

Injecting Dupixent Your 'how-to' guide


Instructions and tips for successfully managing your injections at home.

- This guide is for patients who have been prescribed Dupixent, and their caregivers.
- You must be trained by a healthcare professional before injecting Dupixent.
- This handbook is not intended to be a substitute for medical advice. This should provide additional support that complements the advice from your healthcare professional. It does not replace the patient information leaflet, which should be read alongside this material.



Keep this booklet in a safe place and refer to it regularly to help improve your injection experience.

How to use this injection guide

It's **normal** to be unfamiliar with injections or to have questions about how to inject Dupixent. This injection guide can be used as a step-by-step guide to refer to when you inject and includes tips  to help improve your experience.

Dupixent is available in **two different devices**, and your healthcare professional will have prescribed either the pre-filled pen or pre-filled syringe. Please refer to the relevant section of this booklet.



PAGES 2-7

Dupixent pre-filled pen



PAGES 8-13

Dupixent pre-filled syringe

Dupixent should be used exactly as prescribed by your healthcare professional. They'll also let you know the appropriate dose of Dupixent and how often to inject it.

Watch a short demonstration video, set injection reminders and access mindfulness exercises to help you feel relaxed.



To view Dupixent training videos, scan the QR code or visit www.dupixentmyway.co.uk and go to *How Dupixent is taken*



If your healthcare professional has signed you up for Dupixent MyWay, a Patient Support Programme, you can also contact your homecare provider for support with injection techniques.

Pen



When using the Dupixent pen, think...



WARM

the pen naturally to room temperature



PRESS & HOLD

down firmly to inject



WATCH

the window turn fully yellow

Here are the steps. Watch out for the  for some tips to try to improve your injection experience.

STEP A: Prepare

A1. Gather supplies

Before injecting, make sure you've got the Dupixent pre-filled pen. You'll also need these items, that aren't in your pack:

- an alcohol wipe.
- a cotton ball or gauze.
- a puncture-resistant container (sharps bin).

A2 and A3. Check labels and expiry date

Please **check the label** to make sure you have the correct product and dose, then **check the expiry date**.

Look at the Label



Expiration Date



- **Do not** use the pen if the expiry date has passed.
- **Do not** keep it at room temperature for more than 14 days.

STEP A: Prepare (continued)

A4. Check the medicine

Look through the **viewing window** to see the medicine. It should be clear and colourless to pale yellow. Seeing an air bubble is normal.

- **Do not** use the pen if the liquid is discoloured or cloudy, or if you can see flakes or particles.
- **Do not** use the pen if the window is yellow.



A5. Let the pen warm up naturally

Lay the pen on a flat surface and let it **naturally warm up at room temperature** (under 25°C). Wait at least 45 minutes if you have a 300 mg pen, or at least 30 minutes if you have a 200 mg pen.

- **Do not** warm it in a microwave, hot water or direct sunlight.
- **Do not** put it in direct sunlight.
- **Do not** keep it at room temperature for more than 14 days.



WARM

the pen naturally to room temperature

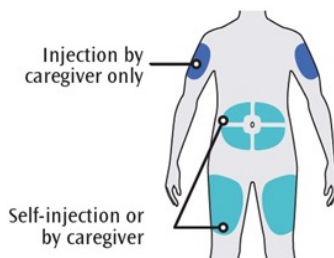


If you don't warm the pen for long enough, the injection may take longer and cause more pain or a burning sensation.

STEP B: Choose where to inject

B1. Recommended injection sites

- You can inject into the **thigh** or **belly** (stomach) except for the 5 cm around the belly button (navel).
- If injecting someone else, you can give it in the outer area of the **upper arm**.
- Change the injection site each time.
- **Do not** inject through clothes or into skin that is tender, damaged, bruised or scarred.



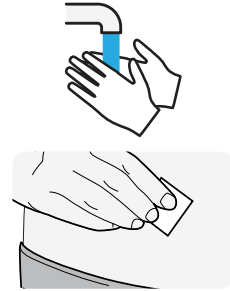
You may find the stomach to be less painful than the thigh. The upper thigh or the side of the thigh may be less painful than closer to the knee.

STEP B: Choose where to inject (continued)

B2. Wash your hands

B3. Prepare the injection site

- Use the alcohol wipe to clean the area.
- Let the skin dry naturally before injecting.
- **Do not** touch the injection site again or blow on it before the injection.

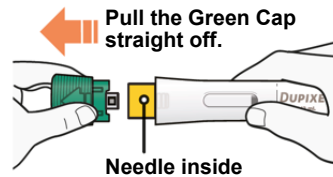


STEP C: Inject

C1. Remove cap

Now you've done steps A to B and are ready to inject, pull the cap straight off.

- **Do not** twist the cap off.
- **Do not** remove the cap until you are ready to inject.
- **Do not** press or touch the needle cover with your fingers. The needle is inside.
- **Do not** put the cap back on after you have removed it.



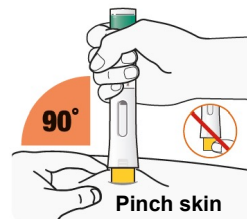
If you see a drop of medicine on the needle cover, don't worry. That's normal.

If you remove the cap too early, don't put it back on. This could bend the needle or put you at risk of a needle stick injury.

C2. Place needle cover on injection site

Now you've taken the cap off, you'll see the needle cover. This goes against your skin. Hold the pen at a right-angle to the skin (90°). You need to be able to see the window.

- You can pinch the skin before and during the injection.
- You don't have to pinch the skin unless you are giving the injection to a child who is aged 11 years or younger.
- **Do not** press or touch the needle cover with your fingers. The needle is inside.



STEP C: Inject (continued)



If you're struggling to get a firm grip, you could:

- » try a different injection site next time, or this time if you haven't started to inject.
- » place your thumb over the end of the pen to prevent it slipping.
- » pinch the skin to make it firmer.
- » ask a trained caregiver for help or contact your healthcare professional or homecare provider for further support.

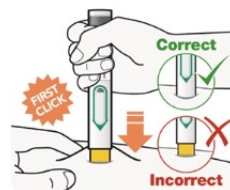
C3. Press down

Press the pen firmly against the skin until you cannot see the needle cover, and hold. You should hear a 'click' when the injection starts. The window will start to turn yellow. The injection can take up to 20 seconds.



PRESS & HOLD

down firmly
to inject



When you press down, don't relax your grip or release pressure, as this could cause the medicine to leak.

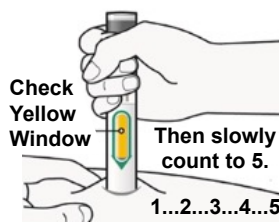
C4. Hold firmly – you're nearly finished

Keep holding the pen firmly against the skin. You may hear a second 'click' but wait for the entire window to turn yellow before slowly counting to 5. Then lift the pen up off the skin. The injection is complete – well done! If the window does not turn fully yellow, remove the pen and call your healthcare professional; **do not** give a second dose without speaking to them first.



WATCH

the window turn
fully yellow



Don't release pressure or start counting before the window has turned fully yellow. This may lead to an incomplete injection.

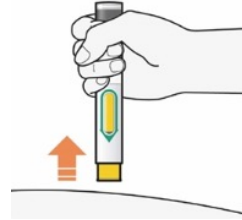
If injection pain made you release pressure early, you could try a different injection site next time.

STEP C: Inject (continued)

C5: Remove (with the needle inside)

After you've completed the injection, pull straight up to remove the pen from the skin and dispose of it immediately. If you see any blood where you injected, lightly dab it with a cotton ball or gauze pad.

➤ **Do not** rub the skin after the injection.



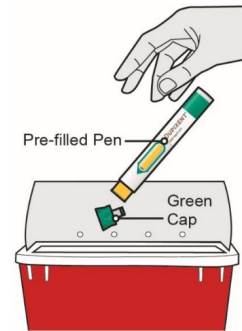
It's normal to see a small droplet of medicine where you've injected after removing the pen.

STEP D: Dispose

Dispose of the pen (with the needle inside) and cap in a puncture-resistant container immediately after use.

➤ **Do not** dispose of pre-filled pens and caps in your household bin.

➤ **Do not** put the cap back on.



STEPS COMPLETED

Well done, you have completed the injection process! Refer to this booklet next time for quick reminders and tips on how to inject.

Visit Dupixent MyWay for further information

On the site you can watch a short injection training video, access mindfulness exercises to help you feel relaxed, and set up injection reminders to help you stay organised.



Scan the QR code or visit
www.dupixentmyway.co.uk
 and go to *How Dupixent is taken*



My tips and tricks



Note down things that you find helpful during your injection routine!

Tip 1

Tip 2

Tip 3

Tip 4



Have any more questions?

To get answers to FAQs about your condition and its treatment, scan the QR code or visit www.dupixentmyway.co.uk and go to *FAQs*



If your healthcare professional has signed you up for **Dupixent MyWay**, a Patient Support Programme, you can also contact your homecare provider for support with injection techniques.

Syringe



When using the Dupixent syringe, think...



PREP

carefully, removing it from its carton



WARM

the syringe naturally to room temperature



INJECT

holding the syringe body and pinching a fold of skin

Here are the steps. Watch out for the  for some tips to try to improve your injection experience.

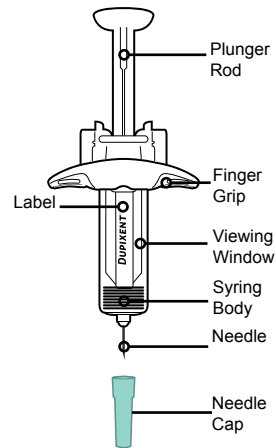
STEP 1: REMOVE

Remove the syringe from the pack by holding the middle of the syringe body.

- **Do not** pull off the needle cap until you are ready to inject.
- **Do not** use the syringe if it has been dropped on a hard surface or damaged.



Handle the syringe by its body only. You can damage the syringe if you lift or hold it by its plunger rod.



STEP 2: PREPARE

A. Gather materials

Before injecting, make sure you've got the Dupixent pre-filled syringe. You'll also need these items, that aren't in your pack:

- an alcohol wipe.
- a cotton ball or gauze.
- a puncture-resistant container (sharps bin).



PREP

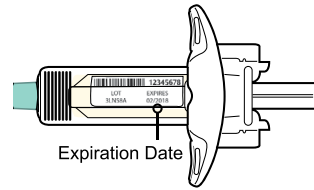
carefully, removing it from its carton

STEP 2: Prepare (continued)

B. Check labels and expiry date

Please **check the label** to make sure you have the correct product and dose, then **check the expiry date**.

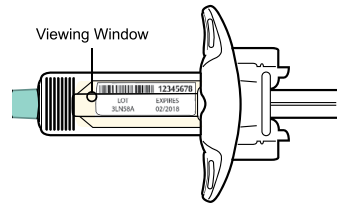
- **Do not** use the syringe if the expiry date has passed.



STEP 3: Inspect syringe

Look through the **viewing window** to see the medicine. It should be clear and colourless to pale yellow. Seeing an air bubble is normal.

- **Do not** use the syringe if the liquid is discoloured or cloudy, or if it contains flakes or particles.



STEP 4: Let the syringe warm up naturally

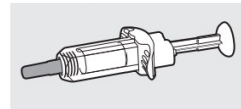
Lay the syringe on a flat surface and let it naturally warm up at room temperature (less than 25°C). Wait at least 45 minutes if you have a 300 mg syringe, or at least 30 minutes if you have a 200 mg syringe.

- **Do not** warm it in a microwave, hot water or direct sunlight.
- **Do not** put it in direct sunlight.
- **Do not** keep it at room temperature for more than 14 days.



WARM

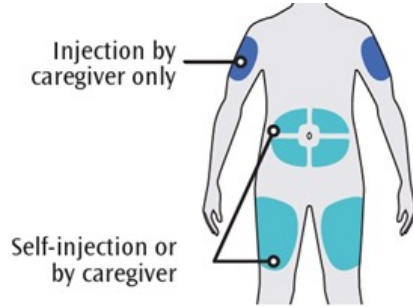
the syringe naturally to room temperature



If you don't warm the syringe for long enough, you may find the injection more difficult (the plunger may be harder to push down), it may take longer, or it may cause more pain or a burning sensation.

STEP 5: Choose where to inject

- You can inject into the **thigh** or **belly** (stomach) except for the 5 cm around the belly button (navel).
- If injecting someone else, you can give it in the outer area of the **upper arm**.
- Change the injection site each time.
- **Do not** inject through clothes or into skin that is tender, damaged, bruised or scarred.



You may find the stomach to be less painful than the thigh.
The upper thigh or the side of the thigh may be less painful than closer to the knee.

STEP 6: Keep it clean

A. Wash your hands.

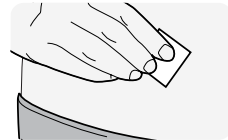
B. Clean the area

you've chosen for this injection with the alcohol wipe.

C. Let the skin dry

before injecting.

- **Do not** touch the injection site again or blow on it before the injection.



STEP 7: Pull off cap

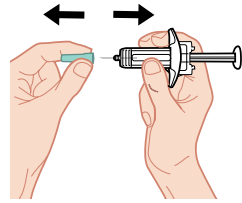


INJECT

holding the syringe body and pinching a fold of skin

Now you've done steps 1 to 6 and are ready to inject. Hold the syringe in the middle of its body with the needle pointing away from you, then pull off the cap.

- Do not put the needle cap back on.
- Do not touch the needle.



Hold the syringe in your dominant hand, between thumb, index and middle finger.

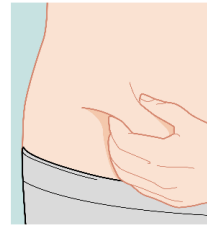
If you remove the cap too early, don't put it back on. This could bend the needle or put you at risk of a needle stick injury.

STEP 8: Pinch skin

Pinch a fold of skin where you've chosen to inject.

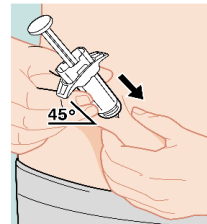


Use your thumb and index finger on your non-dominant hand.



STEP 9: Insert needle

Insert the needle completely into the fold of skin, at roughly a 45° angle.

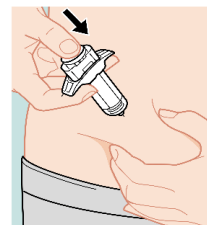


STEP 10: Push plunger

Relax the pinch. Push the plunger rod down slowly and steadily as far as it will go, until the syringe is empty. Feeling some resistance is normal.



Use your thumb to push the plunger rod down. Adjust the speed of injection according to what you find comfortable.

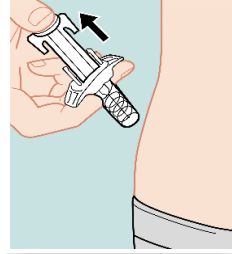


STEP 11: Release and remove

Lift your thumb to release the plunger rod until the needle is covered by the needle shield, then remove the syringe from the skin. The injection is complete – well done!

If you see any blood where you injected, lightly dab it with a cotton ball or gauze pad.

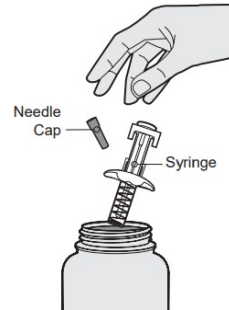
- **Do not** put the needle cap back on.
- **Do not** rub your skin after the injection.



STEP 12: Dispose

Dispose of the syringe and cap in a puncture-resistant container immediately after use. Always keep the container out of the reach of children.

- **Do not** put the needle cap back on.



STEPS COMPLETED

Well done, you have completed the injection process! Refer to this booklet next time for quick reminders and tips on how to inject.

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My tips and tricks



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Tip 1

Tip 2

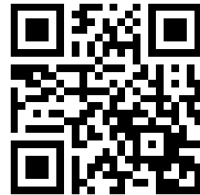
Tip 3

Tip 4



Have any more questions?

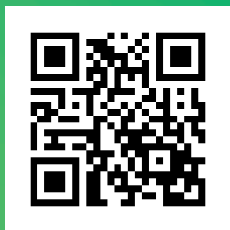
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Visit our digital hub, **Dupixent MyWay**, for more information and support.



Scan the QR code or visit www.dupixentmyway.co.uk

Dupixent MyWay is a service that your healthcare professional may have signed you up for when you (or the person you're caring for) were prescribed Dupixent.

If they have arranged for you get your medicine delivered to your house through one of our homecare providers, you can benefit from the extra support and education that comes with being in the Dupixent MyWay Patient Support Programme.

UK:

Healthnet: +44 (0)800 092 7720
Sciensus: +44 (0)333 103 9499

Ireland:

TCP: +353 1 429 1828

Alternatively, please contact Sanofi on:

+44 (0)800 0902314 (UK)
+353 1 403 5600 (Ireland)

Reporting of side effects

If you experience any side effects, talk to your doctor, pharmacist or nurse.

This includes any possible side effects not listed in the Patient Information Leaflet. You can also report side effects directly via the national reporting systems below:

In the UK:

Through the national MHRA Yellow Card scheme reporting system:
www.mhra.gov.uk/yellowcard

In Ireland:

Website: www.hpra.ie
Email: medsafety@hpra.ie
Tel: +353 1 6764971
Alternatively, contact Sanofi on: Sanofi, 410 Thames Valley Park Drive, Reading, Berkshire, RG6 1PT

+44 (0)800 0902314 (UK)
+353 1 403 5600 (Ireland)

By reporting side effects, you can help provide more information on the safety of this medicine.

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