

TEGSEDI[▼] (INOTERSEN) INJECTION GUIDE

For more information, please refer to the Patient Information Leaflet

INTRODUCING TEGSEDI

TEGSEDI is a single injection you take once a week. The syringe is already filled, so all you (or your caregiver) have to do is inject it.

You should take **TEGSEDI** on the same day every week. Use your treatment tracker to note down the time, date and site of your injection.

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

BEFORE YOU START

Take your prefilled syringe out of the fridge at least **30 minutes** before your injection, to naturally allow it to come to room temperature.

Make sure you check the expiration date on the packaging and the appearance of the medicine before injecting. It should be clear and colourless or pale yellow.

While you wait, find somewhere comfortable you can relax before your injection.

GOOD INJECTION TECHNIQUE

- Sites for injection include the abdomen, upper thigh region or outer area of the upper arm. Injection into the upper arm should only be performed by another person, such as a caregiver
- Do not inject **TEGSEDI** into areas such as the waist, where clothing may rub or irritate the injection site, and avoid the 3 cm area around the belly button. You should also avoid tattoos, moles, scars, and birthmarks
- Inject **TEGSEDI** very slowly, applying steady pressure on the plunger of the syringe
- Pinch your skin and hold it firmly before inserting the needle
- Once you have injected **TEGSEDI**, wait at least 5 seconds before removing the needle
- Change the place on your body where you inject **TEGSEDI** with each dose
- Do not rub the injection site
- If you have any concerns about injection-related side effects, speak to your healthcare professional

WARNINGS:

- Do not remove the needle cap until you have reached Step 2 of these instructions and are ready to inject **TEGSEDI**
- Do not share your syringe with another person or re-use your syringe
- Do not use if the syringe is dropped onto a hard surface or is damaged
- Do not freeze the prefilled syringe
- If any of the above happens, throw away the syringe in a puncture-resistant (sharps) container and use a new syringe

▼ This medicinal product is subject to additional monitoring. This will allow quick identification of new safety information. Talk to your doctor, pharmacist or nurse about any side effects you may get. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard. Reporting forms and information can be found at www.mhra.gov.uk/yellowcard. Alternatively, search for MHRA Yellow Card in the Google Play or Apple App Store, or contact the MHRA at yellowcard@mhra.gov.uk or +44 (0)800 731 6789. By reporting side effects you can help provide more information on the safety of this medicine.

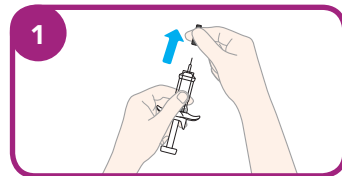
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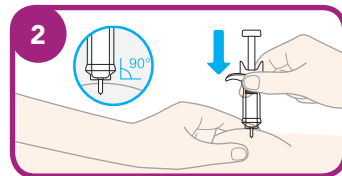
STEP 1: PREPARING TEGSEDI

- 1) Lay out your supplies. You will need:
 - a) Your **TEGSEDI** prefilled syringe
 - b) An alcohol wipe
 - c) A cotton ball or gauze pad
 - d) Your sharps container
 - e) Your treatment tracker
- 2) Wash your hands and clean the injection site with an alcohol wipe or soap and water. It's important you don't touch the injection site again until you have injected **TEGSEDI**

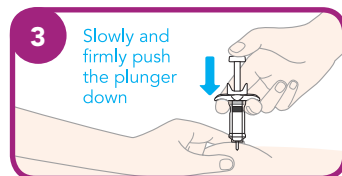
STEP 2: INJECTING TEGSEDI



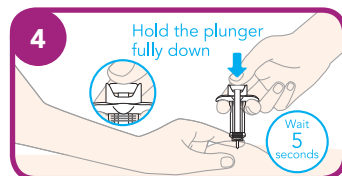
Hold the syringe by the body, with the needle facing away from you. Remove the needle cap by pulling it straight off. Do not twist it. It is normal to see a drop of liquid at the end of the needle



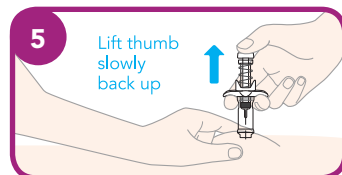
Hold the skin around the injection site as your healthcare provider has instructed you. You should either gently pinch the skin or give the injection without pinching the skin. **SLOWLY** insert the entire needle into your chosen injection site at a 90° angle. Do not hold the syringe by the plunger or push against the plunger to insert the needle



Slowly and firmly push the plunger all the way down until all the medication has been injected. Your syringe may make a click sound as you push the plunger down. This is normal. This does not mean that the injection is finished



Make sure the plunger is pushed down as far as it will go and hold it there for 5 seconds. This ensures that the full dose is delivered



Slowly lift your thumb off the plunger and let the safety spring push the plunger up automatically. This retracts the needle. When the plunger comes to a stop, your injection is complete. If the plunger does not rise up automatically, push the plunger again but harder

STEP 3: FINISHING UP

- 1) Make sure you put your used syringe and needle cap straight into your sharps container. Don't throw these away in your household rubbish. Your Akcea Connect nurse will remove your sharps container when it's full
- 2) Treat the injection site. If there are drops of blood, press lightly with a sterile cotton ball or gauze pad
- 3) Do not rub the injection site

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