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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 enclosed with your prefilled syringe before you or a caregiver administers STELARA<sup>®</sup>.

1.  
GATHER  
SUPPLIES

We're glad your doctor prescribed STELARA® to help with your plaque psoriasis or psoriatic arthritis symptoms. 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.



US - 32621B

Lot

Exp XX-XX-XX

 **Stelara**<sup>®</sup>  
(ustekinumab)  
Injection  
● **45 mg/0.5 mL**  
For subcutaneous use



US - 32621B

Lot

Exp XX-XX-XX

 **Stelara**<sup>®</sup>  
(ustekinumab)  
Injection  
● **90 mg/mL**  
For subcutaneous use

For psoriasis patients weighing 100 kg (220 lbs) or less—and most psoriatic arthritis patients—the recommended dose is 45 mg initially and 4 weeks later, followed by 45 mg every 12 weeks.

For patients with psoriasis—or psoriatic arthritis with co-existent moderate-to-severe plaque psoriasis—weighing more than 100 kg (220 lbs), the recommended dose is 90 mg initially and 4 weeks later, followed by 90 mg every 12 weeks.

2.  
KNOW YOUR  
SYRINGE

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.

**GATHER THE FOLLOWING SUPPLIES:**

Remember to wash your hands before you proceed.



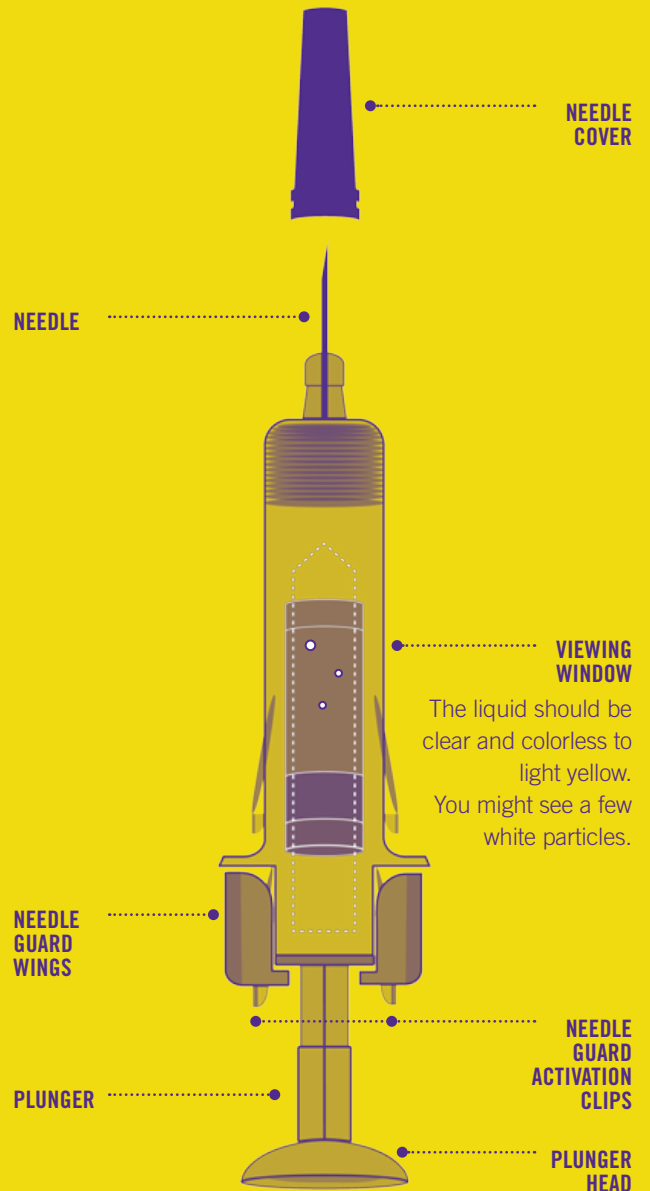
ANTISEPTIC  
WIPE



COTTON BALL  
OR GAUZE PAD



PUNCTURE  
RESISTANT  
CONTAINER



NEEDLE  
COVER

NEEDLE

VIEWING  
WINDOW

The liquid should be clear and colorless to light yellow. You might see a few white particles.

NEEDLE  
GUARD  
WINGS

NEEDLE  
GUARD  
ACTIVATION  
CLIPS

PLUNGER

PLUNGER  
HEAD

3.  
WHERE TO  
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.

## WHERE SHOULD YOU INJECT?\*

### OUTER UPPER ARM

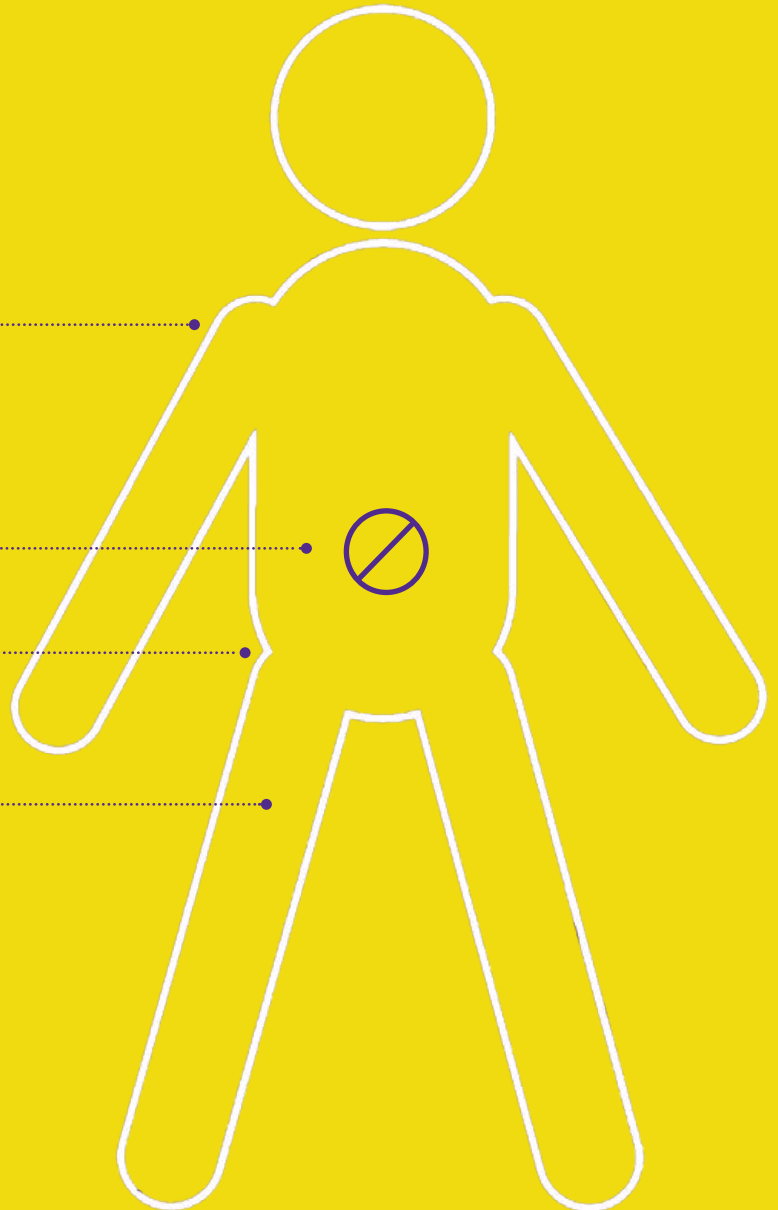
In case a caretaker is injecting you, the outer area of your upper arm is also an injection site.

### STOMACH AREA

(EXCEPT 2-INCH RADIUS AROUND BELLY BUTTON)

### BUTTOCKS

### FRONT OF THIGH



\*STEER CLEAR OF INJECTING IN SKIN THAT'S TENDER, BRUISED, RED, OR HARD.  
CHANGE YOUR INJECTION SITE EACH TIME YOU INJECT.

PLEASE SEE "HOW TO INJECT" ON THE REVERSE SIDE.

## IT'S TIME TO INJECT

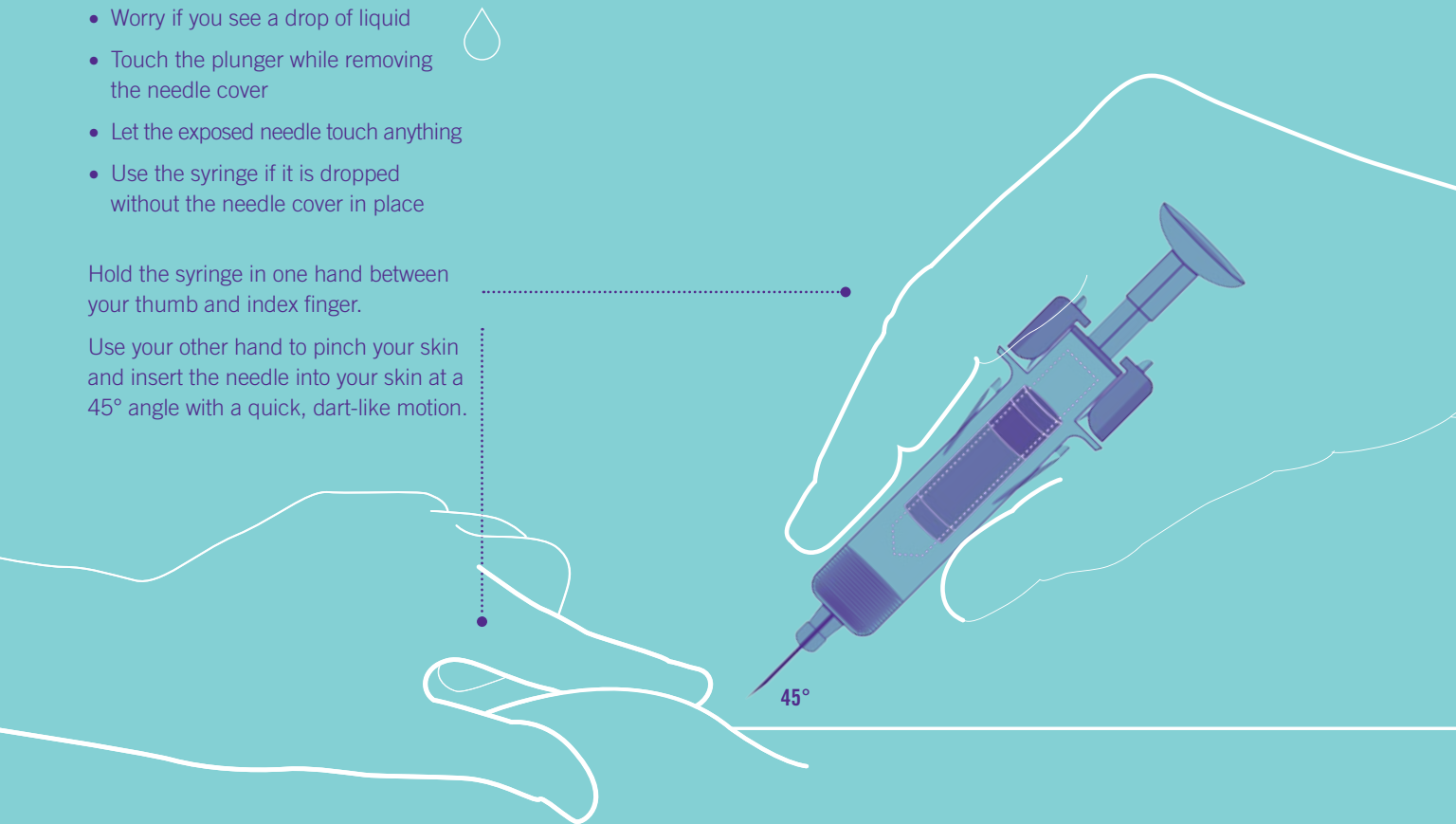
Remove the needle cover by pulling it straight off.

**DO NOT:**

- Worry if you see a drop of liquid
- Touch the plunger while removing the needle cover
- 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.

Use your other hand to pinch your skin and insert the needle into your skin at a 45° angle with a quick, dart-like motion.

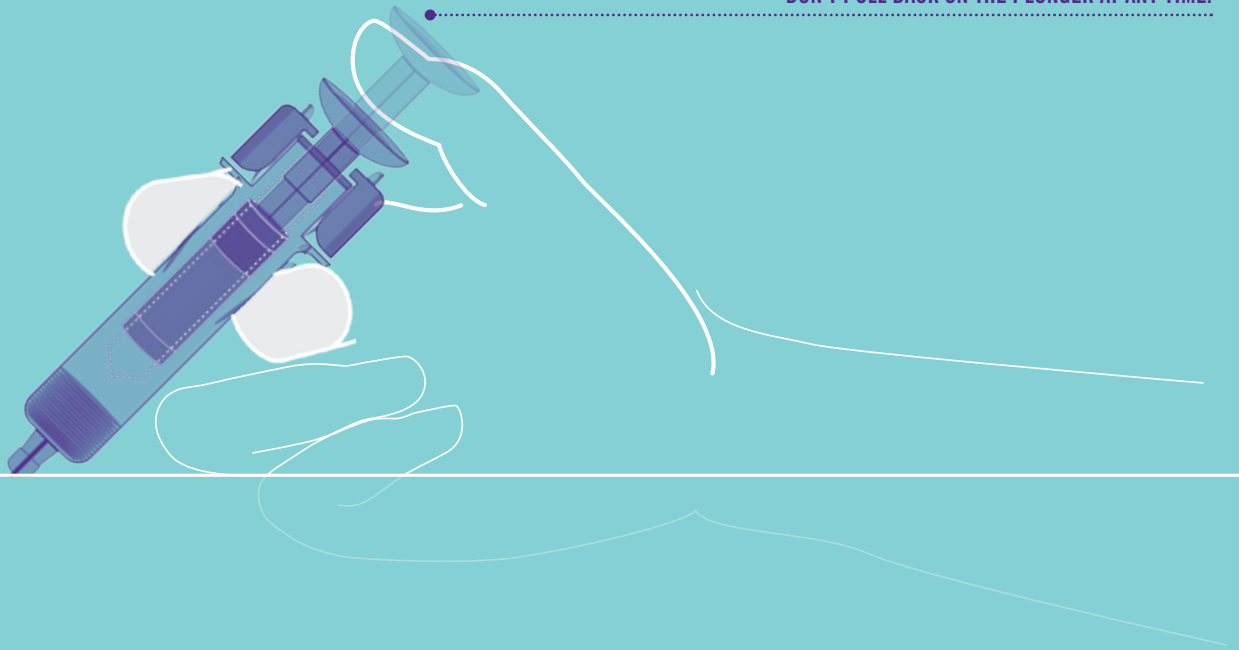


PLEASE SEE TIPS AND HOW-TO-PREPARE INFO ON THE REVERSE SIDE. THE FULL INSTRUCTIONS FOR USE AND MEDICATION GUIDE ARE ENCLOSED.

5.  
INJECT  
MEDICINE

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.**

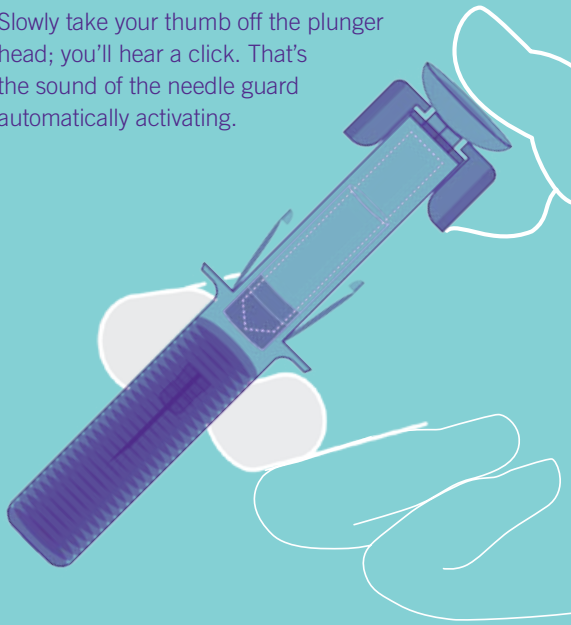


6.  
COMPLETE  
INJECTION

7.  
DISPOSE &  
SET ALARM

Once all the medicine has been injected, maintain the pressure on the plunger head and gently remove the needle from 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.



Toss 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.



Check the injection site. A little blood is perfectly normal. Just apply light pressure with a cotton ball or gauze pad until it stops. Do not rub the injection site. You can cover it with an adhesive bandage, if necessary.



That's it! You're done, and the best part is that you don't have to inject STELARA® again for 12 whole weeks. Please remember to set an alarm or mark your calendar for the next dose.

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

U.S. Full Prescribing Information and Medication Guide  
(with Instructions for Use) enclosed.



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To watch our self-injection video, please visit  
**[STELARAinfo.com/stelara-injection-support](http://STELARAinfo.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.

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