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®.

**IT STARTS WITH AN INFUSION**

We're glad you and your doctor picked STELARA® to help with your Crohn’s disease symptoms.

STELARA® starts with a one-time intravenous (IV) infusion through a needle placed in a vein, where your healthcare professional will administer the right amount of medication based on your body weight. Your first infusion will take place either in your doctor’s office or in an infusion center. To find an infusion center near you—visit [2infuse.com](http://2infuse.com) and schedule an appointment today.

Once you have made the appointment, read the following tips that will help you prepare for your infusion.

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**TIPS FOR INFUSION DAY**

- **ASK QUESTIONS**
  Concerned about how your body might respond to infusion therapy? Make a list of questions and ask your doctor before you make your infusion appointment.

- **DISCUSS YOUR MEDICAL HISTORY**
  Talk to your doctor about medicines you’re taking, vaccines, flu shots, allergies, infections, change in weight and possibility of pregnancy.
  You might get examined for tuberculosis.

- **LIMIT THE USE OF FRAGRANCE OR PERFUME**
  Be mindful of other people receiving infusions in the same room. They might be allergic or sensitive to fragrances.

- **EAT, DRINK, AND SLEEP WELL**
  Start with a good night’s sleep prior to your infusion day. Then wake up, have a healthy meal, and drink plenty of fluids before you head down to an infusion center.

- **COMFORT FIRST**
  Wear whatever you feel is appropriate and comfortable. Consider wearing loose-fitting clothes in case your nurse has to monitor your heart rate or blood pressure. Plan on carrying an extra pillow to help you relax and a blanket in case it gets too cold.

- **MAKE THE TIME ENJOYABLE**
  Your infusion will last more than an hour. Feel free to carry a book, make a playlist of your favorite songs, play games on your cell phone, or catch up on your favorite show.

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**LEARN HOW TO SELF-INJECT**

If your infusion has been completed, inform your doctor and make an appointment to learn how to self-inject STELARA® at home.

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**WE’RE HERE TO HELP**

We’ve also created a video to help guide you through the injection process. Please visit injection support on [stelarainfo.com](http://stelarainfo.com) or call Janssen CarePath at [877-CarePath (877-227-3728)](tel:+18772273728) to talk to a Nurse Navigator for any additional questions you might have.
FEELING RIGHT AT HOME WITH SELF-INJECTION

1. GATHER SUPPLIES
Only a patient or caregiver trained by a healthcare professional should inject STELARA®. Carefully follow the steps below.

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.

GATHER THE FOLLOWING SUPPLIES:
Remember to wash your hands before you proceed.

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.

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

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.

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.

Click here for full Prescribing Information and Medication Guide (with Instructions for Use)
4. HOW 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

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

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.

7. DISPOSE & SET ALARM

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.

*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.

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 8 whole weeks. Please remember to set an alarm or mark your calendar for the next dose.