

**PATIENT PACKAGE INSERT IN ACCORDANCE WITH  
THE PHARMACISTS' REGULATIONS (PREPARATIONS) – 1986**

The medicine is dispensed with a doctor's prescription only.

## **Enbrel<sup>®</sup> Powder and Solvent**

### **Powder and solvent for solution for subcutaneous injection**

#### **Composition:**

##### **Each vial with powder contains:**

Etanercept 25 mg

Inactive ingredients and allergens – see section 6 “Further Information” in the leaflet.

**Read this leaflet carefully in its entirety before using the medicine.** This leaflet contains concise information about the medicine. If you have further questions, contact the doctor or the pharmacist.

This medicine has been prescribed for the treatment of your ailment. Do not pass it on to others. It may harm them even if it seems to you that their ailment is similar.

In addition to the leaflet, Enbrel<sup>®</sup> Powder and Solvent also has a patient safety information card. This card contains important safety information that you need to know and follow before you start treatment and during treatment with Enbrel<sup>®</sup> Powder and Solvent. Review the patient safety information card and patient information leaflet before you start using this medicine. Keep the card for additional review, if required.

#### **1. What is the medicine intended for?**

Enbrel<sup>®</sup> is intended for the treatment of adults for the following indications:

- Active **rheumatoid arthritis** in adults for whom treatment with disease modifying anti-rheumatic drugs (DMARDs), including methotrexate, has been inadequate; Enbrel<sup>®</sup> can be used in combination with methotrexate in patients who do not respond adequately to treatment with methotrexate alone.
- Active and progressive **psoriatic arthritis** in adults for whom treatment with disease modifying anti-rheumatic drugs (DMARDs) has been inadequate.
- **Axial spondyloarthritis:**
  - Active and severe **non radiographic axial spondyloarthritis** in adults who do not respond adequately to treatment with non-steroidal anti-inflammatory drugs.
  - Severe and active **ankylosing spondylitis** in adults who do not respond adequately to other standard treatment.
- Moderate or severe **plaque psoriasis** in adults who are candidates for systemic therapy or phototherapy.

Enbrel<sup>®</sup> is intended for the treatment of children and adolescents for the following indications:

- **Juvenile idiopathic arthritis:**
  - Polyarthritis [rheumatoid factor positive or negative] and extended oligoarthritis in children and adolescents from the age of 2 years who have had an inadequate response to treatment with methotrexate or cannot receive methotrexate.
  - Psoriatic arthritis in children and adolescents from the age of 12 years who have had an inadequate response to treatment with methotrexate or cannot receive methotrexate.
  - Enthesitis related arthritis in children and adolescents from the age of 12 years who had an inadequate response to treatment or cannot receive any other standard treatment.
- Severe chronic **pediatric plaque psoriasis** in children and adolescents from the age of 6 years who had an inadequate response to or cannot receive systemic therapy or phototherapy

**Therapeutic group:** TNF antagonist and selective immunosuppressant

## 2. Before using the medicine

**Do not use the medicine if:**

- You/the child are sensitive (allergic) to the active ingredient etanercept or to any of the other ingredients contained in the medicine.  
If you/the child experience an allergic reaction such as chest tightness, wheezing, dizziness or rash, do not continue injecting Enbrel<sup>®</sup>, and contact the doctor immediately.
- You/the child have or are at risk of developing a serious blood infection called sepsis.
- You/the child have an infection of any kind.

**Special warnings regarding use of the medicine:**

- **Women of childbearing age: use contraception during the course of treatment with Enbrel<sup>®</sup> and during three weeks following completion of treatment with Enbrel<sup>®</sup>. See additional information in the “Pregnancy and breastfeeding” section.**
- **Contact the doctor immediately if** you/the child experience an allergic reaction such as chest tightness, wheezing, dizziness or rash. In such a case, do not continue injecting Enbrel<sup>®</sup>.
- **Tell the doctor if** you/the child develop a new infection, or are due to undergo surgery during the course of treatment with Enbrel<sup>®</sup>. The doctor may want to monitor you/the child during the treatment with Enbrel<sup>®</sup>.
- **Tell the doctor if** you/the child have a history of recurrent infections, or if you/the child suffer from diabetes or another condition that may increase the risk of infection.
- **Contact the doctor immediately if** you/the child recently traveled abroad and you/the child develop symptoms of an infection such as fever, chills or cough.

The doctor may decide to continue monitoring infections after completion of treatment with Enbrel®.

- **Before commencing treatment with Enbrel®**, the doctor will check for symptoms and signs of tuberculosis, since cases of tuberculosis have been reported in patients treated with Enbrel®. The evaluation for tuberculosis may include review of the medical history, a chest X-ray and a Mantoux test.  
**Tell the doctor if** you/the child are suffering or have suffered from tuberculosis or if you or the child were in contact with someone who has or had tuberculosis.  
**Contact the doctor immediately if** symptoms of tuberculosis (such as persistent cough, weight loss, tiredness and moderate fever), or symptoms of any other infection occur during or after completion of treatment with Enbrel®.
- **Contact the doctor immediately if** symptoms such as persistent fever, sore throat, tendency to subcutaneous hematomas, bleeding or pallor occur. These symptoms may indicate life-threatening blood disorders requiring discontinuation of treatment with Enbrel®.
- **Tell the doctor if** you/the child have hepatitis B or if you/the child had hepatitis B in the past.

**Before commencing treatment with Enbrel®**, the doctor will check for the presence of viral hepatitis B.

Treatment with Enbrel® may result in recurrence of the disease in patients previously infected with the hepatitis B virus. In case of disease recurrence, stop the treatment with Enbrel®.

- **Tell the doctor if** you/the child suffer from viral hepatitis C. The doctor may monitor the treatment with Enbrel® in case the infection worsens.
- **Tell the doctor if** you/the child suffer from multiple sclerosis, inflammation of the optic nerve or inflammation of the spinal cord, so it could be determined whether treatment with Enbrel® is appropriate for you.
- **Tell the doctor if** you/the child have a history of congestive heart failure, as caution must be exercised in such case.
- **Tell the doctor if** you/the child were exposed to chickenpox during the course of treatment with Enbrel®. The doctor will determine if there is a need for prophylactic treatment.
- **Tell the doctor if** you/the child have a history of alcohol addiction. Do not use Enbrel® to treat alcoholic hepatitis.
- **Tell the doctor if** you/the child suffer from Wegener's granulomatosis, an inflammation of the blood vessels, since Enbrel® is not recommended for treatment of this rare disease.
- **Tell the doctor if** you/the child suffer from diabetes and/or are taking medicines to treat diabetes. The doctor will consider whether there is a need to adjust the dosages of medicines for diabetes during the course of treatment with Enbrel®.
- **Before commencing treatment with Enbrel®, tell the doctor if** you/the child have cancer (e.g., lymphoma) or if you/the child have a history of cancer. Enbrel® may increase the risk of developing cancer.  
Patients suffering from severe rheumatoid arthritis for a long period may be at increased risk of developing lymphoma.

Children and adults treated with Enbrel® may have an increased risk of developing lymphoma or any another cancer.

Several children and adolescents who were treated with Enbrel® or with any other medicine that works in a way similar to Enbrel® developed cancer, including unusual cancer types, which sometimes resulted in death.

There have been some case reports in which patients receiving Enbrel® developed different types of skin cancer. Therefore, you should be closely monitored by the attending doctor and have periodic skin tests performed.

**Contact the doctor immediately** if you notice any changes in your/the child's skin.

### **Children and adolescents:**

- It is recommended that children be vaccinated before commencing treatment with Enbrel®. **Tell the doctor if** you/the child are due to receive a vaccine. Do not give certain vaccines (such as an oral polio vaccine) during the course of treatment with Enbrel®.

### **Drug interactions**

**If you/the child are taking, or have recently taken, other medicines, including non-prescription medicines and nutritional supplements, tell the doctor or the pharmacist.** Especially if you/the child are taking:

- **Sulfasalazine** intended for the treatment of inflammatory bowel diseases and rheumatoid arthritis.
- **Abatacept** intended for the treatment of rheumatoid arthritis.
- **Anakinra** intended for the treatment of rheumatoid arthritis.

Do not use preparations containing the active ingredients **anakinra or abatacept** during the course of treatment with Enbrel®.

### **Use of the medicine, food and beverage**

Enbrel® can be used regardless of food and beverages.

### **Pregnancy and breastfeeding**

Enbrel® should be used during pregnancy only if clearly needed. Women of childbearing age should use contraception during the course of treatment with Enbrel® and for three weeks after completing the treatment.

You should consult your doctor if you are pregnant, think you may be pregnant, or are planning to get pregnant.

If Enbrel® was used during pregnancy, the baby may be at a higher risk of infection. In addition, one study found more birth defects when the mother had received Enbrel® during pregnancy, compared with mothers who had not received Enbrel® or similar medicines (TNF antagonists), but there was no report of a particular kind of birth defect.

Another study found no increased risk of birth defects when the mother had received Enbrel® during pregnancy. Your doctor will help you decide whether the benefits of treatment outweigh the potential risk to your baby. Before vaccinating the baby, it is important to inform the doctor and the medical staff treating the baby that Enbrel® was used during pregnancy (further information is provided in the "Special warnings regarding use of the medicine – children and adolescents" section).

Do not breastfeed during the treatment with Enbrel<sup>®</sup>, since Enbrel<sup>®</sup> passes into breast milk.

### **Driving and using machines**

Enbrel<sup>®</sup> is not expected to affect the ability to drive or use machines.

### **3. How should you use the medicine?**

Enbrel<sup>®</sup> is administered as a subcutaneous injection after being prepared. Do not swallow.

Always use the preparation according to the doctor's instructions. Check with the doctor or pharmacist if you are uncertain regarding the dosage and treatment regimen of the preparation.

The dosage and treatment regimen will be determined by the doctor only.

The doctor will determine the duration of treatment and if further treatment is needed, in accordance with the response.

If no improvement is seen after 12 weeks of treatment with Enbrel<sup>®</sup>, the doctor may decide to stop the treatment.

The doctor will instruct you how to prepare and measure the appropriate dose.

**Do not exceed the recommended dose.**

#### **Manner of use:**

Detailed instructions for preparing and injecting – see section “**Instructions for preparing and injecting**”. **It is recommended to keep a follow up diary to remember on which day(s) of the week you should inject Enbrel<sup>®</sup>.**

**If a higher dosage was accidentally injected, contact a doctor immediately.** If a child has accidentally swallowed the medicine, immediately contact a doctor or proceed to a hospital emergency room and bring the medicine package with you.

**If you forget to inject the Enbrel<sup>®</sup> dose at the scheduled time**, inject a dose as soon as you remember (if the next scheduled dose is supposed to be given on the next day, skip the missed dose). Then continue to inject the medicine on the usual days. If you did not remember to inject the dose until the day on which the next dose is supposed to be given, do not inject a double dose to compensate for the missing dose.

Persist with the treatment as recommended by the doctor.

**If you stop using the medicine**, the symptoms of the disease may return. Consult the doctor or pharmacist regarding treatment discontinuation.

**Do not take medicines in the dark! Check the label and the dose each time you take a medicine. Wear glasses if you need them.**

**If you have further questions regarding use of the medicine, consult the doctor or pharmacist.**

#### 4. Side effects

As with any medicine, use of Enbrel® may cause side effects in some users. Do not be alarmed when reading the list of side effects. You/the child may not suffer from any of them.

**Stop using the medicine and immediately contact the doctor or seek medical assistance if you/the child experience any of the following symptoms of severe allergy:**

- Difficulty swallowing or breathing.
- Swelling of the face, neck, hands or feet.
- Nervousness or anxiety, rapid heartbeats, sudden redness of the skin and/or sensation of warmth.
- Severe rash, severe itch or severe hives (urticaria): an effect characterized by red or pale, raised and itchy skin lesions.

**Contact the doctor immediately if you/the child experience any of the following severe symptoms indicating rare side effects which may sometimes be fatal:**

- Signs of **serious infections**, such as high fever that can be accompanied by cough, shortness of breath, chills, weakness, or a hot, red, tender, painful area on the skin or joints.
- Signs of **blood disorders**, such as bleeding, tendency to subcutaneous hematomas or pallor.
- Signs of **nerve disorders**, such as numbness or sensation of paresthesia, changes in vision, eye pain, or onset of weakness in an arm or leg.
- Signs of **heart failure or heart failure worsening**, such as fatigue or shortness of breath during activity, swelling in the ankles, a feeling of fullness in the neck or abdomen, night-time shortness of breath or cough, bluish color of the nails or the lips.
- Signs of **cancer**: Cancer can affect any part of the body including the skin and blood, and possible signs will depend on the type and location of the cancer. These signs may include weight loss, fever, swelling (with or without pain), persistent cough, presence of lumps or growths on the skin.
- Signs of **autoimmune reactions** (where antibodies may harm normal tissues in the body) such as pain, stinging, weakness, abnormal breathing, abnormal thinking, abnormal sensation, or abnormal vision.
- Signs of **lupus or lupus-like syndrome**, such as weight changes, persistent rash, fever, joint or muscle pain, or fatigue.
- Signs of **inflammation of the blood vessels**, such as pain, fever, redness or warmth of the skin, or itching.

#### **Additional side effects**

**Very common side effects (may occur in more than 1 in 10 people):**

- Infections (including cold, sinusitis, bronchitis, urinary tract infections, skin infections)
- Injection site reactions (including bleeding, subcutaneous hematomas, redness, itching, pain or swelling). These effects are usually common at the beginning of

treatment, and their frequency usually declines after about one month. Some patients have developed a reaction at the injection site after injecting at a site recently used for injection.

- Headache.

**Common side effects (may occur in up to 1 in 10 people):**

- Allergic reactions
- Fever
- Rash
- Itching
- Antibodies directed against normal tissues.

**Uncommon side effects (may occur in up to 1 in 100 people):**

- Serious infections (including pneumonia, infections in deep skin tissues, joint infections, blood infection, and infections at various areas)
- Worsening of congestive heart failure
- Low red blood cell count
- Low white blood cell count
- Low neutrophil (a type of white blood cell) count
- Low blood platelet count
- Skin cancer - other than melanoma
- Localized swelling of the skin (angioedema)
- Hives (urticaria), an effect characterized by elevated red or pale, and itchy skin lesions
- Eye inflammation
- New onset or worsening of psoriasis
- Inflammation of the blood vessels affecting multiple organs
- Elevated liver function blood tests (in patients also receiving methotrexate treatment, the frequency of elevated liver function blood tests is common)
- Abdominal cramps and pain, diarrhea, weight loss or blood in stool (signs indicating bowel problems).

**Rare side effects (may occur in up to 1 in 1,000 people):**

- Serious allergic reactions (including severe localized swelling of the skin and wheezing)
- Lymphoma (a type of blood cancer)
- Leukemia (a cancer affecting the blood and bone marrow)
- Melanoma (a type of skin cancer)
- Combined low platelet, white blood cell and red blood cell count
- Nervous system disorders (accompanied by severe muscle weakness and symptoms and signs similar to those of multiple sclerosis or of inflammation of the optic nerve or spinal cord)
- Tuberculosis
- Onset of congestive heart failure
- Seizures
- Lupus or lupus-like syndrome (symptoms such as persistent rash, fever, joint pain and tiredness)

- Skin rash, which may lead to severe blistering and peeling of the skin
- Lichenoid reaction (itchy reddish-purple rash and/or white-gray threadlike lines on mucous membranes)
- Inflammation of the liver caused by the body's own immune system (autoimmune hepatitis; in patients also receiving methotrexate treatment, the side effect is uncommon)
- Immune system disorders that may affect the lungs, skin and lymph nodes (sarcoidosis)
- Inflammation or scarring of the lungs (in patients also receiving methotrexate treatment, the side effect of inflammation or scarring of the lungs is uncommon).

**Very rare side effects (may occur in up to 1 in 10,000 people):**

- Failure of the bone marrow to produce essential blood cells.

**Side effects of unknown frequency:**

- Merkel cell carcinoma, a type of skin cancer
- Kaposi's sarcoma (a rare cancer related to infection with human herpesvirus 8. Kaposi's sarcoma most commonly appears as purple lesions on the skin)
- Increased activity of white blood cells associated with inflammation (macrophage activation syndrome)
- Recurrence of hepatitis B
- Worsening of a condition called dermatomyositis (muscle inflammation and weakness accompanied by skin rash).

**Side effects in children and adolescents**

Side effects and their frequencies observed in children and adolescents are similar to those described above.

**If a side effect has appeared, if one of the side effects gets worse, or when you suffer from a side effect that has not been mentioned in the leaflet, you should consult the doctor.**

Side effects can be reported to the Ministry of Health by clicking on the link "Report Side Effects of Drug Treatment" found on the Ministry of Health homepage ([www.health.gov.il](http://www.health.gov.il)) that directs you to the online form for reporting side effects, or by entering the link: <https://sideeffects.health.gov.il>

**5. How should the medicine be stored?**

- **Avoid poisoning!** This medicine and any other medicine must be kept in a closed place out of the reach and sight of children and/or infants in order to avoid poisoning. Do not induce vomiting unless explicitly instructed to do so by the doctor.
- Do not use the medicine after the expiry date (exp. date) that appears on the carton package. The expiry date refers to the last day of that month.
- **Storage conditions:** Store refrigerated 2°C-8°C (this temperature range is predominant in most household refrigerators). **Do not freeze.** Store in the original package.



It is recommended to use immediately after preparation. The solution can be used within 6 hours, if stored at a temperature below 25°C. Carefully dispose of any Enbrel® solution that was not injected within 6 hours. Do not heat the medicine!

- Before preparing the Enbrel® for injection, the preparation can be stored outside of the refrigerator, at a temperature up to a maximum of 25°C for a single period of up to 4 weeks (no later than the expiry date). Do not refrigerate again after this period. If the preparation was not used within 4 weeks of taking it out of the refrigerator, discard it and do not use it.

It is advisable to write down the date on which you started storing the preparation outside of the refrigerator, and the date after which you should no longer use the preparation (no later than 4 weeks from the date you took it out of the refrigerator).

- Check the solution before use. The solution should be clear, colorless to slightly yellowish or light brown without particles or crystals. Do not use a cloudy solution or a solution containing particles.

## 6. Further information

- **In addition to the active ingredient, the medicine also contains:**  
Mannitol (E421), sucrose, trometamol.

### **The syringe contains:**

1 ml sterile water for injection

- **What does the medicine look like and what is the content of the package**  
Each package contains:  
4 vials with white powder that contains the active ingredient, etanercept 25 mg  
4 pre-filled solvent syringes that contain sterile water for injection  
4 needles  
4 vial adapters  
8 alcohol swabs
- **License holder's name and address:** Pfizer Pharmaceuticals Israel Ltd., 9 Shenkar St., Herzliya Pituach 46725.
- **Registration number of the medicine in the National Drug Registry of the Ministry of Health:**  
11912 30000 06

## Instructions for preparing and injecting – Enbrel® Powder and solvent for solution for subcutaneous injection

### Introduction:

The instructions below explain how to prepare and inject Enbrel®.

Please read the instructions carefully and perform the steps in the order in which they are presented.

Your doctor or nurse will instruct you regarding the self-injection technique or how to inject to your child.

Do not try to prepare or inject Enbrel®, to yourself or your child, before you are sure you understood how to mix and inject the dose.

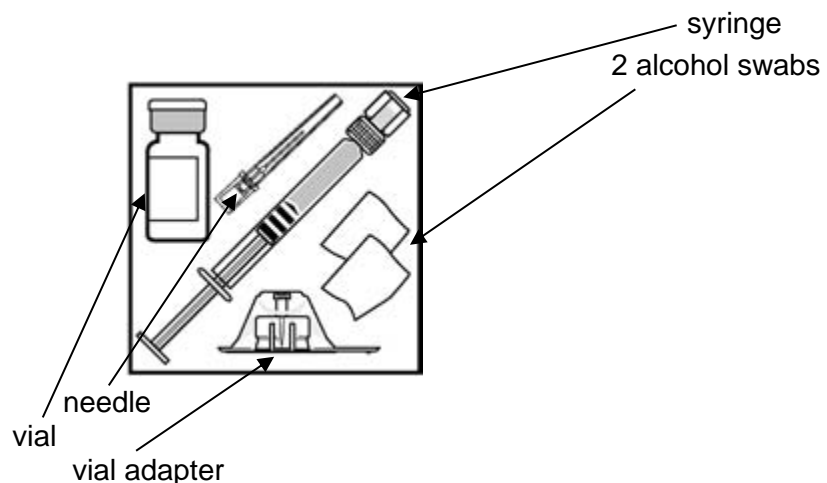
Do not mix this injection in the same syringe or the same vial with other medicines.

### Setting up for the injection

- Wash your hands thoroughly.
- Select a flat, clean and well-lit working surface.
- The tray should contain all the items listed below (if not, do not use this tray and consult your pharmacist). Only use these items, **do not use a different syringe**.
  - 1 vial containing the medicine Enbrel®
  - 1 syringe containing the solvent (water for injection)
  - 1 needle
  - 1 vial adapter
  - 2 alcohol swabs
- Check the expiry dates on both the label of the vial and the syringe. Do not use them after the expiry date, indicated as a month and year.

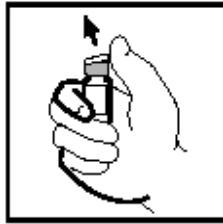
### Preparing Enbrel® for injection

- Remove the contents from the tray.



- Remove the plastic cap from the Enbrel<sup>®</sup> vial (see Diagram 1). **Do not** remove the gray stopper or the aluminum ring around the top of the vial.

Diagram 1



- Use a new alcohol swab to clean the gray stopper on the vial. After cleaning, do not touch the stopper with your hands.
- Place the Enbrel<sup>®</sup> vial upright on a clean, flat surface, such as a table.
- Remove the paper that covers the vial adapter.
- While the vial adapter is still in its plastic wrapping, place the vial adapter on the tip of the vial (see Diagram 2).
- Hold the vial with one hand on the flat surface. Using the other hand, **press down firmly** on the package of the vial adapter, until **you feel that the pin of the vial adapter has penetrated the cap of the vial** (see Diagram 3). **Do not** press down at an angle (see Diagram 4). It is very important that the pin of the vial adapter fully covers the cap of the vial.

Diagram 2

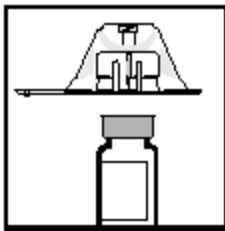
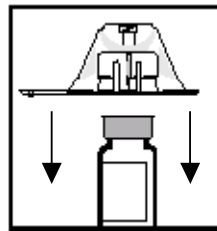
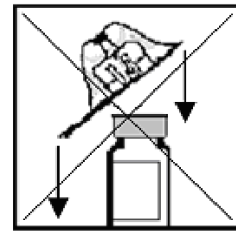


Diagram 3



**CORRECT!**

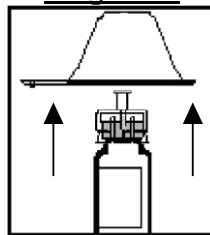
Diagram 4



**INCORRECT!**

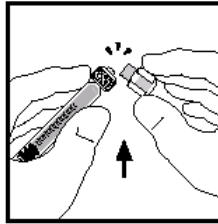
- While still holding the vial with one hand, remove the plastic cover from the vial adapter (see Diagram 5).

Diagram 5



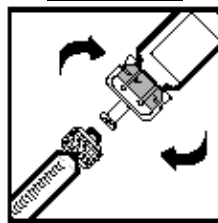
- Remove the white protective cover from the tip of the syringe. To remove the white cover from the tip of the syringe, “break” the perforated region of the cover and take it off the syringe by bending it up and down until it breaks off (see Diagram 6). **Do not remove the white “collar” that remains on the syringe.**

Diagram 6



- Do not use the syringe if the cover was initially broken. Start over with a new tray.
- While holding the glass container of the syringe (and not the white collar) with one hand and the vial adapter (not the vial) with the other hand, attach the syringe to the vial adapter on the vial, by inserting the tip of the syringe into the opening and by turning clockwise until it is completely secured (see Diagram 7).

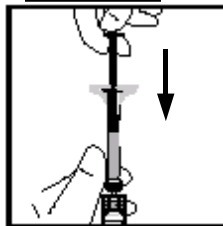
Diagram 7



### Adding the solvent

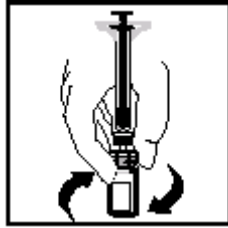
- While holding the vial upright on a flat surface, push the plunger **very slowly** into the syringe until all the solvent contained in the syringe is in the vial. In this manner, you will prevent formation of foam (multiple bubbles) (see Diagram 8).
- When all the solvent is transferred from the syringe to the Enbrel<sup>®</sup> vial, the plunger may go back up on its own, due to air pressure. This should not be of concern.

Diagram 8



- Leave the syringe in its place. Gently move the vial a few times in circular motions, until the powder dissolves (see Diagram 9). **Do not shake** the vial. Wait until all the powder dissolves (usually less than 10 minutes). The solution should be clear and colorless to slightly yellowish or light brown, with no lumps, flakes, or particles. Some foam may remain in the vial – this is normal.  
**Do not use** Enbrel<sup>®</sup> if all the powder in the vial is not dissolved within 10 minutes. Start over with a new tray.

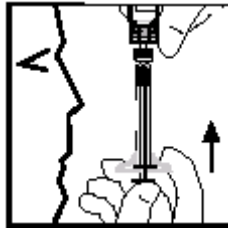
Diagram 9



**Withdrawing Enbrel® solution from the vial**

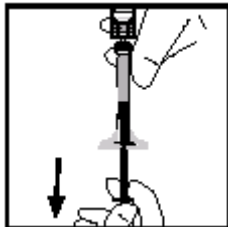
- With the needle still inserted in the vial, hold the vial upside down at the eye level. Fully push the plunger into the syringe (see Diagram 10).

Diagram 10



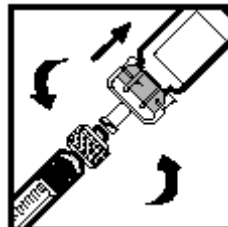
- Then, slowly pull back the plunger to draw the liquid into the syringe (see Diagram 11). For adult patients, draw up the entire liquid volume. For children, only draw up the relative volume prescribed by the doctor. After removing Enbrel® from the vial, some air may remain in the syringe. Do not worry; you will remove the air in a later step.

Diagram 11



- With the vial still upside down, release the syringe from the vial adapter that is on the vial, by turning counter-clockwise (see Diagram 12).

Diagram 12

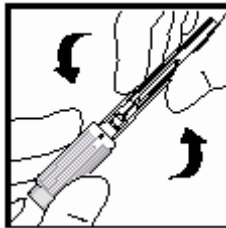


- Place the filled syringe on a clean and flat surface. Be careful not to push the plunger of the syringe downward.  
(Note: after completing these steps, a small amount of liquid may remain in the vial. This is normal).

### **Attaching the needle to the syringe**

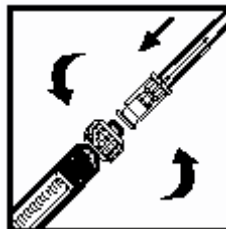
- The needle has been placed in a plastic container that keeps it sterile.
- To open the plastic container, hold the short and wide end in one hand and with the other hand, hold the long part of the plastic container.
- To break the seal, bend the long end up and down until it breaks off (see Diagram 13).

Diagram 13



- When the seal has been broken off, remove the short, wide end of the plastic container.
- The needle remains in the long part of the package.
- While holding the container and the needle in one hand, pick up the syringe and insert the tip of the syringe into the opening of the needle.
- Attach the syringe to the needle by turning clockwise, until it is completely secured (see Diagram 14).

Diagram 14



- Carefully remove the needle cover by steadily pulling it straight off the syringe. Take care not to touch the needle and not to allow the needle to touch any other surface (see Diagram 15). **Take care not to bend or distort the cover while removing it to prevent damaging the needle.**

Diagram 15



- Hold the syringe upright and expel the air bubbles by slowly pushing the plunger until all the air is expelled (see Diagram 16).

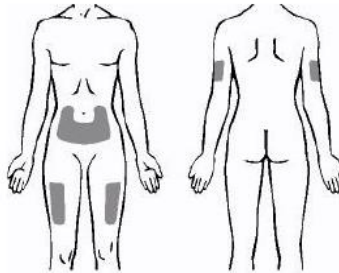
Diagram 16



### Choosing an injection site

- The three recommended injection sites for Enbrel<sup>®</sup> are: (A) the front of the middle thigh; (B) the abdomen, except for the 5 cm area around the navel; (C) the outer area of the upper arm (see Diagram 17). If you are injecting Enbrel<sup>®</sup> to yourself, do not choose the outer area of the upper arm as an injection site.

Diagram 17

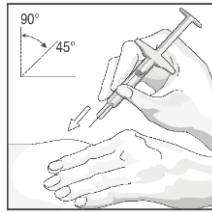


- A different injection site should be used for each new dose. Make sure that the dose is injected at least 3 cm away from the previous injection site. **Do not** inject into areas where the skin is tender, bruised, red, or hard. Avoid injecting the dose into areas with scars or stretch marks (keep notes of the previous injection sites).
- If you or your child have psoriasis, do not try to inject directly into an affected area, such as raised, thick, red, or cracked skin (skin sores resulting from psoriasis).

### Preparing the injection site and injecting Enbrel<sup>®</sup>

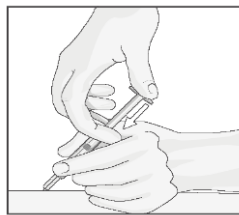
- Wipe the injection site with an alcohol swab, using a circular motion. **Do not** touch this area after the disinfection and before the injection.
- When the injection site has dried, pinch and hold it with one hand. With the other hand, hold the syringe like a pencil.
- With a quick and short motion, push the needle into the skin at an angle between 45° and 90° (see Diagram 18). With experience, you will find the angle that is most comfortable for you or your child. Be careful not to push the needle into the skin too slowly, or too forcefully.

**Diagram 18**



- When the needle is completely inserted into the skin, release the skin that you are holding. With your free hand, hold the syringe near its base to stabilize it. Now, push the plunger to inject all of the solution at a **slow**, steady rate (see Diagram 19).

**Diagram 19**



- When the syringe is empty, remove the needle from the skin, being careful to keep it at the same angle it was when it was inserted. There may be slight bleeding at the injection site. You can press a cotton ball or a gauze over the injection site for 10 seconds. Do not rub the injection site. An adhesive bandage can be used, if necessary.

### **Disposing of the equipment**

- Do not reuse the syringe and needle.  
Dispose of the needle and syringe in accordance with the instructions given by the doctor, nurse or pharmacist.

**All questions will be addressed by a doctor, nurse or pharmacist familiar with the medicine.**

Revised in March 2021 according to MOH guidelines.