

Enbrel[®] (etanercept) 50 mg solution for injection in a pre-filled pen (MYCLIC[®]) Injection Guide

*A step-by-step guide to preparing and
injecting Enbrel MYCLIC[®] pre-filled pen*



Wyeth[®]



Enbrel Patient Support

Introduction

Like any patient who has a new prescription, you may have questions or be unsure about how to use Enbrel (etanercept).

This booklet is a handy guide to help you prepare and self-inject **Enbrel MYCLIC pen at home**. Your doctor or nurse will train you in the proper injection technique. If you have not been trained yet, talk to your healthcare provider. Be sure that you understand how to prepare and give the Enbrel injection before you try to do it yourself. The information that follows, along with the training from your doctor or nurse, is intended to help you feel confident and comfortable with preparing and administering Enbrel.

The information included covers:

Some important things to remember before you start

Step 1: Setting up for an injection

Step 2: Choosing and preparing an injection site

Step 3: Injecting Enbrel using the MYCLIC pen

Step 4: Disposing of materials

Some important things to remember before you start

Here are some tips that will help you administer Enbrel

- Never reuse MYCLIC pens or other injection-related materials
- Be sure to store Enbrel out of the reach and sight of children
- Do not use Enbrel after the expiry (EXP) date, which is printed on the box and on the MYCLIC pen
- Store your MYCLIC pens in a refrigerator between 2°C and 8°C. Do not freeze. Keep the pens in the outer box in order to protect them from light

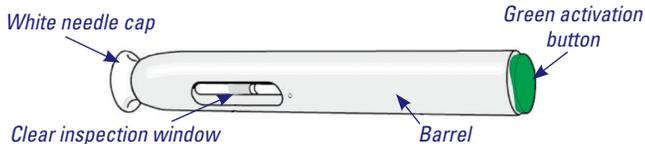
- Be sure to keep the area where you keep your injection supplies as clean as possible. You should also choose a clean working area to use when you give yourself the injection
- You may find it helpful to set up regularly scheduled days and times to inject each week
- Always dispose of the MYCLIC pens correctly, as instructed by your doctor, nurse or homecare provider

For more information refer to the Patient Information Leaflet in your MYCLIC pack

Step 1: Setting up for an injection

- Select a clean, well-lit, flat working surface

Figure 1



- Take the Enbrel box containing the MYCLIC pens out of the refrigerator and place it on the flat work surface. Remove one MYCLIC pen and one alcohol swab and place them on the work surface (Figure 1).
Do not shake the MYCLIC pen
- Place the box containing any remaining MYCLIC pens back into the refrigerator. If you have any questions about storing the MYCLIC pens, contact your doctor, nurse or homecare provider for further instructions
- Leave the white needle cap in place and wait 15 to 30 minutes to allow the Enbrel in the MYCLIC pen to reach room temperature

- **DO NOT remove the needle cover while allowing the pen 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)**
- Place the additional supplies that you will need for your injection on the work surface e.g. cotton-wool ball or gauze
- Wash your hands thoroughly with soap and warm water
- By looking through the inspection window make sure that the solution in the MYCLIC pen is clear, colourless or pale yellow, and free from easily visible particles
- **If the solution looks any different, DO NOT inject it. Choose a different MYCLIC pen for your injection this time. Put the other MYCLIC pens in a safe place and then contact your nurse or homecare provider for assistance**

Step 2: Choosing and preparing an injection site

- The three recommended injection sites for Enbrel MYCLIC pens are:
 1. the middle of the thigh at the front (Figure 2)
 2. the abdomen (except for the 5 cm area just around the belly button) (Figure 3)
 3. if someone else is giving you the injection, the outer area of the upper arm may be used (Figure 3)



Figure 2

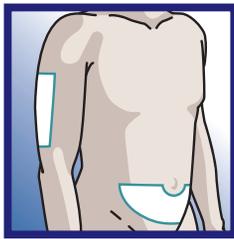


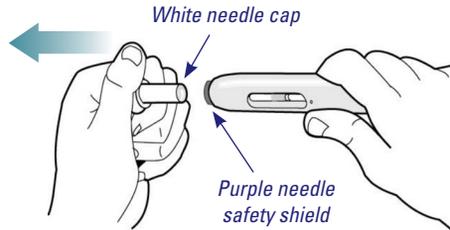
Figure 3

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

Step 3: Injecting Enbrel using the MYCLIC[®] pen

1. Ensure the injection site is clean. You may choose to use the alcohol swab provided to achieve this. Do not touch this area again before giving the injection

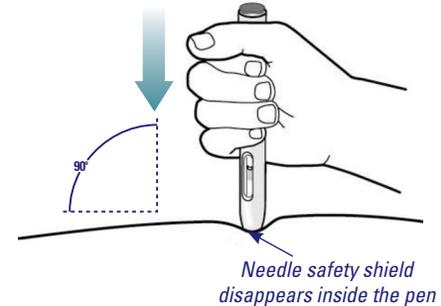
Figure 4



2. To avoid damaging the needle inside the MYCLIC pen, do not bend or twist the white needle cap while you are removing it and do not reattach it once it has been removed. After you remove the white needle cap, you will see the purple needle safety shield at the end of the MYCLIC pen (Figure 4)

3. Without pressing the green button on top of the MYCLIC pen, hold the MYCLIC pen at a right angle (90°) to the injection site, and press the open end of the pen **firmly** down over the needle safety shield until the needle safety shield can no longer be seen. A slight depression in the skin will be seen (Figure 5)

Figure 5



Step 3: Injecting Enbrel using the MYCLIC[®] pen

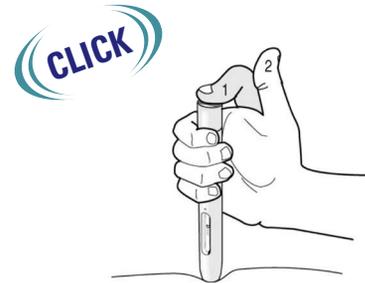
4. Whilst holding the MYCLIC pen firmly in place, press **and immediately release** the green button on top of the MYCLIC pen with your thumb to start the injection (Figure 6). Alternatively, if you find it more comfortable, you may wish to press the green button using the heel of your other hand.

On pressing the button, you will hear a click. **Continue to hold the MYCLIC pen firmly against your skin until you hear a second click**, or until 10 seconds after the first click (whichever happens first)

Unless FIRM pressure is maintained throughout the injection, the MYCLIC pen may not work

Note – Remember to remove your thumb from the button once you hear the first click, or else there will be no second click when the injection is complete. You do not need to keep your thumb on the button in order to inject Enbrel

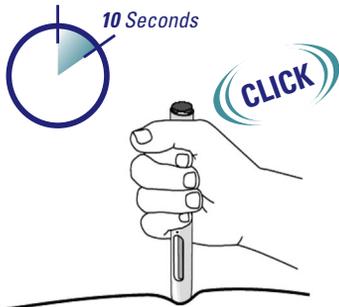
Figure 6



Step 3: Injecting Enbrel using the MYCLIC[®] pen

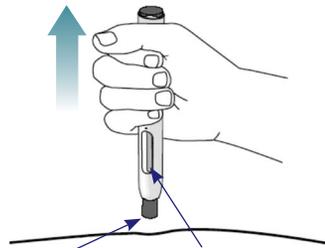
- 5 On hearing the second 'click' (or, if you do not hear a second 'click', after 10 seconds have passed), your injection will be complete (Figure 7). You may now lift the MYCLIC pen from your skin (Figure 8). As you lift the MYCLIC pen, the purple needle safety shield will automatically extend to cover the needle

Figure 7



Purple needle safety shield extends to cover needle

Figure 8



Inspection window will have turned purple

- 6 The MYCLIC pen's inspection window should now be completely purple, confirming that the dose has been injected correctly (Figure 9). If the window is not completely purple, contact your nurse or homecare provider for assistance, as the MYCLIC pen may not have injected the Enbrel solution completely
- 7 If you notice a spot of blood at the injection site, you should press the cotton ball or gauze over the injection site for at least 10 seconds. Do not rub the injection site

Figure 9



Step 4: Disposing of materials

- The MYCLIC pen must only be used once. The MYCLIC pen should NEVER be reused. NEVER recap the MYCLIC pen. Throw away the alcohol swab and cotton-wool ball as instructed by your nurse or homecare provider
- The MYCLIC pen needs to be disposed of correctly, into a sharps bin. DO NOT throw away the MYCLIC pen in your regular rubbish
- If you have any questions regarding Enbrel or the disposal of your sharps bin, please speak to a doctor, nurse or homecare provider who is familiar with Enbrel

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Adverse events should be reported. Reporting forms and information can be found at www.yellowcard.gov.uk. Adverse events should also be reported to Wyeth Pharmaceuticals on 0845 367 0098.

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