

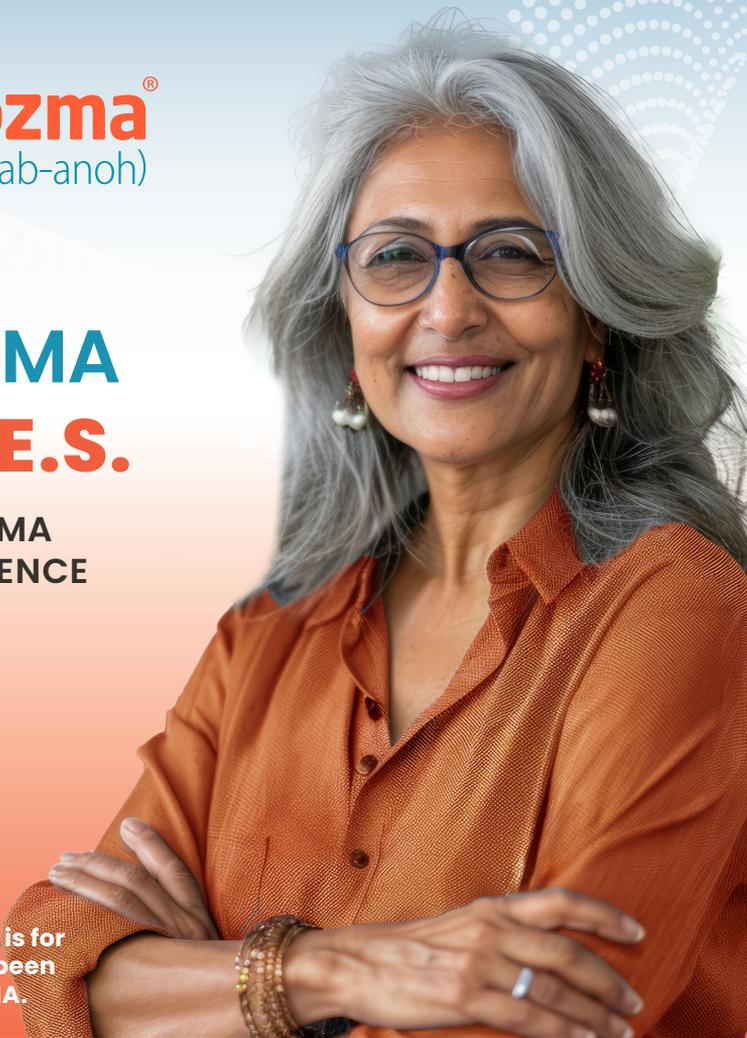
SELF-ADMINISTRATION GUIDE



**AVTOZMA
C.A.R.E.S.**

**USING AVTOZMA
WITH CONFIDENCE**

**This injection guide is for
patients who have been
prescribed AVTOZMA.**



Ensure you have been trained by your healthcare provider on the correct preparation and injection process.

Please read the full Instructions for Use before you or a caregiver administers AVTOZMA.

Please read the [Medication Guide](#) for key information on serious side effects.



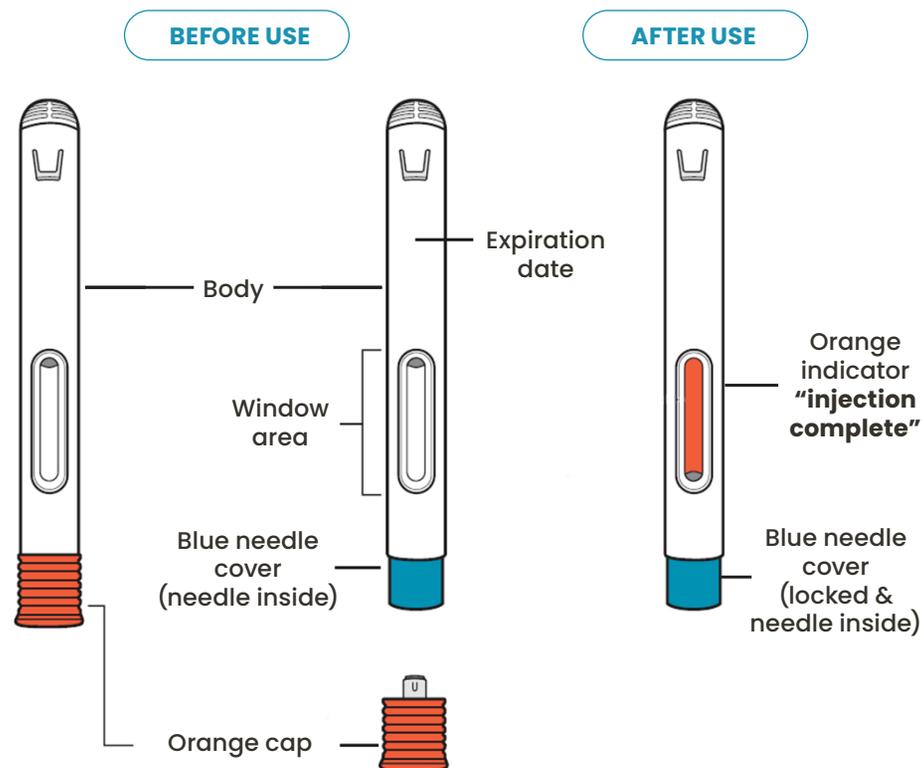
Keep track of your injections and dosing

This dosing guide is a valuable tool designed to support you throughout your treatment journey with AVTOZMA.

Use this guide to help you:

- Better understand how to self-inject AVTOZMA and record your treatments
- Keep track of your injection sites and dates of injection
- Plan for your next injection

A closer look at the prefilled autoinjector



AVTOZMA C.A.R.E.S.

To easily recall the steps for self-injecting AVTOZMA, just remember the word "CARES."

- C** Check autoinjector
- A** Arrange supplies
- R** Ready injection site
- E** Execute injection
- S** Sharps disposal and self-care

What to know before self-injecting AVTOZMA

Important information

- **Do not** remove the prefilled autoinjector cap until you are ready to inject AVTOZMA
- **Do not** try and take apart the prefilled autoinjector at any time
- **Do not** reuse the same prefilled autoinjector
- **Do not** inject through clothing
- **Do not** use the prefilled autoinjector if it has been dropped or damaged

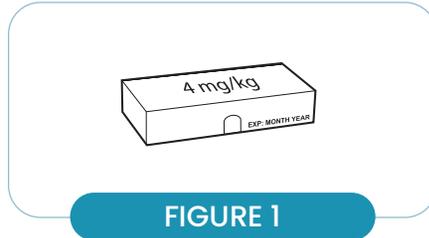
Store the unused prefilled autoinjector in the original carton in a refrigerator between 36°F to 46°F (2°C to 8°C). **Do not** freeze. When removed from the refrigerator, AVTOZMA can be stored up to 3 weeks at or below 77°F (25°C). If not used within the 3 weeks, AVTOZMA should be thrown away (discarded).

Keep the prefilled autoinjector out of direct sunlight. **Do not** remove the prefilled autoinjector from its original carton during storage. **Do not** leave the prefilled autoinjector unattended.

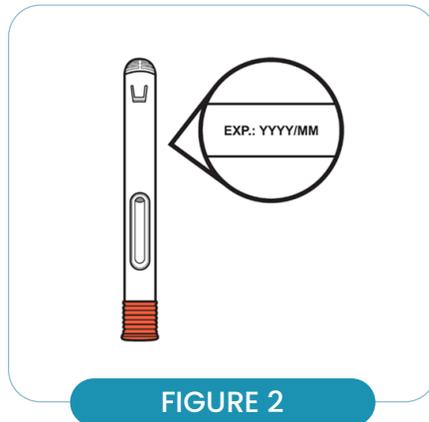
Keep the prefilled autoinjector out of reach of children.

Step 1: Check autoinjector

1a. Check the carton for the correct medication and dosage (figure 1).



1b. Ensure the expiration date on the prefilled autoinjector has not passed (figure 2).

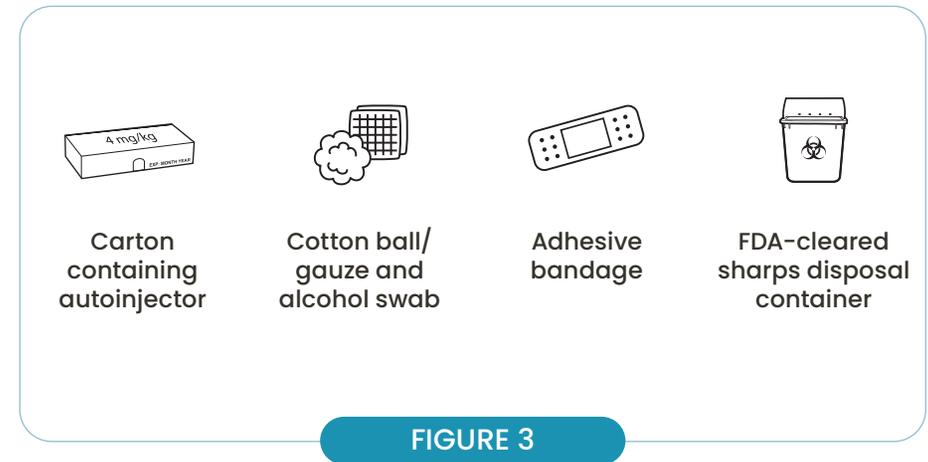


- 1c.** Inspect the prefilled autoinjector for any signs of damage.
- 1d.** Confirm the liquid is clear to slightly pearly and colorless to yellow and does not contain any particles or flakes (air bubbles are normal).
- 1e.** Leave the prefilled autoinjector outside of the carton for 45 minutes to allow it to reach room temperature.

Step 2: Arrange supplies

2a. Prepare a well-lit, clean, flat surface to work on.

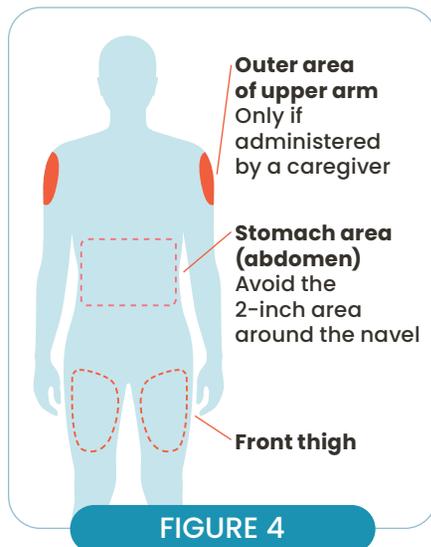
2b. Make sure you have the following supplies (figure 3).



FDA, Food and Drug Administration.

Step 3: Ready injection site

3a. Choose an appropriate injection site (figure 4).



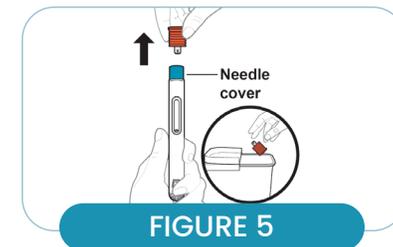
3b. Wash your hands thoroughly with soap and water. Thoroughly dry your hands before continuing.

3c. Clean the chosen site with an alcohol swab and let the skin dry. Once cleaned, do not fan, blow on, or touch this area before injecting AVTOZMA.

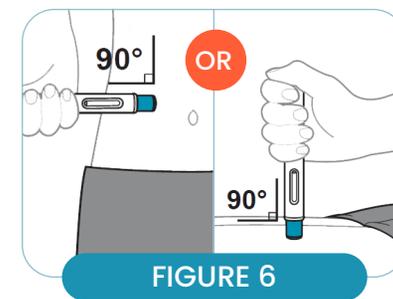
Do not inject an area that is tender, bruised, red, or hard. Rotate the injection site at least an inch away from the previous one.

Step 4: Execute injection

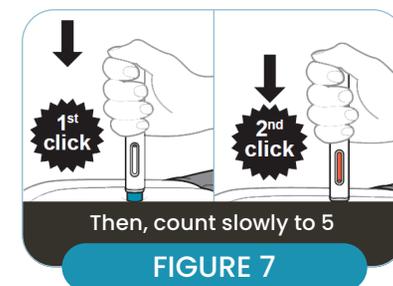
4a. Hold the prefilled autoinjector body with the cap facing up using one hand and gently remove the cap with the other. Dispose of the cap right away in an FDA-cleared sharps container and inject medication within 3 minutes (figure 5).



4b. Place the prefilled autoinjector on the injection site. Hold the prefilled autoinjector in one hand so you can see the window. Place the prefilled autoinjector against the skin at a 90-degree angle. Do not pinch or stretch the skin (figure 6).



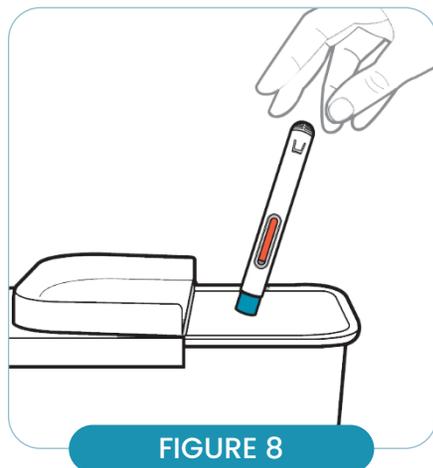
4c. Firmly press the prefilled autoinjector into the skin to begin the injection. You will hear the 1st click when the injection starts. Continue to hold the prefilled autoinjector until you hear the 2nd click, then hold for 5 more seconds. Make sure the orange indicator fully fills the window to ensure the full dose of medication has been injected (figure 7).



4d. Remove the prefilled autoinjector from your skin.

Step 5: Sharps disposal and self-care

5. Dispose of the used prefilled autoinjector in an FDA-cleared sharps disposal container immediately (figure 8).



- If needed, gently press a cotton ball or gauze on the injection site
- Do not rub the area
- Cover it with an adhesive bandage if necessary

For specific information about sharps disposal in your area, as well as where to obtain an FDA-cleared sharps container, visit the FDA's website at [fda.gov/safesharpsdisposal](https://www.fda.gov/safesharpsdisposal)

After administering the injection, watch the injection site for any reactions, and contact your healthcare provider if you have any concerns.

FDA, Food and Drug Administration.

Just remember AVTOZMA C.A.R.E.S.

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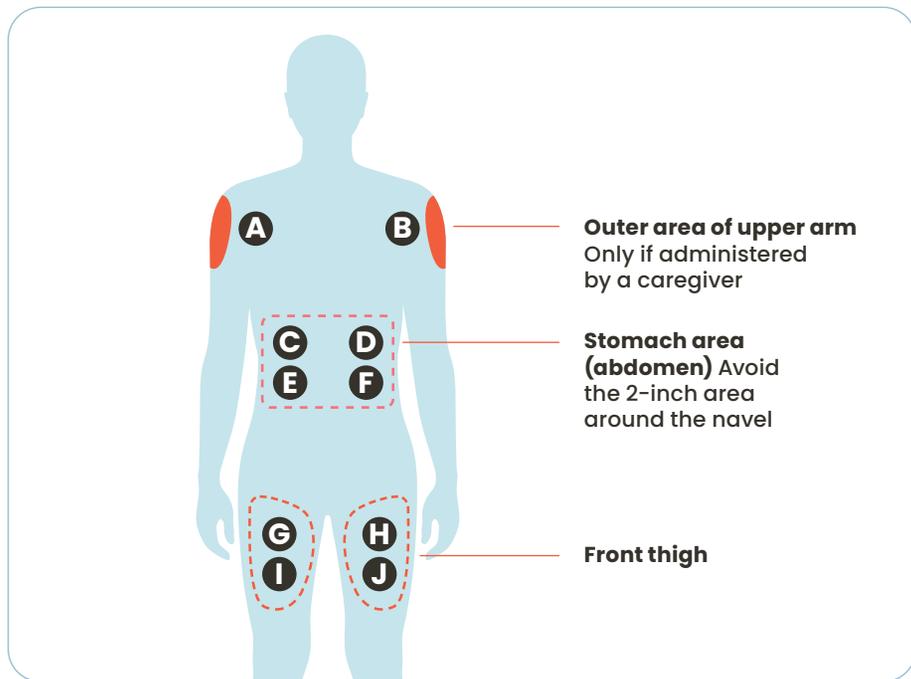
This guide adds to the Medication Guide found in the AVTOZMA package. Ensure you have been trained by your healthcare provider on the correct injection process.

Please read the full Instructions for Use before you or a caregiver administers AVTOZMA.

Dosing calendar

Keep track of your dosing

Regular dosing is important in managing your condition. Refer to the dosing schedule provided by your healthcare provider. Each time you self-administer AVTOZMA, write the date of your next dose in the spaces provided below.




 DATE: _____
 INJECTION SITE: A B C D E F G H I J


 DATE: _____
 INJECTION SITE: A B C D E F G H I J


 DATE: _____
 INJECTION SITE: A B C D E F G H I J


 DATE: _____
 INJECTION SITE: A B C D E F G H I J

Reminders & tips

- Set reminders on your phone or electronic calendar
- Place visual reminders in frequently seen locations, such as your bathroom mirror or refrigerator
- Enlist a family member or friend to help remind you, if necessary




 DATE: _____
 INJECTION SITE: A B C D E F G H I J


 DATE: _____
 INJECTION SITE: A B C D E F G H I J


 DATE: _____
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Avtozma[®]

(tocilizumab-anoh)

This guide is meant to serve as a supplement and not a replacement for the complete Instructions for Use. Be sure to consult with your doctor before you administer AVTOZMA and if you have any questions.

Before you or your caregiver administers AVTOZMA, carefully review both the full Instructions for Use and the Medication Guide.

Please read the [Medication Guide](#) for key information on serious side effects.

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