

Merck Serono



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RebiDose Instructions for use



RebiDose[™]

HOW TO USE REBIF PRE-FILLED PEN (RebiDose)

- This section tells you how to use RebiDose.
- Rebif is given by injection under the skin (subcutaneously).
- Use each RebiDose only once.
- The first injection(s) must be performed under the supervision of an appropriately qualified healthcare professional. After receiving adequate training, you, a family member, friend or carer can use RebiDose to administer the medicine at home. If you have questions about how to inject, please ask your doctor, nurse or pharmacist for assistance.
- **Read all the following instructions carefully before using RebiDose.**

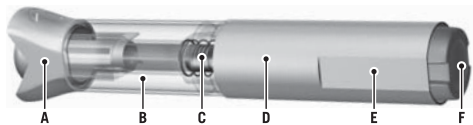
Equipment

To give yourself an injection you will need:

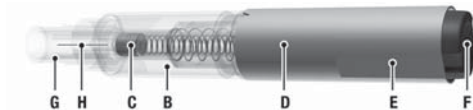
- a new RebiDose and
- alcohol wipes or similar.
- a dry cotton ball or gauze

Below is a picture showing what RebiDose looks like.

Before the injection



After the injection



A. Cap

B. Transparent window

C. Plunger

D. Label

E. Main body

F. Button

G. Safety guard

H. Needle

Before you start

- Wash your hands thoroughly with soap and water.
- Remove RebiDose from the blister pack by peeling back the plastic covering.
- Check the appearance of Rebi through the transparent window. It must be clear to opalescent, without particles and without any visible signs of deterioration. If there are particles or other visible signs of deteriorations, do not use it and contact your doctor, nurse or pharmacist for assistance.
- Check the expiry date on the RebiDose label or on the outer box (as indicated as “EXP”). Do not use RebiDose if the expiry date has passed.

Where to inject with RebiDose

- Choose an injection site. Your doctor will advise you on the possible injection sites (good sites include the upper thighs and the lower abdomen.)
- Keep track of and rotate your injection sites, so that one area is not injected too often. This is to minimise the risk of skin damage (necrosis).
- NOTE: do not use any areas in which you feel lumps, firm knots, or pain; talk to your doctor or healthcare professional about anything you find.



How to inject with RebiDose

- **Do not** remove the cap until you are ready to administer the injection.
- Before the injection use an alcohol wipe to clean the skin at the injection site. Let the skin dry. If a bit of alcohol is left on the skin, you may get a stinging sensation.
- Hold RebiDose by the main body and use your other hand to remove the cap.



- Hold RebiDose at a right angle (90 degrees) to the injection site. Push the pen against your skin until you feel resistance. This action unlocks the button.



- Keep enough pressure on the skin and press the button with your thumb. You will hear a click which indicates the start of the injection and the plunger will start moving. Keep RebiDose pressed against the skin for at least 10 seconds in order to inject all of the medicine.



It is not necessary to keep the button pressed down with your thumb after the injection has begun.

- Remove RebiDose from the injection site.

The safety guard automatically surrounds the needle and locks into place to protect you from the needle.



After the injection

- Look through the transparent window to make sure that the plunger has moved to the bottom as indicated in the figure.
- Visually check that there is no liquid left. If there is liquid left, not all of the medicine has been injected and you should consult your doctor or nurse for assistance.



- Gently massage the injection site with a dry cotton ball or gauze.
- **Do not** put the needle cap back on the used RebiDose. This is because the needle is now covered by the safety guard. **Do not put your fingers in the safety guard.**
- RebiDose is for single use only and should **never** be reused.
- Once you have finished your injection, immediately discard RebiDose. Ask your pharmacist how to safely dispose of RebiDose.

If you have any further questions, please ask your doctor, nurse or pharmacist.

This "Instructions for use" was last revised in 02/2013