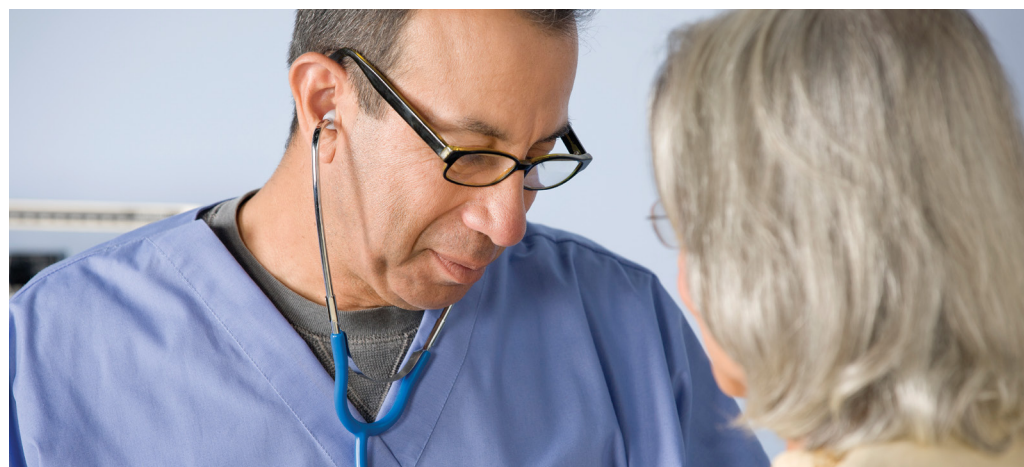




## Using Praluent® (alirocumab)

A practical guide supporting your use of the **Praluent 300 mg** pre-filled pen



This Sanofi developed booklet is only for adults who have been prescribed Praluent. Please also read the package leaflet that comes with your medicine or visit [www.mypraluent.co.uk](http://www.mypraluent.co.uk)



# Your details

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Current weight: \_\_\_\_\_

Current height: \_\_\_\_\_

Current total Cholesterol level: \_\_\_\_\_

Current LDL-C level: \_\_\_\_\_

Current HDL-C level: \_\_\_\_\_

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## This guide takes you through the steps of injecting Praluent.

If you have any questions or are unsure about how to inject Praluent, **your doctor or nurse will be able to help, or you can call the Sanofi Medical Information Department on 0800 035 2525.** You may also want to look at the leaflet which can be found in the Praluent packaging.

## What is Praluent?

Praluent is a medicine that lowers levels of **'bad' cholesterol**, also called LDL-cholesterol (or LDL-C). High levels of bad cholesterol can lead to health problems like heart disease (including heart attacks) and strokes. Praluent helps remove bad cholesterol from your blood and **may be used with other medicines** that lower your levels of cholesterol.

The higher doses of Praluent are for people that need a greater cholesterol reduction.

Please continue to follow your cholesterol-lowering diet while taking this medicine.

Even if you don't feel any different, Praluent will be working to lower your levels of bad cholesterol. It is important to keep using Praluent as prescribed by your doctor **even if you feel well.**

## Important Do's and Don'ts

### Do:

- ✓ Keep the Praluent pen out of the sight and reach of children
- ✓ Read all of the instructions carefully before using the Praluent pen
- ✓ Follow these instructions every time you use a Praluent pen
- ✓ Store unused pens in the refrigerator at 2°C to 8°C. For detailed storage conditions see separate package leaflet for Praluent

### Don'ts:

- ✗ Do not touch the yellow safety cover
- ✗ Do not use the pen if it has been dropped, damaged or expired
- ✗ Do not use the pen if the blue cap is missing or not securely attached
- ✗ Do not re-use a pen once it has been administered
- ✗ Do not shake the pen
- ✗ Do not freeze the pen
- ✗ Do not expose the pen to heat or direct sunlight

## Before injection

It's normal to feel a little worried about the idea of injecting yourself. But with patience and practice, as you get used to it, injections with Praluent can become routine. Think about what works for you:

- What is going to be the best time of day for you?
- Where is a comfortable and well-lit place?
- What types of clothing will allow easy access when you need to inject?



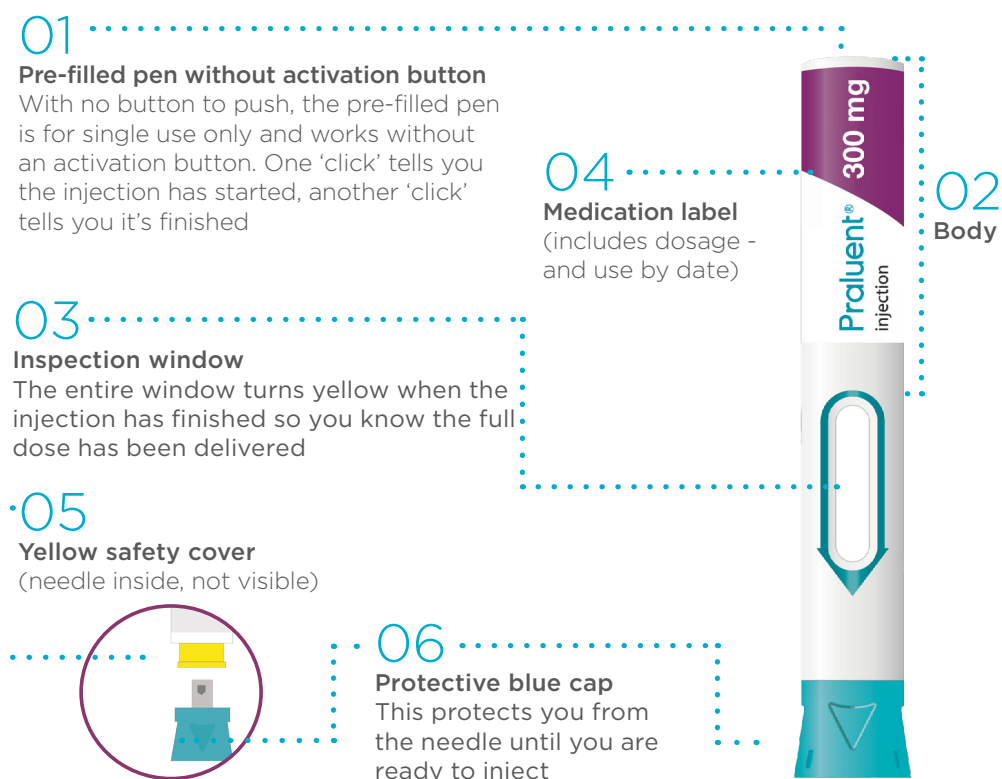
## What is the Praluent pen?

Praluent is taken by an injection under your skin. Your 4-weekly (monthly) Praluent pen is ready-to-use and has been designed so you or your caregiver can administer a dose at home.

Each Praluent pen should be thrown away in a puncture-resistant container (often called a sharps bin) after use.

The information and the instructions in this document are specific to the 300 mg Praluent pen (indicated by the purple label colour). If you have been prescribed a different dose of Praluent please follow the instructions for that dose.

Praluent pens are already filled with the Praluent medicine. The colour of the label will tell you what type of Praluent pen you have been given.



The following instructions are for the 300 mg once monthly Praluent pen and match the information in the package leaflet.

# How do I use my Praluent pen?

## STEP A: Getting ready for an injection

**!** Before you start you will need:



Your Praluent pen



A puncture-resistant container (see Step B.7)

**!** You may also want to use these:



Alcohol wipes



Cotton ball or gauze

### 1 Look at the label on the pen.

- Check that you have the correct product and the correct dose
- Check the use by date: do not use if this date has passed
- Do not use if pen has been dropped or damaged

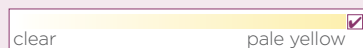


use by date ..... dose

If you think the pen is damaged or the injection has not worked properly, please call the Sanofi Medical Information Department straight away on 0800 035 2525

### 2 Look at the window.

- Check the liquid is clear, colourless to pale yellow and free from particles—if not, do not use (see picture A)
- You may see an air bubble. This is normal
- ✗ Do not use if the window appears solid yellow (see picture B) or if the solution is discoloured, cloudy, or contains visible flakes or particles



### 3 Let the pen warm up at room temperature for 45 min.

- This is important for administering the entire dose and helps minimise discomfort
- ✗ Do not heat the pen, let it warm up on its own
- ✗ Do not put the pen back in the refrigerator



45 minutes .....

You could have a shower or read in the time it takes for the pen to warm up, or set yourself a reminder on your phone

### 4 Prepare the injection site.

- Wash your hands with soap and water and dry with a towel
- Clean skin in the injection area with an alcohol wipe
- You can inject into your:

**Outer side of your upper arm**  
(only by caregiver)

**Belly**  
(except for the 5 cm area around your belly button)

**Key**

- Self-injection or by caregiver
- Injection by caregiver only
- Do not inject in this area

**Top of the thigh**

- You can stand or sit to give yourself an injection
- Use a different spot each time you inject. If you need to use the same injection site, make sure it is not the same spot you used last time
- ✗ Do not use skin that is tender, hard, red or hot
- ✗ Do not use any area near a visible vein
- ✗ Do not inject Praluent with other injectable medicines at the same spot

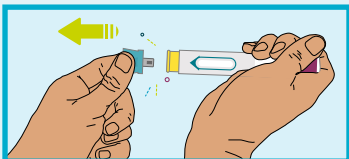
#### Tip:

Inject yourself in a different place from the last time. This can help stop your skin getting sore and your injections becoming uncomfortable.

# How do I use my Praluent pen?

## STEP B: How to inject

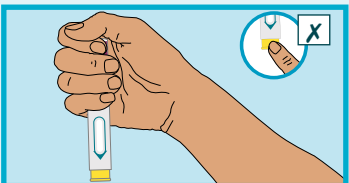
- 1** After completing all steps in “Step A: Getting ready for an injection”, pull off the blue cap.



- ✗ Do not use if blue cap is missing or not securely attached
- ✗ Do not pull off the cap until you are ready to inject
- ✗ Do not put the blue cap back on

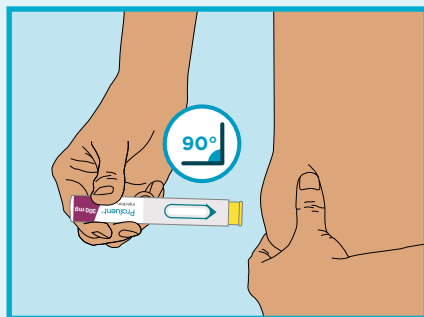
- 2** Hold the Praluent pen upright.

- The window should be clearly visible. Face it towards you with the yellow safety cover pointing downwards
- ✗ Do not touch the yellow safety cover as the needle is inside
- ✗ Do not press the pen down against your skin until you are ready to inject



- 3** Press the yellow safety cover on your skin at roughly a 90° angle.

- Pinch the skin to keep the injection site firm. Keep the skin pinched while injecting
- Press the pen straight down against your skin at a 90° angle until the yellow safety cover disappears into the pen and hold (see picture example using the top of the thigh as an injection site)

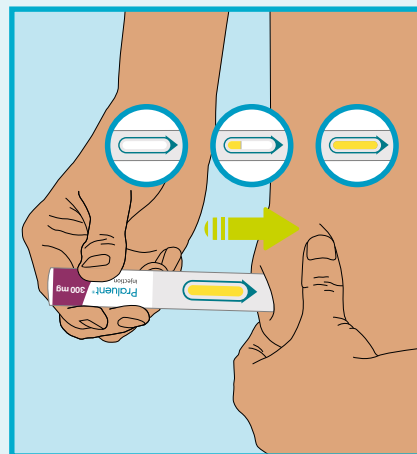


- The injection will not start until the yellow safety cover is fully depressed. There will be a click when the injection starts and the window will start to turn yellow



- 4** Keep holding the pen against your skin.

- Keep holding down the pen in place until the window has turned completely yellow
- Once the entire window has turned yellow, slowly count to five

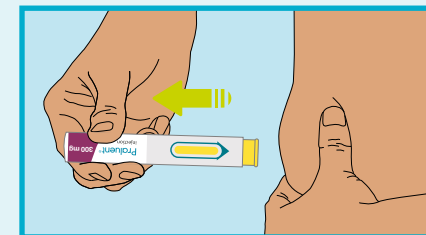


- 5** Check again that the entire window has turned yellow, before removing the pen.

- ✗ Do not remove the pen until the entire window has turned yellow
- Your injection is complete, when the window has turned completely yellow
- If the window has not turned completely yellow, remove the pen and call Sanofi for help
- Do not give yourself a second injection without speaking to your doctor, pharmacist or nurse

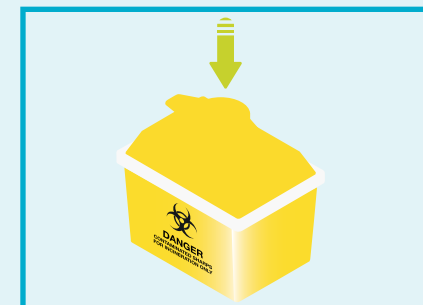
- 6** Pull pen away from your skin.

- ✗ Do not rub the skin after the injection
- If you see any blood, press a cotton ball or gauze on the site until the bleeding stops.



- 7** Throw away pen and cap.

- ✗ Do not put the blue cap back on
- Throw away pen and cap into a puncture-resistant container immediately after use
- Ask your doctor, pharmacist or nurse how to throw away the container
- Always keep the container out of the sight and reach of children



YOU'VE NOW FINISHED  
YOUR INJECTION

## How do I store my Praluent pen?

Keep this medicine out of the sight and reach of children.

Do not use this medicine after the use by date which is stated on the label and carton after EXP. The use by date refers to the last day of that month.

Store in a refrigerator (2°C–8°C).

Do not freeze or expose to extreme heat.

If needed, the pen may be kept outside the refrigerator below 25°C for a maximum of 30 days. The Praluent pen must be used within 30 days or has to be discarded.

Keep the pen in the outer carton in order to protect from light.

Do not use this medicine if it looks discoloured or cloudy, or if it contains visible flakes or particles.

## How do I throw away used Praluent pens?

After use, put the pen into a puncture-resistant container (often called a **sharps bin**).

Always keep the container out of the sight and reach of children.

Ask your doctor, pharmacist or nurse how to throw away the container.

Do not recycle the container.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

A sharps bin is a container for you to put in your used Praluent pens.



## Frequently Asked Questions

### How will I keep taking my medicine when travelling?

When you travel and need to take Praluent with you, you should use a cooler bag to make sure that the product remains at the right temperature. This will keep it cool without freezing it. Do not freeze your pen. When travelling you should also remember that Praluent can be stored outside the refrigerator (below 25°C) protected from light. After removal from the refrigerator, the medicinal product must be used within 30 days.

### Can I use Praluent if I am pregnant, planning to become pregnant or breastfeeding?

Taking Praluent is not recommended if you are pregnant or breast-feeding.

In these cases, please ask your doctor for advice before using Praluent.

### Do I still take my other cholesterol lowering medicines?

If you are already taking statins, you will probably need to keep taking them as well as Praluent, as this is a good way of helping to lower your levels of high cholesterol.

Your doctor will tell you what other medicines you may need to take along with Praluent.

### How do I know if my Praluent pen is working?

When you are taking Praluent, your doctor will continue to check your cholesterol levels. These tests will help your doctor know whether Praluent is working well for you.



# Additional information

Further information on Praluent and on managing high levels of cholesterol can be found at: [www.mypraluent.co.uk](http://www.mypraluent.co.uk). This website has been developed and funded by Sanofi.

For further information on Praluent please contact the Sanofi Medical Information Department on 0800 035 2525, by email to [uk-medicalinformation@sanofi.com](mailto:uk-medicalinformation@sanofi.com) or visit [www.mypraluent.co.uk](http://www.mypraluent.co.uk).

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet.

You can help by reporting any side effects you may get via the Yellow Card Scheme at [www.yellowcard.mhra.gov.uk](http://www.yellowcard.mhra.gov.uk) or search for MHRA Yellow Card in the Google Play or Apple App Store.

Side effects may also be reported directly to the Sanofi Drug Safety Department on 0800 090 2314 or by email to [uk-drugsafety@sanofi.com](mailto:uk-drugsafety@sanofi.com).

## How do I use the QR Code?

### Using your smartphone camera:

Most new smartphones can recognise a QR code directly from the camera. Open your camera and using the rear facing camera, position your phone so the QR code is stable within in the digital viewfinder. Once the QR code is recognised, a notification will appear with the website address. Click this to be taken to the MyPraluent website.

### Using a QR code reader

Download a QR code reader from Google Play or Apple App Store. Launch your QR code reader and position your phone so the QR code is stable within in the digital viewfinder. Once the QR code is recognised, the app will take you directly to the MyPraluent website.

**MyPraluent**  
FOR PATIENTS

[www.mypraluent.co.uk](http://www.mypraluent.co.uk)



Sanofi is committed to providing resources to better understand cholesterol management and to research the unmet needs of patients with poorly controlled LDL-C

Sanofi, 410 Thames Valley Park Drive, Reading, Berkshire, RG6 1PT  
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