



▽ This medicine is subject to additional monitoring. This will allow quick identification of new safety information. You can help by reporting any side effects you may get. 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. See www.mhra.gov.uk/yellowcard for how to report side effects. By reporting side effects you can help provide more information on the safety of this medicine.

 **Hulio® 40 mg**
solution for injection
in a pre-filled pen
adalimumab

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Cautions

General

- DO NOT** mix the Hulio® solution with any other medicine.
- DO NOT** use other heat sources such as a microwave oven or hot water to warm the syringe.
- DO NOT** put the syringe back in the fridge after it has reached room temperature.
- DO NOT** use the syringe if past the expiry date.

Medicine

- CHECK SYRINGE** to make sure the medication is at or near the Fill Marker (you may need to shake gently to see the liquid), and the liquid is clear, colourless and has no particles.
- DO NOT** use the syringe if the medication is not near the Fill Marker.
- DO NOT** use the syringe if the liquid is cloudy, discoloured, or has particles in it.

Injection site

- DO NOT** inject into skin that is red, hard, bruised, or tender.
- DO NOT** inject into scars or stretch marks.
- If you have psoriasis, **DO NOT** inject into any raised, thick, red, or scaly skin patches, or lesions.
- DO NOT** inject through clothes. Roll back any clothing that may interfere with the injection site.

The syringe

- DO NOT** remove the needle cover until you are ready to inject.
- DO NOT** twist or bend the needle cover until you are ready to inject.
- DO NOT** touch or pull back on the plunger at any time.
- DO NOT** re-cap or touch the needle with your fingers, or let the needle touch anything.
- DO NOT** expel any air bubble(s).
- DO NOT** use the pre-filled syringe if dropped after uncapping.

Injection

- DO NOT** move, twist, or rotate the syringe during injection.
- DO NOT** rub the injection site. If needed, cover the injection site with a plaster.
- DO NOT** re-use the syringe.
- DO NOT** re-cap the needle.
- DO NOT** throw the sharps container in your household bin.
- DO NOT** recycle your used sharps disposal container.

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



Injection technique for
Hulio® pre-filled syringe

Hulio®
helps you to...

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Better Health
for a Better World

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Better Health
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Hulio® 40mg solution for injection in pre-filled syringe adalimumab

IMPORTANT

Please check the patient information leaflet for further details.
Please see back cover for 'DO NOTS'.

Instructions for use

Read the instructions carefully and follow them step by step. Your doctor, nurse, or other healthcare professional will first show you how to inject Hulio® pre-filled syringe. Ask your doctor or nurse if there is anything you do not understand.

Do not attempt to self-inject until you are sure that you understand how to prepare and administer the injection. After proper training, the injection can be self-administered or given by another person, for example a family member or carer.

Each pre-filled syringe is for single-use only and contains one 40mg dose of adalimumab.

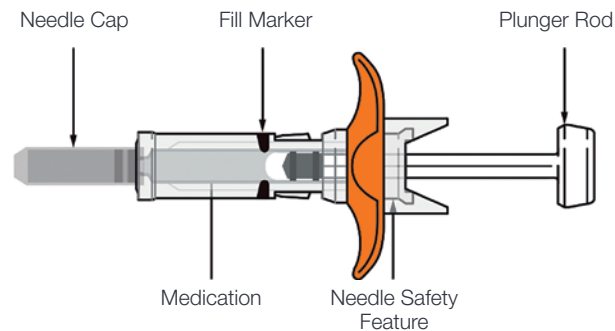
1 Before you start

Find a quiet area with a well-lit, clean and flat work surface and gather all the supplies you will need to give yourself or receive the injection.

Supplies you will need:

- 1 pre-filled syringe
- 1 alcohol swab
- 1 sharps disposal container (not included in Hulio® pack)
- 1 gauze pad or cotton ball (not included in Hulio® pack)

If you do not have all the supplies you need, ask your nurse or pharmacist.



2 Preparing the pre-filled syringe

The pre-filled syringes should be stored in the fridge (between 2°C to 8°C).

- Take a single pre-filled syringe out of the fridge at least 30 minutes before you intend to use it to allow the contents to reach room temperature

3 Wash your hands

Injection steps

Follow the steps below carefully each time you inject Hulio® pre-filled syringe:

1



Choose and prepare injection site

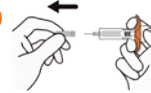
Hulio® pre-filled syringe is for subcutaneous injection. It should be injected into the thigh or abdomen.

You should rotate and change your injection site each time, staying at least 3cm from the previous site used.

If you are injecting into the abdomen, choose a site that is at least 5cm away from the belly button.

Wipe the skin at the chosen injection site with an alcohol swab.

2



Uncap needle

Pull the needle cover straight off the syringe. A few drops of liquid may come out of the needle, this is normal. It is also normal to see air bubble(s).

3



Squeeze and hold injection site

Gently squeeze the injection site to create a raised area, and hold that area firmly.

4



Insert needle into site

At a 45° angle to the injection site, use a quick dart-like motion to insert the needle into the site.

Be careful to insert the needle so that it will not inject into your fingers holding the injection site.

5



Inject Hulio®

After the needle is completely inserted, let go of the site you are squeezing.

Slowly push the plunger down completely until all the medicine is injected and the syringe is empty.

- If the plunger is not pressed all the way the safety feature will not activate afterwards to cover the needle

6



End of injection, remove syringe

Pull the syringe away from the injection site at the same angle as inserted and release your thumb from the plunger.

Each pre-filled syringe has a safety feature, this will retract and cover the needle after the plunger is released. If the needle did not retract, carefully place the used syringe into a sharps disposal container to avoid injury.

7



Dispose of syringe and cap

Dispose of the used syringe and cap in an approved sharps disposal container.

Check with your healthcare provider for instructions on how to properly dispose of a filled sharps container.