Package leaflet: Information for the user

Plegridy 125 micrograms solution for injection in pre-filled syringe
peginterferon beta-1a

Read all of this leaflet carefully before you start using this medicine because it contains important information for you.
- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor, pharmacist or nurse.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. See section 4.

What is in this leaflet

1. **What Plegridy is and what it is used for**
2. **What you need to know before you use Plegridy**
3. **How to use Plegridy**
4. **Possible side effects**
5. **How to store Plegridy**
6. **Contents of the pack and other information**
7. **Instructions for injecting Plegridy pre-filled syringe**

1. What Plegridy is and what it is used for

What Plegridy is
The active substance in Plegridy is peginterferon beta-1a. Peginterferon beta-1a is a modified long-acting form of interferon. Interferons are natural substances made in the body to help protect from infections and diseases.

What Plegridy is used for
This medicine is used to treat **relapsing-remitting multiple sclerosis (MS)** in adults aged 18 years or over.

MS is a long term illness that affects the central nervous system (CNS), including the brain and spinal cord, in which the body's immune system (its natural defences) damages the protective layer (myelin) that surrounds the nerves in the brain and spinal cord. This disrupts the messages between the brain and other parts of the body, causing the symptoms of MS. Patients with relapsing-remitting MS have periods when the disease is not active (remission) in between flare-ups of symptoms (relapses).

Everyone has their own set of MS symptoms. These can include:
- Feeling off-balance or light headed, walking problems, stiffness and muscle spasms, tiredness, numbness in the face, arms or legs
- Acute or chronic pain, bladder and bowel problems, sexual problems and problems with vision
- Difficulty thinking and concentrating, depression.

How Plegridy works
Plegridy seems to work by stopping the body's immune system from damaging your brain and spinal cord. This can help to reduce the number of relapses that you have and slow down the disabling effects of MS. Treatment with Plegridy can help to prevent you from getting worse, although it will not cure MS.

2. What you need to know before you use Plegridy

Do not use Plegridy
- **If you are allergic** to peginterferon beta-1a, interferon beta-1a or any of the ingredients of this medicine (listed in section 6). See section 4 for the symptoms of an allergic reaction.
- **If you have severe depression** or think about committing suicide.

Warnings and precautions
Talk to your doctor if you have ever had:
- **Depression** or problems affecting your mood
- **Thoughts about committing suicide**
    - Your doctor may still prescribe Plegridy for you, but it's important to let your doctor know if you have had depression or any similar problems affecting your mood in the past.

Talk to your doctor, pharmacist or nurse before injecting Plegridy **if you have any of the conditions listed below.** They may get worse while using Plegridy**:**
- **Serious liver or kidney problems**
- **Irritation at an injection site,** which can lead to skin and tissue damage (*injection site necrosis*). When you are ready to inject, carefully follow the instructions in section 7 "*Instructions for injecting Plegridy pre-filled syringe*", at the end of this leaflet. This is to reduce the risk of injection site reactions.
- **Epilepsy** or other seizure disorders, not controlled by medicine
- **Heart problems**, which can cause symptoms such as chest pain (*angina*), particularly after any activity; swollen ankles, shortness of breath (*congestive heart failure*); or an irregular heartbeat (*arrhythmia*).
- **Thyroid problems**
- **A low number of white blood cells or platelets**, which can cause an increased risk of infection, or bleeding

Other things to consider when using Plegridy
- You will need blood tests to determine your numbers of blood cells, blood chemistry and your levels of liver enzymes. These will be performed before you start using Plegridy, regularly after treatment with Plegridy has been initiated and then periodically during treatment, even if you have no particular symptoms. These blood tests will be in addition to the tests which are normally done to monitor your MS.
- The functioning of your thyroid gland will be checked regularly or whenever thought necessary by your doctor.
- Blood clots in the small blood vessels may occur during your treatment. These blood clots could affect your kidneys. This might happen several weeks to several years after starting Plegridy. Your doctor may want to check your blood pressure, blood (platelet count) and the function of your kidneys.

If you accidentally prick yourself or someone else with the needle in Plegridy, the area affected should be washed **immediately** with soap and water and a **doctor or nurse should be contacted as soon as possible.**

Children and adolescents
Plegridy should **not be used** in children and adolescents because it is yet to be established whether it would work for them and whether it would be safe.

Other medicines and Plegridy
Plegridy should be used carefully with medicines that are broken down in the body by a group of proteins called "cytochrome P450" (e.g. some medicines used for epilepsy or depression).

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines, especially those used to treat epilepsy or depression. This includes any medicines obtained without a prescription.

Sometimes you will need to remind other healthcare professionals that you are being treated with Plegridy. For example, if you are prescribed other medicines, or if you have a blood test. Plegridy may affect the other medicines or the test result.

Pregnancy and breast-feeding
If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine.

No harmful effects on the breastfed newborn/infant are anticipated. Plegridy can be used during breast-feeding.

Driving and using machines
Plegridy has no or negligible influence on the ability to drive and use machines.

Plegridy contains sodium
This medicine contains less than 1 mmol sodium (23 mg), that is to say it is essentially "sodium-free".

3. How to use Plegridy

Always use this medicine exactly as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

The usual dose
One injection of Plegridy 125 micrograms every 14 days (every two weeks). Try to use Plegridy at the same time on the same day, every time you inject.

Starting Plegridy for intramuscular use
If you are new to Plegridy, your doctor **may advise you to gradually increase your dose** during the first month of treatment. This means that your body can adjust to the effects of Plegridy before getting the full dose.

The full dose from the Plegridy intramuscular pre-filled syringe is 125 micrograms. Plegridy Titration Clips can be attached to the syringe so that you can gradually increase your dose:

Dose 1 on day 0:
1/2 dose (63 micrograms) with YELLOW titration clip

Dose 2 on day 14:
3/4 dose (94 micrograms) with PURPLE titration clip

Dose 3 on day 28 and then every 2 weeks:
full dose (125 micrograms) – NO titration clip needed

Plegridy supplied in this pack is meant for injection into your thigh muscle.

Read the instructions in section 7 "*Instructions for injecting Plegridy pre-filled syringe*" at the end of this leaflet before you start using Plegridy.

Check with your doctor nurse or pharmacist if you are unsure how you should inject your medicine.

Intramuscular is abbreviated as IM on the syringe label.

Injecting yourself
Plegridy is to be injected into the thigh muscle (*intramuscular injection*). Alternate the sites you use for injections. Do not use the same injection site for consecutive injections.

You can inject Plegridy yourself without the help of your doctor, if you have been trained how to do this.
- Read and follow the advice given in the instructions in section 7 "*Instructions for injecting Plegridy pre-filled syringe*" before you start.
- **If you have trouble** handling the syringe, ask your doctor or nurse who may be able to help.

How long to use Plegridy
Your doctor will tell you how long you need to keep using Plegridy. It is important to continue using Plegridy regularly. Do not make changes unless your doctor tells you.

If you use more Plegridy than you should
You must only inject Plegridy once every 2 weeks.
- If you have used more than one injection of Plegridy in a 7-day period, **contact your doctor or nurse straight away.**

If you forget to use Plegridy
You need to inject Plegridy once every 2 weeks. This regular schedule helps to deliver the treatment as evenly as possible.

If you do miss your usual day, inject as soon as you can and carry on as usual. However, do not inject more than once in a 7-day period. Do not use two injections to make up for a missed injection.

If you have any further questions on the use of this medicine, ask your doctor, pharmacist or nurse.

4. Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them.

Serious side effects
- **Liver problems**

(common - may affect up to 1 in 10 people)
If you get any of these symptoms:
- Yellowing of your skin or the whites of your eyes
- Itching all over
- Feeling sick, being sick *(nausea and vomiting)*
- Easy bruising of the skin
    - **Contact a doctor immediately.** They may be signs of a possible liver problem.

- **Depression**

(common - may affect up to 1 in 10 people)
If you:
- Feel unusually sad, anxious or worthless or
- Have thoughts about suicide
    - **Contact a doctor immediately.**

- **Serious allergic reaction**

(uncommon - may affect up to 1 in 100 people)
If you get any of these:
- Difficulty breathing

- Swelling around the face (lips, tongue or throat)
- Skin rashes or redness
    - **Contact a doctor immediately.**

- **Seizures**

(uncommon - may affect up to 1 in 100 people)
If you have a seizure or a fit
    - **Contact a doctor immediately.**

- **Injection site damage**

(rare - may affect up to 1 in 1,000 people)
If you get any of these symptoms:
- Any break in the skin together with swelling, inflammation or fluid leaking around the injection site
    - **Contact a doctor for advice.**

- **Kidney problems including scarring that may reduce your kidney function**

(rare - may affect up to 1 in 1,000 people)
If you get some or all of these symptoms:
- Foamy urine
- Fatigue
- Swelling, particularly in the ankles and eyelids, and weight gain.
    - **Contact a doctor as they may be signs of a possible kidney problem.**

- **Blood problems**

(rare - may affect up to 1 in 1,000 people)
The following may occur: Blood clots in the small blood vessels that can affect your kidneys (thrombotic thrombocytopenic purpura or haemolytic uremic syndrome). Symptoms may include increased bruising, bleeding, fever, extreme weakness, headache, dizziness or light-headedness. Your doctor may find changes in your blood and the function of your kidneys.

If you get some or all of these symptoms:
- Increased bruising or bleeding
- Extreme weakness
- Headache, dizziness or light-headedness
    - **Contact a doctor immediately.**

Other side effects
Very common side effects
(may affect more than 1 in 10 people)
- Flu-like symptoms. These symptoms are not really flu, see below. You can't pass it on to anyone else.
- Headache
- Muscle pain (*myalgia*)
- Pain in your joints, arms, legs or neck (*arthralgia*)
- Chills
- Fever
- Feeling weak and tired (*asthenia*)
- Redness, itching or pain around the place you have injected
    - **If any of these effects trouble you, contact a doctor.**

Flu-like symptoms
Flu-like symptoms are more common when you first start using Plegridy. They gradually get less as you keep using your injections. See below for simple ways to manage these flu-like symptoms if you get them.

Three simple ways to help reduce the impact of flu-like symptoms:

1. Consider the timing of your Plegridy injection. The start and end of flu-like symptoms are different for every patient. On average, flu-like symptoms begin approximately 10 hours after injection and last between 12 and 24 hours.
2. Take paracetamol or ibuprofen half an hour before your Plegridy injection and continue to take paracetamol or ibuprofen for the duration of your flu-like symptoms. Speak to your doctor or pharmacist about how much to take and how long to take it.
3. If you have a fever, drink plenty of water to keep you hydrated.

Common side effects
(may affect up to 1 in 10 people)
- Feeling or being sick *(nausea or vomiting)*
- Hair loss (*alopecia*)
- Itchy skin (*pruritus*)
- Increase in body temperature
- Changes around the place you have injected such as swelling, inflammation, bruising, warmth, rash or colour change
- Changes in your blood which might cause tiredness or reduced ability to fight infection
- Increases in liver enzymes in the blood (will show up in blood tests)
    - **If any of these effects trouble you, contact a doctor.**

Uncommon side effects
(may affect up to 1 in 100 people)
- Hives
- Changes in your blood which might cause unexplained bruising or bleeding.
    - **If any of these effects trouble you, contact a doctor.**

Frequency not known
(frequency cannot be estimated from the available data)
- Pulmonary arterial hypertension: A disease of severe narrowing of the blood vessels in the lungs resulting in high blood pressure in the blood vessels that carry blood from the heart to the lungs. Pulmonary arterial hypertension has been seen at various time points during treatment, including several years after starting treatment with interferon beta-products.

Children (10 years of age and above) and adolescents
- In clinical trials, some side effects were reported very commonly in both adults and children, e.g., redness at the injection site, flu-like symptoms, headache, and fever.

Reporting of side effects
If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme.Website: www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store.
By reporting side effects you can help provide more information on the safety of this medicine.

In order to improve the traceability of this medicine, your doctor or pharmacist should record the name and the lot number of the product you have been given in your patient file. You may also wish to make a note of these details in case you are asked for this information in the future.

5. How to store Plegridy

Keep this medicine out of the sight and reach of children.

Do not use this medicine after the expiry date which is stated on the carton and the label after "EXP". The expiry date refers to the last day of that month.

- Store in the original package in order to protect from light. Only open the pack when you need a new syringe.

- **Store in a refrigerator** (fridge) 2 º-8 ºC.
  - Do not freeze. Throw away any Plegridy that is accidentally frozen.

- Plegridy can be kept outside a fridge at room temperature (up to 25 °C) for up to 30 days but it must be kept **away from light**.
  - Packs can be taken out of the fridge and then put back in a fridge more than once if you need to.
  - Make sure the time the syringes spend out of a fridge is **no more than 30 days in total**.
  - Throw away any syringe that is kept out of the fridge for more than 30 days.
  - If you are unsure of the number of days you have kept a syringe out of the fridge, throw the syringe away.

- Do not use this medicine if you notice any of the following:
  - If the syringe is broken.
  - If the solution is coloured, cloudy or you can see particles floating in it.

- Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

6. Contents of the pack and other information

What Plegridy contains
The active ingredient is peginterferon beta-1a.

Each 125 microgram pre-filled syringe contains 125 micrograms of peginterferon beta-1a in 0.5 mL solution for injection.

The other ingredients are: Sodium acetate trihydrate, acetic acid glacial, arginine hydrochloride, polysorbate 20 and water for injections (see Section 2 "Plegridy contains sodium").

What Plegridy looks like and contents of the pack
Plegridy is a clear and colourless solution for injection in a glass pre-filled syringe supplied with a needle.

Pack sizes:
- The syringes are provided in a pack containing either two or six pre-filled syringes with 23 gauge, 1.25 inch long sterile needles.

Not all pack sizes may be marketed.

Marketing Authorisation Holder
Biogen Netherlands B.V.
Prins Mauritslaan 13
1171 LP Badhoevedorp
The Netherlands

Manufacturer
FUJIFILM Diosynth Biotechnologies Denmark ApS
Biotek Allé 1
DK-3400 Hillerød

Denmark

Biogen Netherlands B.V.
Prins Mauritslaan 13
1171 LP Badhoevedorp
The Netherlands

This leaflet was last revised in January 2026

7. Instructions for injecting Plegridy pre-filled syringe
How to inject Plegridy

Read the instructions for use before you start using Plegridy pre-filled syringe. There may be new information. This information does not take the place of talking to your healthcare provider about your medical condition or your treatment.

Supplies you will need for the Plegridy injection:

- 1 Plegridy Administration Dose Pack that contains:
    - 1 Plegridy pre-filled syringe
    - 23 gauge, 1.25 inch long sterile needle
- a puncture resistant container for disposal of used syringes and needles
- **Additional supplies which are not included in the pack:**
    - Alcohol wipe
    - Gauze pad
    - Adhesive bandage

If you are new to Plegridy your dose may be titrated over 2 injections by using the syringe with the Plegridy titration kit.

o Dose 1:
½ dose (yellow titration clip) **(not supplied as part of the pack)**

o Dose 2:
¾ dose (purple titration clip) **(not supplied as part of the pack)**

o Dose 3:
a full dose (no clip required)

• The Plegridy titration clips are for single use only with the Plegridy pre-filled syringe. Do not re-use the syringe or titration clips.

• You must prepare the Plegridy pre-filled syringe and needle before you put it into the Plegridy titration clip

Preparing the dose of Plegridy:

- Find a well-lit, clean, flat work surface like a table and collect all the supplies you will need to give yourself or receive an injection.

- Take 1 Plegridy pre-filled syringe out of the refrigerator about 30 minutes before you plan on injecting the Plegridy dose to allow it to reach room temperature. **Do not** use external heat sources such as hot water to warm the Plegridy pre-filled syringe.
- Check the expiration date printed on syringe label, lid and outer carton. **Do not** use Plegridy pre-filled syringe past the expiration date.
- Wash your hands with soap and water.

Preparing the Plegridy injection:

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Step 1: Check the syringe (See Figure A):

- The syringe should not have any cracks or damage.
- Check that the cap is intact and has not been removed.
- Plegridy should look clear, colorless, and should not have any particles in it.

- **Do not** use the Plegridy pre-filled syringe if:
  - the syringe is cracked or damaged
  - the solution is cloudy, colored, or has lumps or particles in it
  - the cap has been removed or is not tightly attached

Do not use that syringe if you see any of the above. Get a new syringe.

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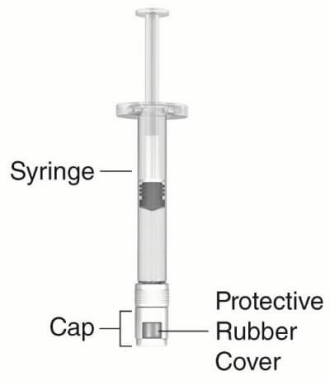

Figure A

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Step 2: With 1 hand, hold the syringe right under the cap and with the cap pointing up (See Figure B).

- Make sure you are holding the syringe by the ridged part, directly under the cap.

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Figure B

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Step 3: With the other hand, grasp the cap and bend it at a 90º angle until the cap snaps off (See Figure C).

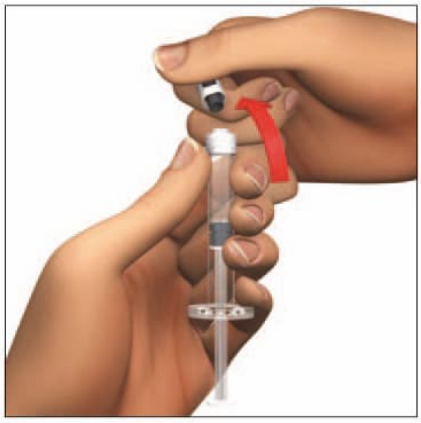


Figure C

This will expose the syringe glass tip (See Figure D).

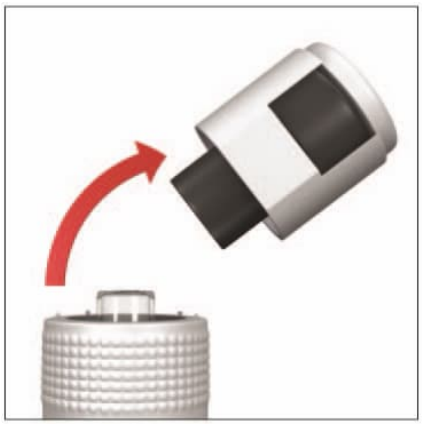


Figure D

Step 4: Open the single use sterile needle package and take out the covered needle. Hold the syringe with the glass syringe tip pointing up. Press the needle on the syringe glass tip (See Figure E).

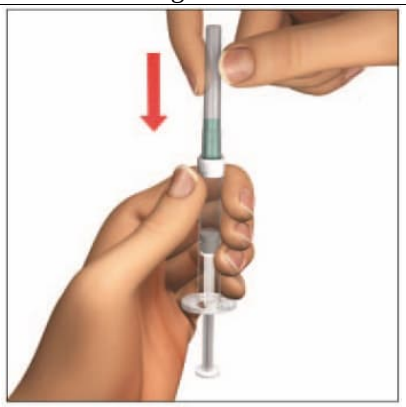
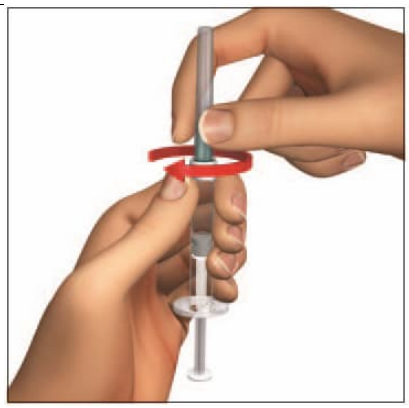
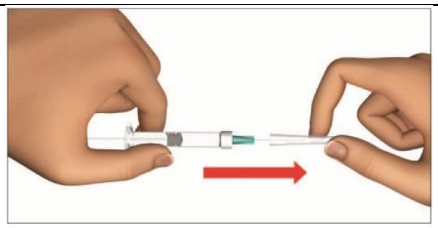


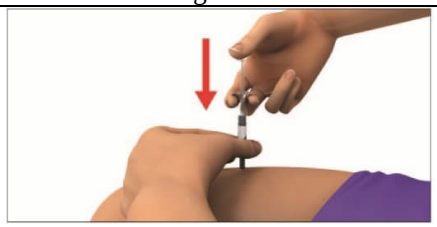
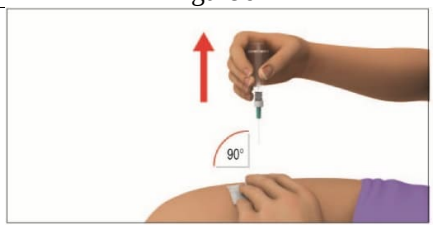
Figure E

Step 5: Gently turn the needle forward (clockwise) until it is tight and firmly attached (See Figure F). • If the needle is not firmly attached, the syringe may leak and you may not get your full dose of Plegridy. • **Do not** remove the plastic cover from the needle.	 Figure F

Giving the Plegridy injection:

- Your healthcare provider should show you or a caregiver how to prepare and inject the dose of Plegridy before a syringe is used for the first time. Your healthcare provider or nurse should watch you inject the dose of Plegridy the first time the syringe is used.
- Inject your Plegridy exactly as your healthcare provider has shown you.
- Plegridy is injected into the muscle (intramuscularly).
- Plegridy should be injected into the thigh (See Figure G).
- Change (rotate) your injection sites for each dose. **Do not** use the same injection site for each injection.
- **Do not** inject into an area of the body where the skin is irritated, reddened, bruised, infected or scarred in any way.

Step 6: Choose either your left or right thigh and wipe the skin with an alcohol wipe (See Figure G). Let the injection site dry before injecting the dose. • **Do not** touch, blow or wipe this area again before giving the injection.	 Figure G
Step 7: Pull the protective cover straight off the needle (See Figure H). **Do not** twist the cover off.	 Figure H

Step 8: With 1 hand, stretch the skin out around the injection site. With the other hand, hold the syringe like a pencil. Use a quick dart-like motion and insert the needle at a 90 º degree angle, through the skin and into the muscle (See Figure I). Once the needle is in, let go of the skin.	Figure I
Step 9: Slowly push the plunger down until the syringe is empty (See Figure J).	 Figure J
Step 10: Pull the needle out of the skin (See Figure K). Press down on the injection site with the gauze pad for a few seconds or rub gently in a circular motion. • If you see blood after you press the injection site for a few seconds, wipe it off with gauze pad • and apply an adhesive bandage.	 Figure K

After the Plegridy injection:

- **Do not** recap the needle. Recapping the needle can lead to a needle stick injury.
- Throw away the used syringes and needles in a sharps container or some type of hard plastic or metal container with a screw cap such as a detergent bottle or coffee can. Check with your healthcare provider about the right way to throw away the container. There may be local or state laws about how to throw away used syringes and needles. **Do not** throw away used syringes and needles in household trash or recycling bins.
- Plegridy may commonly cause redness, pain, or swelling of your skin at the injection site.
- Call your healthcare provider right away if your injection site becomes swollen and painful or the area looks infected and does not heal within a few days.

General information about the safe and effective use of Plegridy

- Always use a new syringe and needle for each injection. **Do not** re-use your Plegridy syringe or needles.
- **Do not** share your syringe or needles.