger may return to its original position after you let go.

2. With your thumb still on the plunger, gently swirl the solution around in the vial until all the EXTAVIA powder is completely dissolved. Make sure the solution in the vial is clear, not discolored, and does not contain any particles. If there is any discoloration or particles in the solution, throw out the entire syringe vial assembly and start over.

NOTE: Never shake the vial, as this can cause the solution to foam. If foam does form, keep the plunger pushed in and wait for it to settle.

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EXTAVIA can cause serious side effects, including:

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.
With your thumb still on the plunger, turn the syringe vial assembly over so the vial is upside down (on top). Slowly pull back on the plunger to withdraw the entire contents of the vial into the syringe.

With the syringe vial assembly turned so the needle end is facing up, remove any air bubbles by gently tapping the syringe and pushing the plunger to the 1 mL mark on the syringe (or to the amount prescribed by your doctor). If too much solution goes into the vial, return to Step 3.

Once the solution is drawn, hold the syringe vial assembly with the needle facing up and unscrew the plastic vial adapter cap from the syringe by twisting to the left.

**NOTE:** If for some reason you are not able to inject EXTAVIA® (interferon beta-1b) immediately, you can keep the syringe in the refrigerator for up to 3 hours before using it. Be sure the needle cap is on properly while the syringe is in the refrigerator and DO NOT FREEZE the solution. If more than 3 hours pass, throw out the medication in a sharps container and prepare a new injection using a new blister pack.

Please see additional Important Safety Information on pages 10 and 11.

Click here for full Prescribing Information. Click here for Medication Guide.
Choosing an Injection Technique
**Step 2: Choosing the Injection Technique That’s Right for You**

You have a choice of injection techniques when administering EXTAVIA.

Instructions for both techniques are included in this manual. Please read the instructions carefully and follow them step-by-step. Your HCP will help you through the process to make sure you are able to inject yourself properly when at home.

Do not try to inject yourself until you have discussed with your HCP the right way to give the injection and you understand how to prepare and perform the injection. If you have any questions or concerns about using EXTAVIA, ask your HCP, and remember, the EXTAVIA Go Program is here for you. The Go Program offers one-on-one injection training with an EXTAVIA Field Nurse at your home or another designated location.

Please see additional Important Safety Information on pages 10 and 11.

Click here for full Prescribing Information. Click here for Medication Guide.
Step 2: Choosing the Injection Technique That’s Right for You (cont’d)

For more information, visit www.EXTAVIA.com or call 1-866-EXTAVIA (398-2842) 8 AM – 9 PM Eastern Time, Monday through Friday*†

* Excludes public holidays.
† In the event of an urgent issue after hours, you can leave a message at the call center, and a Go Program Navigator will return your call within approximately 30 minutes.

Please see additional Important Safety Information on pages 10 and 11.

Click here for full Prescribing Information. Click here for Medication Guide.
Manual Injection
Manual Injection

The following steps describe how to manually inject EXTAVIA. If you are using the EXTAVIA Auto-Injector II, please turn to pages 27 to 32 for further instructions.

1. Clean the injection site with a sterile alcohol wipe, starting at the injection site and moving outward using a circular motion. Allow the site to dry completely.

2. Remove the cap from the needle.

Important Safety Information

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.

Please see additional Important Safety Information on pages 10 and 11.
Gently pinch the skin together where you cleaned it (to raise it up a little). Hold the syringe like a pencil or dart, and push the needle straight up and down into your skin at a 90° angle with a quick, dart-like motion. The tip of the syringe will rest against your skin. Once the needle is in your skin, slowly pull back on the plunger.

**NOTE:** If blood appears in the syringe it means that you have entered a blood vessel. Do not inject EXTAVIA® (interferon beta-1b). Withdraw the needle and discard it in your sharps container. Repeat the steps to prepare your dose using a new blister pack. Choose and clean a new injection site.

If no blood appears in the syringe, slowly push the plunger all the way in until the syringe is empty. Always make sure that your syringe is empty and that you have received the full and correct amount of EXTAVIA. Remove the needle from the skin.

**NOTE:** Some people find it helpful to gently massage the injection site with a cotton ball or gauze pad after the injection.

Throw away the syringe, needle, and vial in your sharps container.

Please see additional Important Safety Information on pages 10 and 11.

Click here for full Prescribing Information. Click here for Medication Guide.
Using the 
EXTAVIA® (interferon beta-1b) 
Auto-Injector II
Using the EXTAVIA Auto-Injector II (optional)

You have the option to inject with the EXTAVIA Auto-Injector II if your HCP has requested one for you.

The EXTAVIA Auto-Injector II is designed to help make injection more convenient.

What are some reasons to use the EXTAVIA Auto-Injector II vs traditional manual injection?

The EXTAVIA Auto-Injector II can help you reach recommended injection sites that are difficult to reach with manual injection.

Some people may feel anxious or uncomfortable with injecting themselves, but the EXTAVIA Auto-Injector II keeps the syringe and needle hidden from view. You just place the syringe inside the EXTAVIA Auto-Injector II, then place the EXTAVIA Auto-Injector II on the injection site and press the release button. The needle and EXTAVIA are then automatically injected.

If you did not receive the EXTAVIA Auto-Injector II, and would like to try one, ask your HCP for more information or call the EXTAVIA Go Program to speak with a Go Program Navigator.

Please see additional Important Safety Information on pages 10 and 11.

Click here for full Prescribing Information.
Click here for Medication Guide.
EXTAVIA Auto-Injector II Safety Guidelines

- The EXTAVIA Auto-Injector II must only be used with the 2.25 mL glass syringe with the attached vial adapter device for dissolving the powder drug in a prefilled syringe, as supplied with your EXTAVIA.

- The EXTAVIA Auto-Injector II is for your use only.

- The EXTAVIA Auto-Injector II should only be used for subcutaneous injections with the EXTAVIA prefilled syringe.

- Do not operate the EXTAVIA Auto-Injector II with an empty syringe or you might damage the syringe.

- The EXTAVIA Auto-Injector II must not be used with syringes containing less than 0.25 mL of fluid.

- Never share or reuse needles.

- Always use a sterile (aseptic) technique, as described in this manual.

- Always place the used needles, syringes, and vials in your sharps container.

Please see additional Important Safety Information on pages 10 and 11.

Click here for full Prescribing Information. Click here for Medication Guide.
Using the EXTAVIA Auto-Injector II (cont’d)

Setting Up the EXTAVIA Auto-Injector II

Before injecting with the EXTAVIA Auto-Injector II, make sure you’ve correctly assembled the syringe vial assembly and reconstituted the solution as shown on pages 16 to 19.

1. Hold the syringe housing vertically and place the wide end of the syringe housing on a flat surface. Place the yellow plunger of the injector body against the top of the syringe housing. Push the injector body firmly into the syringe housing until the spring locks it in place; take care not to touch the release button.

2. Remove the injector body from the syringe housing.
Hold the syringe housing upright. Take the syringe you’ve prepared and insert it needle first—needle cap still on—into the syringe housing so that the syringe “wings” rest between the white ring tips inside the housing.

Screw the injector body and syringe housing together, taking care not to touch the release button.

**NOTE:** Setting the depth adjuster—the EXTAVIA Auto-Injector II comes preset to the standard needle depth of 12 mm (approximately 1/2 inch). Use this setting unless your HCP tells you to change it. If your HCP tells you to use a decreased needle depth, you can reduce the depth to either 10 mm or 8 mm. Simply turn the depth adjuster until the correct number appears in the window.
Injecting With the EXTAVIA Auto-Injector II

1. Clean the injection site with a sterile alcohol wipe using a circular motion, starting at the injection site and moving outward. Allow the site to dry completely.

2. Once set at the correct depth (see note on page 30), remove the needle cap by pulling it straight off, being careful not to bend the needle. Do not twist the needle cap as this may loosen the needle itself from the syringe.

3. Place the EXTAVIA Auto-Injector II against your skin at a 90° angle so you can see the yellow indicator window. Apply slight downward pressure to the injector body so that the green and beige parts of the EXTAVIA Auto-Injector II meet to release the safety lock on the release button. You can use your other hand to stabilize the EXTAVIA Auto-Injector II to avoid pressing down too firmly on your skin.

Important Safety Information

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.
Press the release button. The needle will insert into the skin and the contents of the syringe will inject automatically. Keep holding the EXTAVIA Auto-Injector II against your skin to allow the injection to finish. Watch the yellow indicator window. The injection is complete when the black lines in the window have stopped moving after about 10 seconds. If you cannot see the black lines, simply wait 10 seconds.

Once the injection is complete, remove the EXTAVIA Auto-Injector II from the injection site carefully by pulling it straight out. Be careful: the needle is exposed at the injector tip.

**NOTE:** Some people find it helpful to gently massage the injection site with a cotton ball or gauze pad after the injection.
After Your Injection
**Step 3: After Your Injection**

Whether you are injecting EXTAVIA manually or with the EXTAVIA Auto-Injector II, there are some steps you should take after injection:

- Always make sure that your syringe or Auto-Injector II is empty and that you have received the full and correct amount of EXTAVIA.
- Gently massage the injection site with a cotton ball or gauze pad.
- To prevent needle-stick injury and spread of infection, do not try to recap the needle.
- Safely discard used needles, syringes, and vials in your sharps container.

**Important Safety Information**

**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.

Please see additional Important Safety Information on pages 10 and 11.
Step 3: After Your Injection (cont’d)

If you are using the EXTAVIA Auto-Injector II, take special care to do the following:

- While holding the EXTAVIA Auto-Injector II in a horizontal position, unscrew the injector body from the syringe housing and remove the used syringe. Do not attempt to recap the used needle.

- The external components of the EXTAVIA Auto-Injector II should be cleaned with a damp cloth. Do not boil or immerse your EXTAVIA Auto-Injector II in water.

- Place the EXTAVIA Auto-Injector II into its carrying case for safekeeping and always keep it out of reach and sight of children.

Please see additional Important Safety Information on pages 10 and 11.

Click here for full Prescribing Information. Click here for Medication Guide.
Rotating Injection Sites

Please see additional Important Safety Information on pages 10 and 11.

Click here for full Prescribing Information.
Click here for Medication Guide.
Rotating Injection Sites

This rotation guide will help you vary and keep track of your injection sites. 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 on the next page.

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

Please see additional Important Safety Information on pages 10 and 11.

Click here for full Prescribing Information. Click here for Medication Guide.
Buttock

Thigh

Abdomen

Arm

Injection Sites

IF YOU ARE VERY THIN, USE ONLY THE THIGH OR OUTER SURFACE OF THE ARM FOR INJECTION.

1. Arm
   - 4"–6" from elbow and shoulder

2. Abdomen
   - 2" from belly button

3. Thigh
   - 4"–6" from groin and knee

4. Buttock

5. Arm

6. Abdomen

7. Thigh

8. Buttock
Rotating Injection Sites (cont’d)

The Treatment Calendar included in this kit will help you vary and keep track of your injection sites.

Please see additional Important Safety Information on pages 10 and 11.

Click here for full Prescribing Information. Click here for Medication Guide.
Helpful Tips
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 skin (necrosis), can occur. If you experience any of these skin reactions, contact your 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 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 immediate 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.

Important Safety Information

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.

Please see additional Important Safety Information on pages 10 and 11.

Click here for full Prescribing Information. Click here for Medication Guide.
Important Tips for Travel

Travel can be stressful, particularly when you are managing your treatment along with your itinerary. But with preparation, travel can be relaxing and rewarding.

The following are some useful recommendations for traveling with EXTAVIA:

- See your HCP 4 to 6 weeks prior to departure to discuss your EXTAVIA treatment plan.
- Obtain a travel authorization letter from your HCP on office letterhead. It should outline existing medical conditions, medications prescribed (including generic names), and equipment required, such as syringes or a sharps container.
- Carry a copy of your EXTAVIA prescription, including the generic name.
- Pack your EXTAVIA in carry-on luggage in the original containers. Ensure sufficient quantities of medications for the entire trip, plus extra in case of unexpected delays. When crossing time zones, medications should be taken based on elapsed time, not time of day.
- When traveling domestically, all medications (for instance, pills or injectables) and associated supplies (syringes, sharps disposal container, preloaded syringes, etc) are allowed through the security checkpoint once they have been screened. Before traveling, however, you should check for the current regulations on traveling with medication, because they can change.

For more information, visit www.faa.gov and www.cdc.gov.