

*How to self-inject*

**PEGASYS<sup>®</sup>**  
(peginterferon alfa-2a)

*A step-by-step guide for patients*



Pharmaceuticals

PEGASSIST™

## Getting STARTED

Now that you and your doctor have decided to use PEGASYS® (peginterferon alfa-2a) to fight back against your hepatitis C, it's important to understand exactly how to inject the medication.

This brochure will guide you through the process with easy-to-follow, step-by-step directions. **However, be sure to watch the self-injection video and read the following pages carefully before attempting to give yourself an injection.**

At first, it may seem like a lot of things to remember, but injecting PEGASYS should be much easier after you do it a few times. Remember, if you have any questions, be sure to ask your doctor **before** you attempt to inject.

## Before you BEGIN

**Here are a few things to remember:**

- **Keep it cool:** PEGASYS must be kept in the refrigerator (36°F-46°F/2°C-8°C), **but never frozen.** Avoid exposing PEGASYS to direct sunlight
- **Keep it fresh:** Do not use past the expiration date
- **Keep it clean:**
  - Be sure to wash hands thoroughly before beginning the injection process
  - Use alcohol swabs to clean the injection site, top of vial, etc, as directed in the video and this guide
- **Keep it consistent:**
  - Be sure to inject the amount of medication your doctor has prescribed
  - Take PEGASYS at the same time every week—pick a time that will be practical for you consistently from week to week
- **Keep in contact:** If you have any discomfort following injection (such as redness, irritation or swelling) or experience any other side effects, please contact your doctor

# PREPARING *to self-inject*

Note: This guide contains the patient self-injection procedure for PEGASYS® (peginterferon alfa-2a). It is not meant to offer instruction for the administration of any other type of medication. Perform this procedure only after consultation with your doctor on the use of PEGASYS.

## 1 Choosing a setting

- Find a clean, comfortable area
- Have all medical supplies within reach

## 2 Gathering materials

Here are the medical supplies you will need before you begin:

- One vial of PEGASYS (taken out of the refrigerator)
- An unused syringe and needle
  - Your needle may or may not have a needleguard
  - Needleguard use will be explained later in this guide
- Two alcohol swabs
- Plastic container for disposing of used needles (called a sharps container)



NEEDLE WITHOUT  
NEEDLEGUARD

NEEDLE WITH  
NEEDLEGUARD

### 3 Warming the vial

- Remove vial from its package and look at medicine
  - Do not use if the medicine is cloudy, has particles in it, or is any color besides colorless or light yellow
- Gently warm vial in the palms of your hands for about 1 minute
  - Be careful **not to shake up** the medicine



### 4 Avoiding germs and infection

- Wash your hands with soap and warm water to help avoid infection
- Be sure to give them a good rinse, then dry them with a clean paper towel
- Use the paper towel to turn off the water, so you don't contaminate your hands



## 5 Preparing the vial

- Use your thumb to flip off the plastic top covering the vial opening



- Clean the rubber stopper in the vial with a new alcohol swab; leave on top of vial when finished

## 6 Preparing the needle

- Make sure the needle and syringe are sterile
  - If you see any tears or damage to the packaging, do not use
  - Always throw out needles by placing them in the sharps container
- Remove the needle and the syringe from their packaging
  - You may need to attach the needle to the end of the syringe; **do not remove the plastic cap from the needle**
- If you need to set the syringe down, make sure the plastic shield covers the needle. Never let the needle touch any surface

## 7 Preparing the syringe

- Remove the plastic cap from the needle
- Pull back on the syringe plunger to the mark directed to you by your doctor, which will put air into the syringe
  - If you are unsure of what mark to use, contact your doctor immediately



- Remove the alcohol swab from the top of the vial and push the needle through the center of the stopper on the medicine vial

## 8 Removing air from the syringe

- Slowly inject all the air from the syringe into the air space above the medication
  - **Do not inject air into the medication**



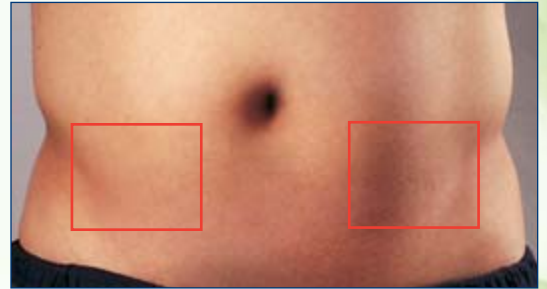
## 9 Drawing medication into the syringe

- While keeping needle in vial, turn both upside down
- Hold vial and syringe straight up
- Make sure needle is now in the liquid to avoid formation of bubbles in the syringe
- Slowly pull medicine into the syringe by pulling plunger back to mark specified by your doctor. If there are no bubbles in the syringe, then pull the needle out of the vial
  - If you do see bubbles in the syringe, lightly tap the syringe to bring air bubbles to the top
  - Gently press plunger in slightly to push air out of the syringe



## 10 Choosing and preparing the injection site

- PEGASYS® (peginterferon alfa-2a) should be injected in your stomach area or the tops of your thighs
  - Avoid your navel and waistline
- Proper injection sites are in boxed areas below



- **NEVER** inject PEGASYS into a vein; if you see veins near the surface, be sure to avoid them
- Rotate injection sites to prevent soreness in one spot
- Clean the injection area with an alcohol swab and let the skin dry

## 11 Preparing the skin

- Grab the skin at the injection site firmly between your thumb and forefinger to elevate your skin



## 12 Positioning the needle

- Make sure the bevel (flat edge) of the needle is facing up



### 13 Injecting the medication

- Hold the syringe at a 45°-90° angle to your skin



- Insert the needle as far as it will go in one quick motion
- Gently pull back the plunger and check to see if any blood appears in the syringe, indicating you are in a vein
- If blood appears in the syringe, discard the syringe in the sharps container and start over. Do not attempt to recap the needle
- If no blood appears on the syringe, release your skin and slowly push the plunger all the way down to make sure you get all of your medication
- Pull out the needle at the same angle you put it in
- Wipe the injection area with an alcohol swab

## 14 Closing the needleguard (if present)

- If your needle has a needleguard attached, engage the needleguard by pressing it against a hard object until it snaps into place



- If there is no needleguard, **do not attempt to recap the needle**

## 15 Cleaning up

- Once you have finished injecting, place the syringe and needle in a puncture-resistant sharps container immediately
  - When full, these containers must be thrown away following the directions given to you by your doctor



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