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# GETTING COMFORTABLE WITH TAKING STELARA<sup>®</sup>

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Your easy-to-follow overview  
of self-injection

This guide is a supplement to the full Instructions for Use. This guide is not intended to replace those instructions. Discuss any questions you may have with your doctor.

Carefully read the full [Instructions for Use](#) and [Medication Guide](#) before you or a caregiver administers STELARA<sup>®</sup>.

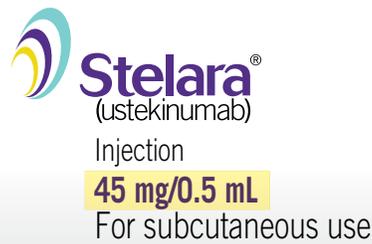
## GATHER SUPPLIES

We're glad your doctor prescribed STELARA®. Only a patient or caregiver trained by a healthcare professional should inject STELARA®. Carefully follow the steps below.

## FEELING RIGHT AT HOME WITH SELF-INJECTING

Take your carton of STELARA® out of the fridge and check both the dose and the expiration date printed on the box. Do not use if the expiration date has passed. **Do not** shake the carton or prefilled syringe at any time.

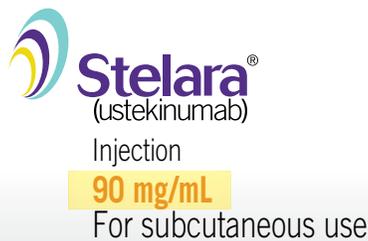
If you receive two 45-mg prefilled syringes for a 90-mg dose, you will need to give yourself two injections, one right after the other.



Lot

Exp XX-XX-XX

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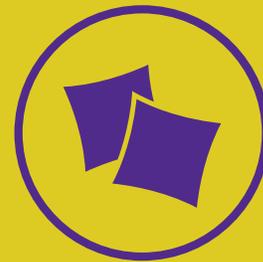


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### GATHER THE FOLLOWING SUPPLIES:



ANTISEPTIC WIPE



COTTON BALL OR GAUZE PAD AND ADHESIVE BANDAGE



FDA-CLEARED SHARPS DISPOSAL CONTAINER

# KNOW THE SYRINGE

The needle cover on the prefilled syringe contains latex. Do not handle the needle cover on the STELARA® prefilled syringe if you are allergic to latex.

## 1. PREPARE THE INJECTION

### CHECK THE EXPIRATION DATE ON THE PREFILLED SYRINGE.

If the expiration has passed, do not use it.

Start by taking the syringe out of the package carefully, without shaking it or touching the plunger or activation clips. **Don't** drop the syringe.



NEEDLE COVER

NEEDLE



### PREPARE YOUR INJECTION:

Choose a well-lit, clean, flat work surface.

Wash hands well with soap and warm water.



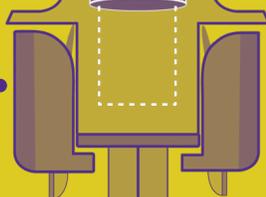
Hold the syringe with the covered needle pointing upward.



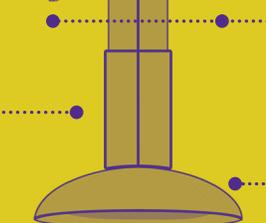
VIEWING WINDOW

The liquid should be clear and colorless to light yellow. You might see a few white particles. Do not use if frozen, discolored, cloudy or has large particles.

NEEDLE GUARD WINGS



PLUNGER



NEEDLE GUARD ACTIVATION CLIPS

PLUNGER HEAD

**DO NOT PULL BACK ON PLUNGER AT ANY TIME. TO PREVENT PREMATURE ACTIVATION OF THE NEEDLE SAFETY GUARD, DO NOT TOUCH THE NEEDLE GUARD ACTIVATION CLIPS AT ANY TIME DURING USE.**

## WHERE SHOULD YOU INJECT?\*

### OUTER UPPER ARM

In case a caretaker is injecting you, the outer area of your upper arm is also an injection site.

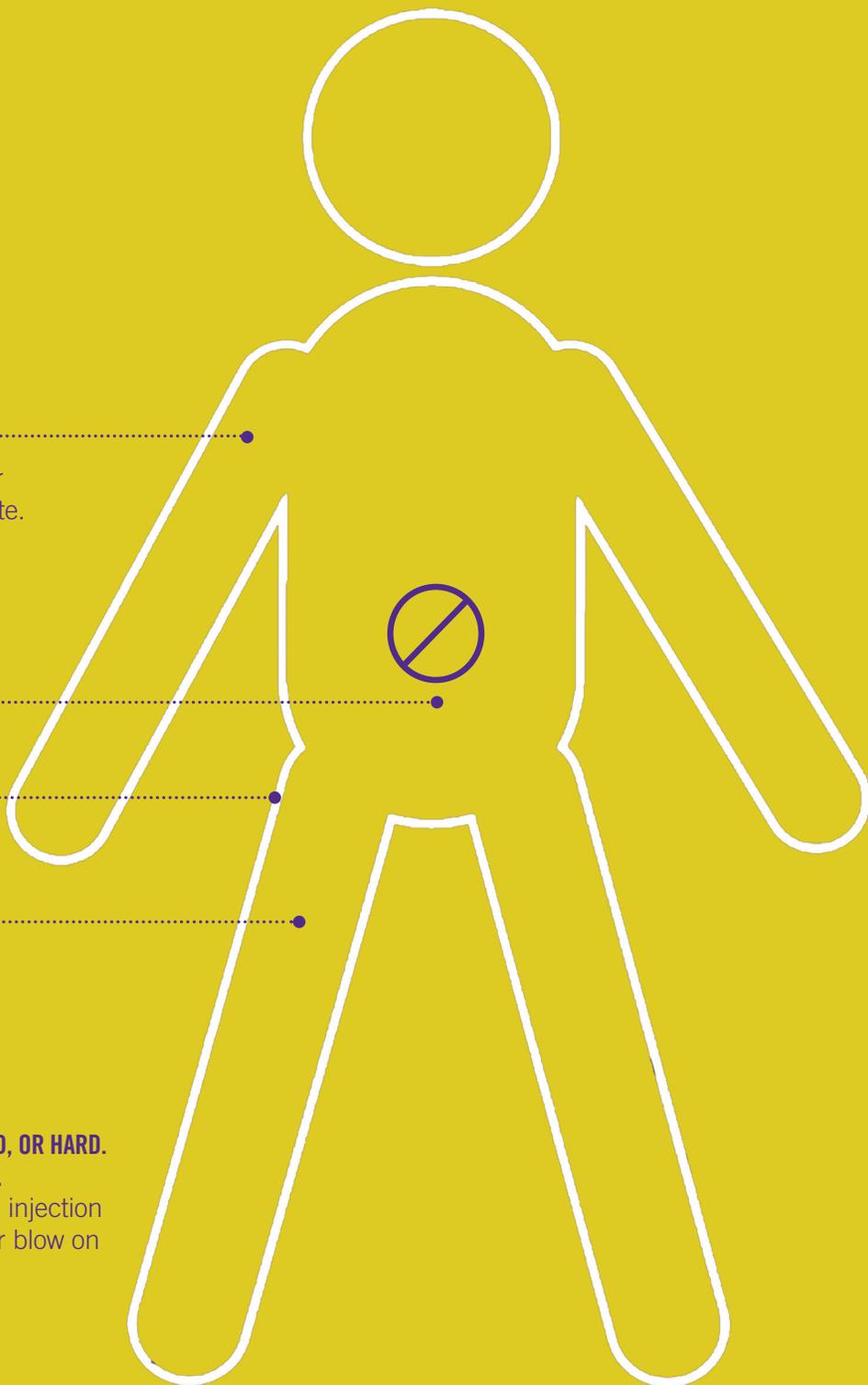
### STOMACH AREA (EXCEPT 2-INCH RADIUS AROUND BELLY BUTTON)

### BUTTOCKS

### FRONT OF THIGH

**\*DO NOT INJECT IN SKIN THAT'S TENDER, BRUISED, RED, OR HARD. CHANGE YOUR INJECTION SITE EACH TIME YOU INJECT.**

Use the antiseptic wipe to clean your chosen injection site and let your skin dry. **Don't** touch, fan, or blow on the injection site after cleaning.



## IT'S TIME TO INJECT

When ready to inject, carefully remove the needle cover by pulling it straight off.

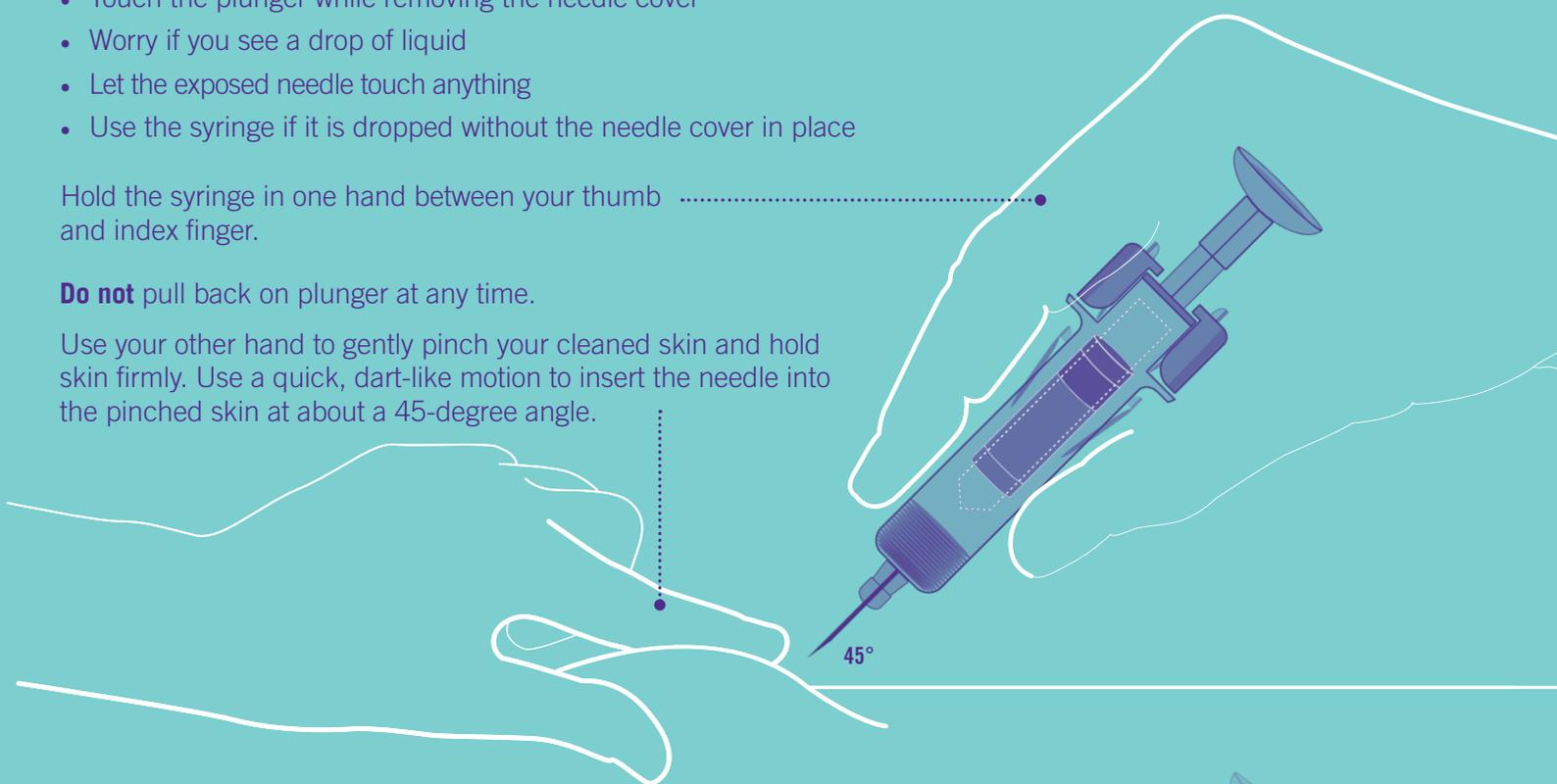
**DO NOT:**

- Touch the plunger while removing the needle cover
- Worry if you see a drop of liquid
- Let the exposed needle touch anything
- Use the syringe if it is dropped without the needle cover in place

Hold the syringe in one hand between your thumb ..... and index finger.

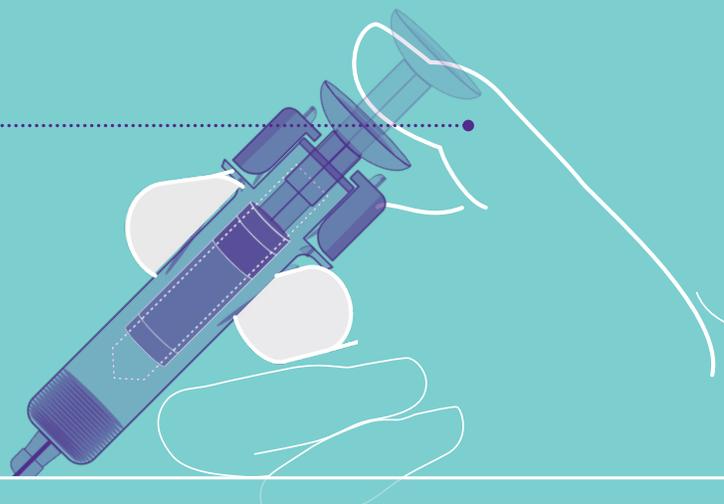
**Do not** pull back on plunger at any time.

Use your other hand to gently pinch your cleaned skin and hold skin firmly. Use a quick, dart-like motion to insert the needle into the pinched skin at about a 45-degree angle.



Now use your thumb to push the plunger head ..... completely down between the needle guard wings.

**DON'T PULL BACK ON THE PLUNGER AT ANY TIME.**



# COMPLETE INJECTION

## 4. DISPOSE OF THE SYRINGE

Once all the medicine has been injected, maintain the pressure on the plunger head and gently remove the needle from your skin and let go of your skin.

Slowly take your thumb off the plunger head; you'll hear a click. That's the sound of the needle guard automatically activating.



Check the injection site. A little blood is normal. You can press a cotton ball or gauze pad to the injection site if needed. Do not rub the injection site. You can cover it with an adhesive bandage, if necessary.

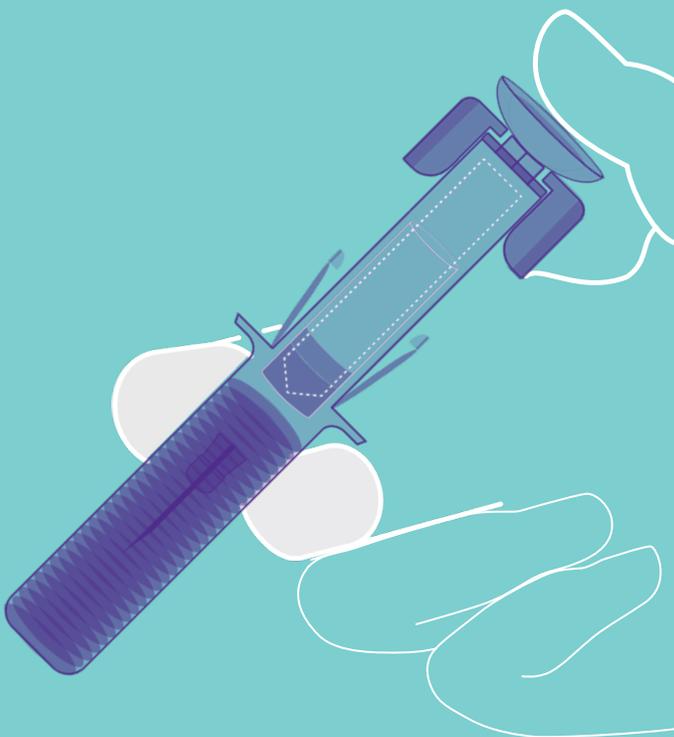


Place your used syringe into your sharps container.\* Don't have a sharps container? Call Janssen CarePath at **877-CarePath (877-227-3728)** for more information.

**Do not throw away your STELARA® prefilled syringe in your household trash.**



That's it! You're done. Please remember to set an alarm or mark your calendar for the next dose.



**If your dose is 90 mg, you will receive either one 90-mg prefilled syringe or two 45-mg prefilled syringes. If you receive two 45-mg prefilled syringes for a 90-mg dose, you will need to give yourself a second injection right after the first. Repeat Steps 1-3 for the second injection using a new syringe. Choose a different site for the second injection.**

**\*IMPORTANT:** Never dispose of used syringes or puncture-resistant container with your household garbage. Once your container is full, please follow the community guidelines for the right way to dispose of your syringes.

For more information about safe sharps disposal and for specific information about sharps disposal in the state you live in, go to the FDA's website at: <http://www.fda.gov/safesharpsdisposal>.

Keep STELARA® and all medicines out of the reach of children.



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To watch our self-injection video, please visit  
[STELARAinfo.com/stelara-injection-support](https://www.stelara-info.com/stelara-injection-support)  
or call Janssen CarePath at **877-CarePath (877-227-3728)**  
to talk to a Janssen CarePath Care Coordinator for any  
additional questions you might have.