

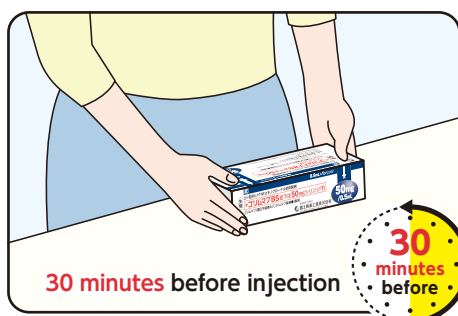
GOLIMUMAB BS 50mg syringe for S.C. injection 「F」

Self-Injection Guidebook (Simplified Edition)

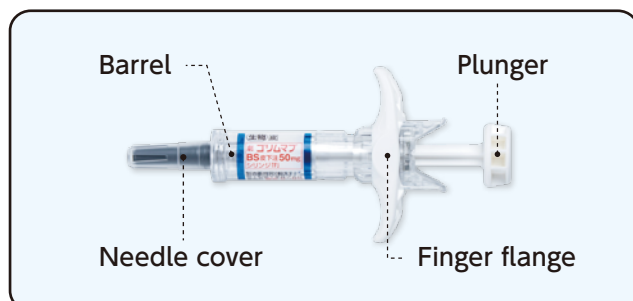
Supervised by Dr. Yuko Kaneko, Professor, Division of Rheumatology, Department of Internal Medicine,
Keio University School of Medicine

Preparing for Injection

- 1 Clean the table where you will place the medicine.
- 2 Take the medicine out of the refrigerator 30 minutes prior to injection.
(Do not open at this point.)
- 3 Check the expiration date printed on the side of the box, then remove the medicine.



- 4 Check the names of the syringe parts and the handling precautions.



- ① Pressing the plunger will release the medicine. Do not press or pull the plunger until it is time to inject.
- ① When the injection is complete, the safety guard activates and the needle automatically retracts into the barrel.
- ① When inserting the needle, hold the barrel.
- ① Do not remove the needle cover until preparation is complete and you are ready to inject.
- ① Do not inject if the medicine is cloudy, discolored, or contains foreign matter.

- 5 Arrange the supplies needed for injection on the self-injection preparation mat.



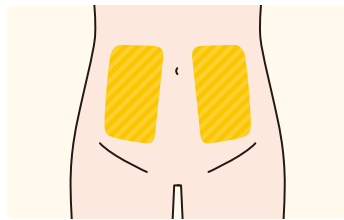
How to Inject

- 1 Choose the injection site and disinfect it with an alcohol swab.**

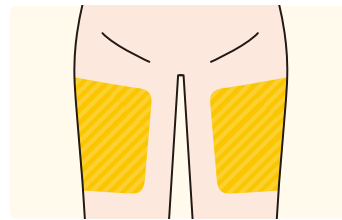
Make sure **30 minutes** have passed since you took the medicine out of the refrigerator.

After
30
minutes

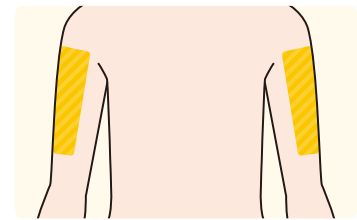
Where to Inject



Abdomen



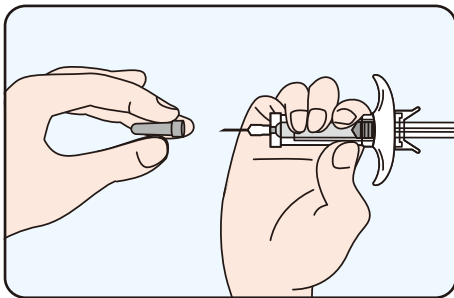
Thigh



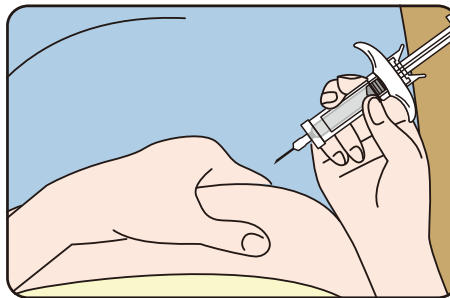
Upper arm (back side)

- ① You can also inject into the back of the upper arm. When doing so, have a caregiver or other helper give the injection.
- ① When injecting into the abdomen, do not inject within 5 cm of the navel.
- ① Do not inject in any area that is painful when pressed or that is bruised, red, hard, thick, or scaly.
- ① Do not inject into skin with scars or striae (stretch marks).
- ① Do not inject into the same spot repeatedly.

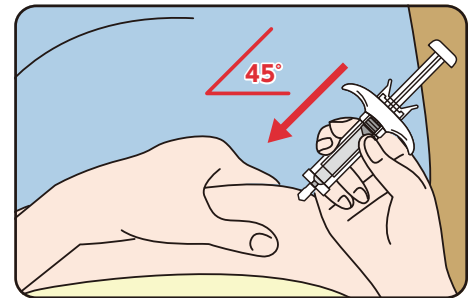
- 2 Remove the needle cover.**



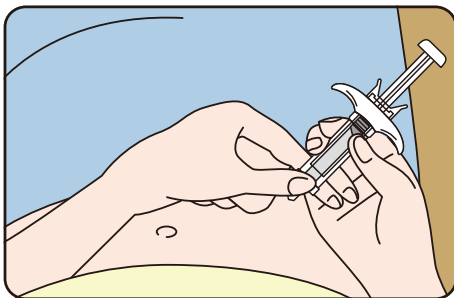
- 3 Pinch the skin at the injection site to inject beneath the skin.**



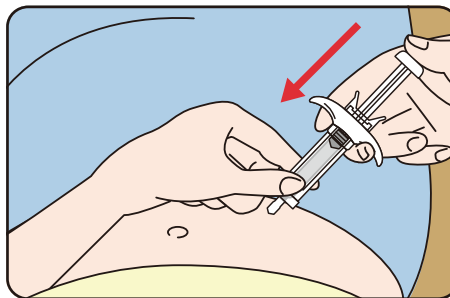
- 4 Insert the needle at a 45° angle to the skin.**



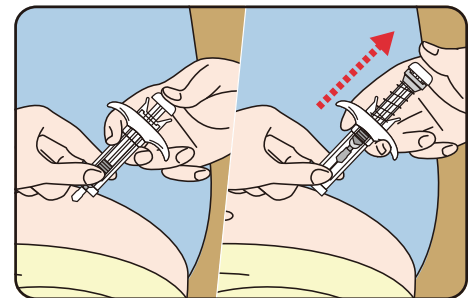
- 5 Move the hand that was pinching the skin to the syringe.**



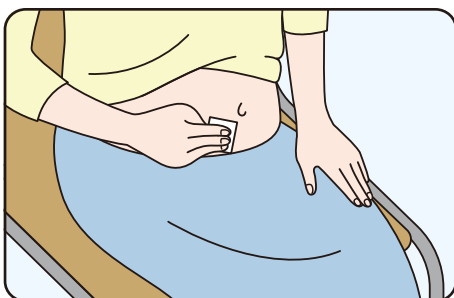
- 6 Slowly press the plunger.**



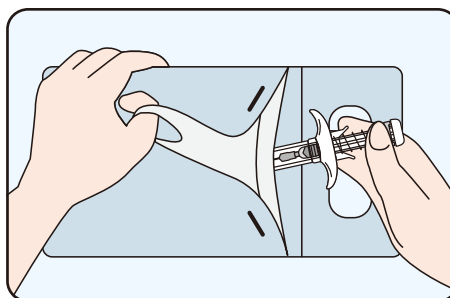
- 7 Lift your thumb off the plunger.**



- 8 Gently press the injection site with a cotton ball or gauze pad.**



- 9 Place the used syringe in the disposal bag and dispose of it.***



If you are using a self-injection aid, scan the QR code below to watch the self-injection guide video.



*Once the syringe is placed in the disposal bag, dispose of it according to the instructions of your doctor, pharmacist, or nurse.