

A Guide to Self-Injection

Using Xolair[®] (omalizumab)
at Home

(Guidance for patients aged 12 and above)



Injecting Xolair at home



Your doctor has decided that you are now able to use Xolair at home. This booklet contains information to help you correctly self-inject with the Xolair autoinjector pen.

Before injecting at home, you will need to have been fully trained by a doctor, nurse or pharmacist at your clinic to make sure that you are comfortable with the self-injection procedure.

Please read ALL the way through the instructions before injecting and keep this booklet in a safe place in case you need to refer back to it.

For full details about Xolair, please refer to the Consumer Medicines Information.

Your Xolair autoinjector pen

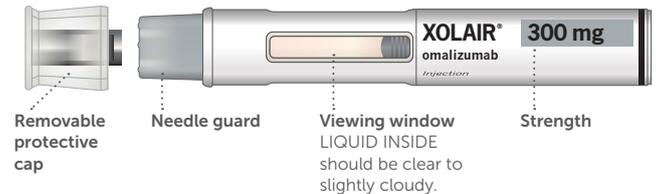
The Xolair autoinjector pen comes in a sealed outer carton. Do not open the sealed outer carton until you are ready to use this medicine.

In addition, do not use this medicine if the seal on the outer carton is broken, as it may not be safe for you to use. Return the entire pack to the pharmacy.

The boxed pen should be stored in the refrigerator and removed approximately 30 minutes before your injection to allow it to come to room temperature.

The autoinjector pen has a needle guard, with the covered needle inside. This is intended to protect against accidental needlestick injuries.

Do not touch or push the needle guard as you could get injured. Touching or pushing on the needle guard could cause a needlestick injury.



Some important safety information



Caution: Keep the pen out of the sight and reach of children.



Never leave the pen lying around where others might tamper with it.



The pen cannot be re-used. Dispose of the used pen immediately after use in a sharps container.



Do not use if the pen has been dropped after removing the cap.



Do not remove the cap until you are ready to inject.



Do not shake the pen.

Other things you need for your injection:

- Cotton ball or gauze
- Alcohol wipe
- Sharps disposal container
- Adhesive plaster

Storing Xolair

Your medicine has to be kept between 2°C and 8°C during transportation and stored in the fridge once at home.



Store this medicine sealed in its outer box to protect it from light. Store the boxed pen in the refrigerator between 2°C and 8°C.

DO NOT FREEZE.



Remember to take the pen out of the refrigerator and allow it to reach room temperature before preparing it for injection (minimum 30 minutes).



Do not use the pen after the expiry date which is printed on the pen label and carton. If it has expired, return the entire pack to the pharmacy.

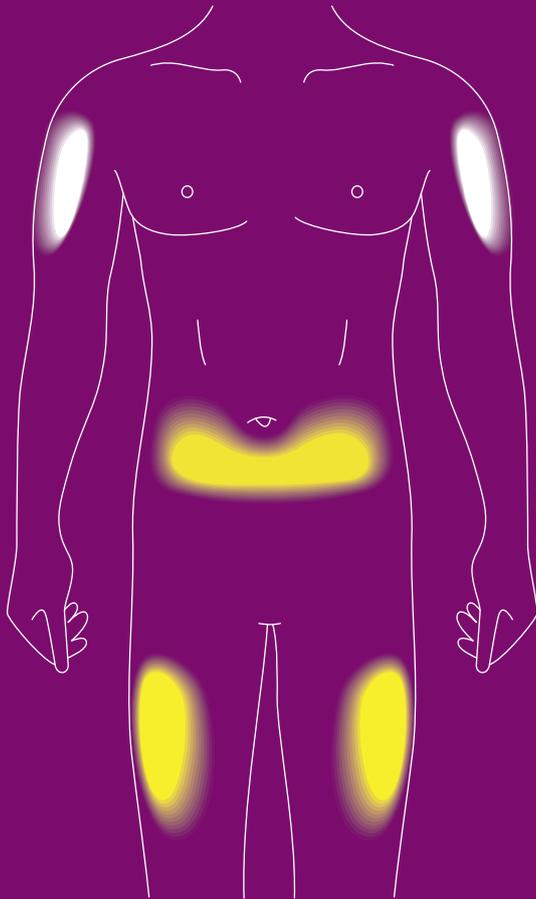


Leave the pen in the box to protect it from light. The time that the pen is kept at room temperature (25°C) before use must not exceed 48 hours.

Getting ready to inject

The injection site is the place on the body where you are going to use the pen.

- The recommended site is the front of the thighs. You may also use the lower abdomen, but **not** the area 5 centimeters around the navel (belly button)
- If you need to give more than one injection for the full dose, make sure your injections are at least 2 cm apart
- Do not inject into areas where the skin is tender, bruised, red or hard. Avoid areas with scars or stretch marks
- If a caregiver is giving the injection, the outer upper arms may also be used
- There are several possible sites that you can use for your injections. Choose the sites that are the most comfortable for you



● Self-injection or by caregiver ● Injection by caregiver only

Preparing the Xolair autoinjector pen before use

Your Xolair dose is tailored specifically for you. For some treatments with Xolair, the dose is calculated using your body weight and the level of immunoglobulin E (IgE) in your blood.

If your weight changes significantly you should speak to your doctor or nurse as they may need to recalculate your dose.



NOTE: Depending on the dose prescribed by your doctor, you may need to prepare one, two, three or four autoinjector pens and inject the contents of them all.

Your doctor will have filled in your dose and the number of different pens you need on the dose card included in this pack.

You may find it helpful to make a note of your dose here as well.

Your total dose is **mg.**

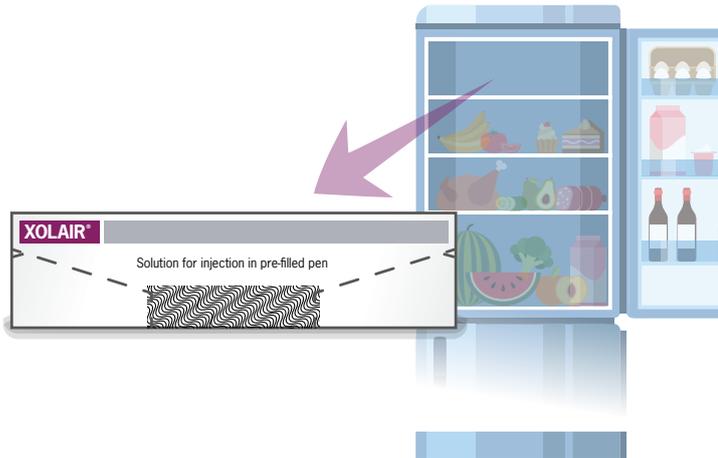
That's **of the grey pens**

and **of the purple pens**

and **of the blue pens.**

Every **weeks.**

Now let's get started



01

Depending on the dose prescribed by your doctor, you may need to prepare one or more autoinjector pen.

Take the box(es) containing the pen out of the refrigerator and **leave it unopened** for a minimum of 30 minutes so that it reaches room temperature (leave the pen in the box to protect it from light).

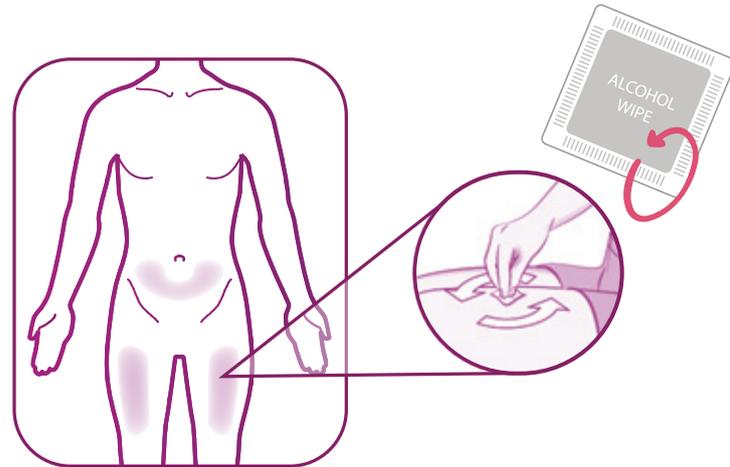
02

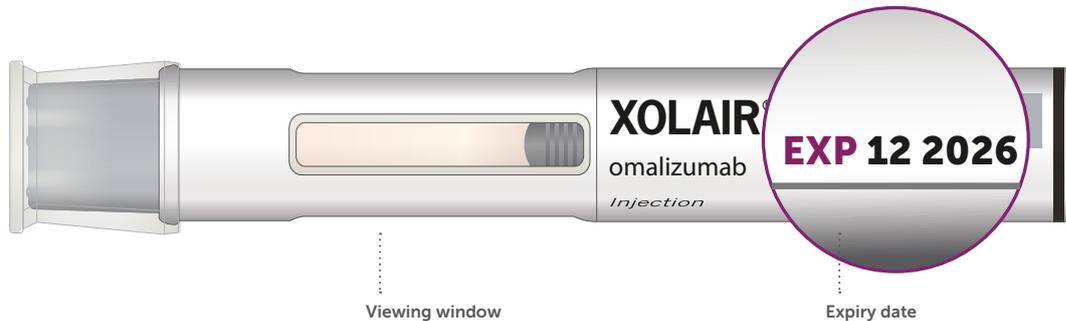
When you are ready to use the pen, wash your hands thoroughly with soap and water.



03

Clean the injection site with an alcohol wipe.





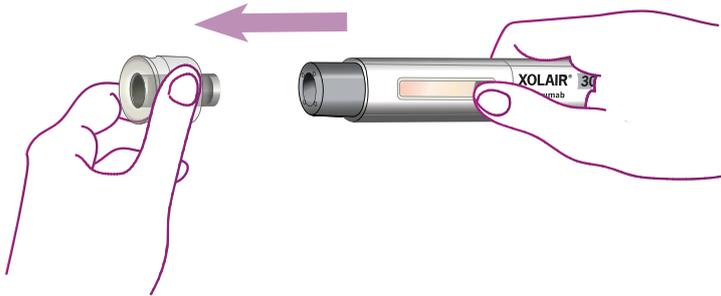
04

Take the pen out of the box.
DO NOT remove the cap until
you are ready to inject.

05

Look through the viewing window of the pen. The liquid should be clear to slightly cloudy. Its colour may vary from colourless to a pale brownish-yellow. You may see an air bubble, which is normal. DO NOT USE if the pen has expired, or if the liquid looks distinctly cloudy or distinctly brown, or contains particles. In all these cases, return the entire pack to the pharmacy.

How to use the Xolair autoinjector pen



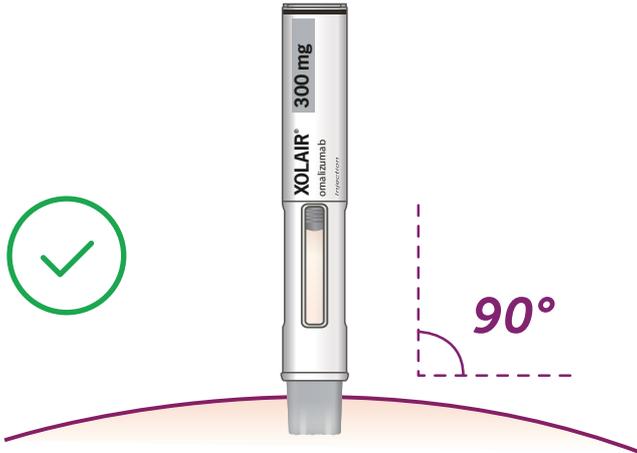
01

Pull the cap straight off in the direction of the arrow. **DO NOT** put the cap back on. Throw away the cap.

02

Hold the pen comfortably with the needle guard directly against the skin.

The pen should be at a 90° angle to the skin as shown.



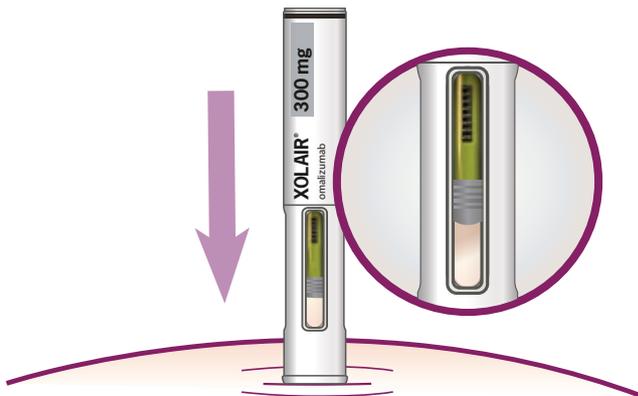
03

To start the injection, push and hold the pen firmly against the skin. Listen for the **1st click** which indicates that the injection has started.



04

Keep holding the pen firmly down against the skin. The green indicator shows the progress of the injection.



05

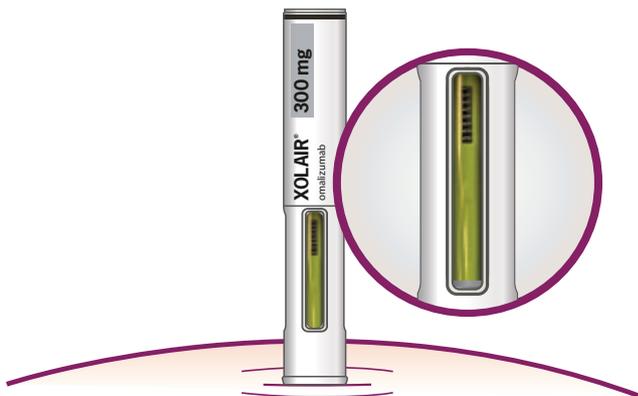


Listen for the **2nd click**. This indicates the injection is almost complete. **Keep holding the pen in position until the green indicator has stopped moving to make sure the injection is complete.**

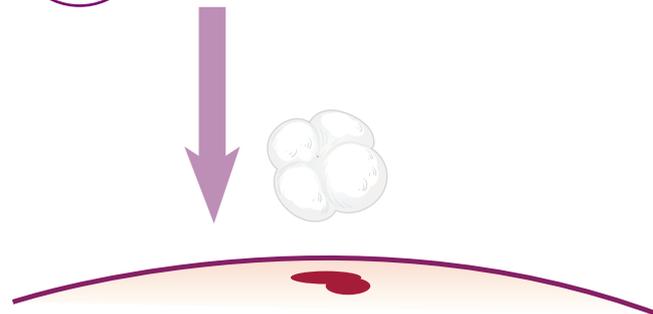
Remove the pen from the skin. The needle is automatically covered by the needle guard. The injection is now complete.

06

Check the green indicator. If it has not completely filled the viewing window, contact your doctor or nurse.



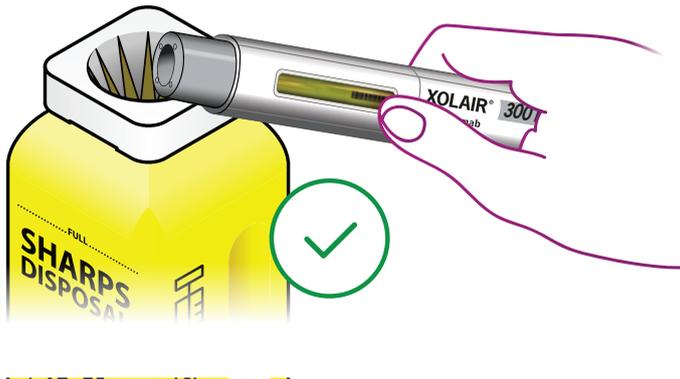
07



There may be a small amount of blood at the injection site. You can press a cotton ball or gauze pad over the injection site until any bleeding stops.

DO NOT rub the injection site. If needed, cover your injection site with a small adhesive plaster.

If you need more than one pen to deliver your full dose, repeat the previous steps for all the pens needed. Carry out the injections immediately one after another. Make sure the injections are at least 2 cm apart.



Disposal instructions

Dispose of the used pen immediately in a sharps container (closable, puncture resistant container).



For the safety and health of you and others, **do not** re-use or take apart the pen. Any unused medicinal product or waste material should be disposed of in accordance with local requirements.

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.

Possible side effects

Like all medicines, Xolair can cause side effects, although not everybody gets them. The side effects caused by Xolair are usually mild to moderate but can occasionally be serious.

For further information about potential side effects please refer to the Consumer Medicines Information included in the box with your injection.

Travelling with Xolair

If you need to take Xolair with you when you travel, you have to ensure that you can maintain it at a temperature between 2°C and 8°C.



If flying, you should check your airline's carry-on policy regarding medications as you may need to supply them with a doctor's letter.

Frequently asked questions

Q. Will I have to take the same dose of Xolair forever?

A. Your Xolair dose is tailored specifically for you. For some treatments with Xolair, the dose is calculated using your body weight and the level of immunoglobulin E (IgE) in your blood. If your weight changes significantly you should speak to your doctor or nurse as they may need to recalculate your dose.

Q. What happens if I forget to take my Xolair?

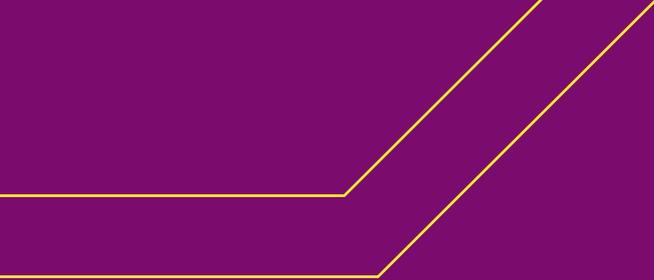
A. If you forget to take your Xolair, inject the next dose as soon as you remember. Then talk to your doctor to discuss when you should inject the next dose.

Q. How do I store Xolair?

A. Xolair should be stored in the refrigerator, between 2°C and 8°C. **DO NOT FREEZE.** Store it in the original packaging to protect it from light. Always keep your medicine out of sight and reach of children.

Q. How do I dispose of my used pens?

A. Dispose of used pens immediately in a sharps container.



Q. Can I take Xolair if I'm pregnant?

A. There is not much information on the use of Xolair during pregnancy. If you are pregnant, think you may be pregnant or are planning to have a baby, ask your doctor for advice before using this medicine. If you become pregnant while being treated with Xolair, tell your doctor immediately.

Q. What happens if I inject more Xolair than my recommended dose?

A. If you accidentally use more Xolair than prescribed, immediately tell your doctor for further advice.



Injection quick guide

When you begin to inject at home, you will need to read this entire booklet carefully, also referring to the full instructions for use in your Consumer Medicines Information and watch the injection video to make sure you understand all of the steps, and know how to do them correctly.

You can find the injection video on the Xolair Patient Website www.homeuse.com.au
Password: **unlocklife** (all lowercase)

Getting started

- 01 Take the box containing the pen out of the refrigerator and leave it unopened for a minimum of 30 minutes.
- 02 When you are ready to use the pen, wash your hands thoroughly with soap and water.
- 03 Clean the injection site with an alcohol wipe.
- 04 Take the pen out of the box. **DO NOT** remove the cap until you are ready to inject.
- 05 Inspect the pen. **DO NOT USE** if the pen is broken or if the liquid looks distinctly cloudy or distinctly brown, or contains particles.

Using the Xolair autoinjector pen

- 01 Pull the cap straight off in the direction of the arrow. Throw away the cap.
- 02 Hold the pen at a 90° angle against the skin.
- 03 Push and hold the pen firmly against the skin. Listen for the **1st click** which indicates that the injection has started.
- 04 Keep holding the pen firmly down against the skin. The green indicator shows the progress of the injection.
- 05 Listen for the **2nd click**. This indicates the injection is **almost** complete. **Keep holding the pen in position until the green indicator has stopped moving to make sure the injection is complete.**
- 06 Remove the pen from the skin. The needle is automatically covered by the needle guard. The injection is now complete.
- 07 Check the green indicator. If the green indicator has not completely filled the viewing window, contact your doctor or nurse.

Disposing of the Xolair autoinjector pen

Dispose of the used pen immediately in a sharps container (closable, puncture resistant container).

What about side effects?

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in your Consumer Medicines Information.

For full details about Xolair, please refer to your Consumer Medicines Information.

References: Xolair Approved Product Information; Xolair Approved Consumer Medicine Information.

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