

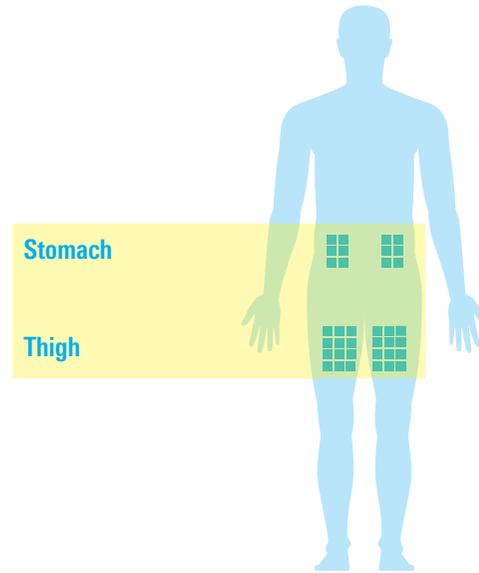
Self-injection – but how? Patient instructions for subcutaneous injection using the **Metoject®** prefilled syringe



Dear Patient
Your doctor has prescribed the medicine **Metoject®** prefilled syringe for you. Under your doctor's supervision, you have had adequate practice in self-administering the subcutaneous injection with the active substance methotrexate. This injection technique is called subcutaneous (Latin, s.c., sub=under, cutis=skin), as the injection is made into the tissue between the skin and the muscle layer. You will not need to go to your doctor's practice once a week thanks to this option of self-injection. This new freedom in time management will have a positive effect on your quality of life. The new **Metoject®** prefilled syringe has an injection volume that is five times smaller (for the same quantity of active substance of 7.5/10/12.5/15/17.5/20/25/30 mg methotrexate active substance) and, in addition, the hypodermic needle is integrated into the prefilled syringe. In the following, we have illustrated all the steps for self-injection with the new prefilled syringe, both verbally and in pictures. We wish you every success with the **Metoject®** therapy for self-injection.

Your Gebro Pharma AG

Injection sites for subcutaneous self-injection



Possible regions of the body for self-injection.

Stomach...

You should maintain a distance of approx. 5 cm from the navel and please also do not inject above the bottom rib.

Thigh...

You can inject into the marked fields on the external upper side of your right and left thigh. You should maintain a safety margin of 5 cm from your knee and groin.

Important information on the s.c. application of the **Metoject®** prefilled syringe

Use

Always use the prefilled syringe exactly according to your doctor's instructions. Please ask your doctor if you are unsure about anything. The prefilled syringe should only be used once a week. We recommend you choose a day of the week (**Metoject®** day) that is particularly suitable for you for the self-injection and that you stick to this day as far as is possible over the entire course of therapy. If you have forgotten to use the prefilled syringe, then do not give yourself a double dose to compensate for a single dose you have forgotten and ask your doctor for advice.

Preparation

You don't need to store the **Metoject®** prefilled syringe in the refrigerator. The prefilled syringe should be kept at room temperature in a safe place that is inaccessible to children and is dry and clean. Make sure you have peace and quiet and take your time for the injection described below.

Injection sites

You should choose a different injection site each week to prevent irritation to the skin. Once you have chosen an injection site, e.g., your thigh, feel the area with your fingertips prior to injecting. If you notice any nodules or if it hurts, then choose a different site that is located as far away as possible. Always inject yourself while sitting or lying down, not standing up.

Disposal

You can dispose of the **Metoject®** prefilled syringe in a contaminated waste box after you have injected yourself. Give the box to your doctor or pharmacist for disposal once it is full.

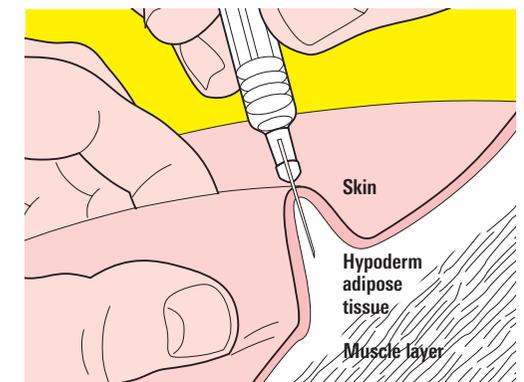
Self-injection, step by step

Let us first provide you with some basic information before we go through all the details, step by step, on how to use the **Metoject®** prefilled syringe yourself.

You should have peace and quiet when you inject yourself with the **Metoject®** prefilled syringe. Make sure that wherever you are for the injection, the place is clean. Please wash your hands beforehand.

You need to grasp hold of a fold of skin for administration of a subcutaneous injection, by clasping the skin between your thumb and index finger. The hypodermic needle is inserted vertically and completely into this fold of skin. The **schematic representation** below shows how the needle ends up between the skin and the muscle layer. It is best to select a different injection site each week, to prevent irritation of the skin.

The **schematic representation** shows some possible areas for injection sites where you can safely administer subcutaneous injections. We recommend the stomach and thigh regions for self-injection.



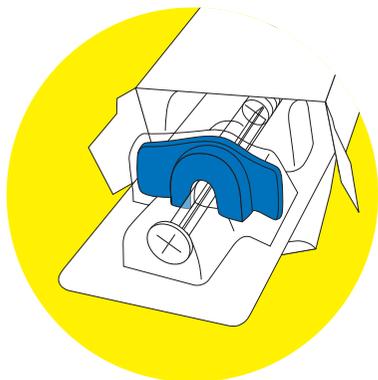
Ready with the prefilled syringe, steady, go!

Unpacking the prefilled syringe

Disinfecting

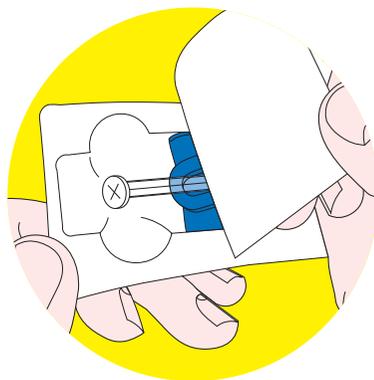
Removing the rubber cap

1



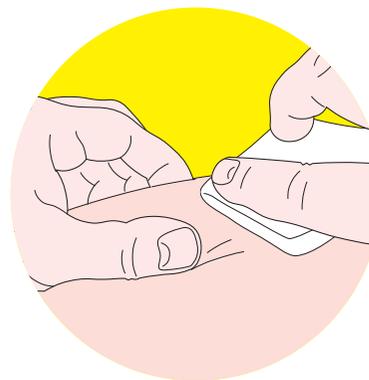
Open the carton box containing the Metoject® prefilled syringe and carefully read through the information for patients. Open the foil in one corner of the packaging and slowly pull the foil off.

2



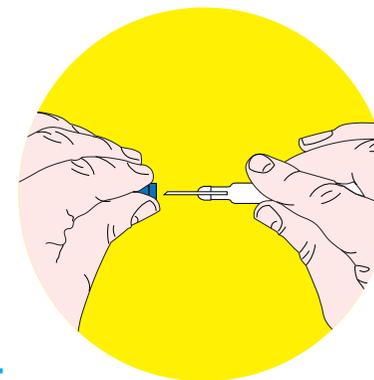
Hold the packaging vertically so the prefilled syringe cannot fall out and take the prefilled syringe out of the packaging at room temperature.

3



Choose an injection site (stomach or thigh) and disinfect the site with a cotton bud that has been dipped in disinfectant. Allow the disinfectant to dry for approx. 30–60 seconds.

4



Carefully remove the grey rubber cap by simultaneously turning it and pulling it off horizontally, in line with the hypodermic needle. While doing this, avoid touching the integrated hypodermic needle. The air bubble in the syringe guarantees dispensing of the full dose from the syringe and does not need to be removed.

Insertion of the hypodermic needle

Injecting

Cotton bud

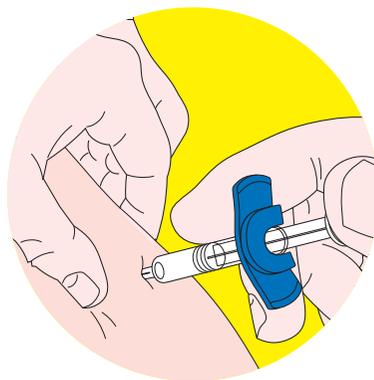
Disposing of the prefilled syringe

5



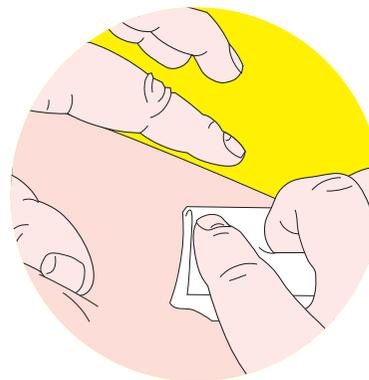
Now insert the hypodermic needle vertically into the fold of skin held between your finger and thumb.

6



Insert the hypodermic needle completely into the fold of skin and now slowly press down on the plunger and slowly inject all of the liquid under your skin.

7



Pull the hypodermic needle out carefully and vertically and press a cotton bud on to the injection site. Please do not rub, as this will irritate the injection site.

8



In order to avoid injuries, dispose of the Metoject® prefilled syringe in the contaminated waste box intended for this purpose immediately after use. That's it!