SELF-ADMINISTRATION GUIDE

SteQeyma®
(ustekinumab-stba)

STEQEYMA C.A.R.E.S.

USING STEQEYMA WITH CONFIDENCE

This guidebook is for patients who have been prescribed STEQEYMA

Before starting STEQEYMA injections, consult your healthcare provider.

This guide adds to the Medication Guide found in the STEQEYMA package. Ensure you have been trained by your healthcare provider on the correct preparation and injection process.

Please read the full Instructions for Use before you or a caregiver administers STEQEYMA.

CELLTRION USA
CELLTRION

STEQEYMA self-administration

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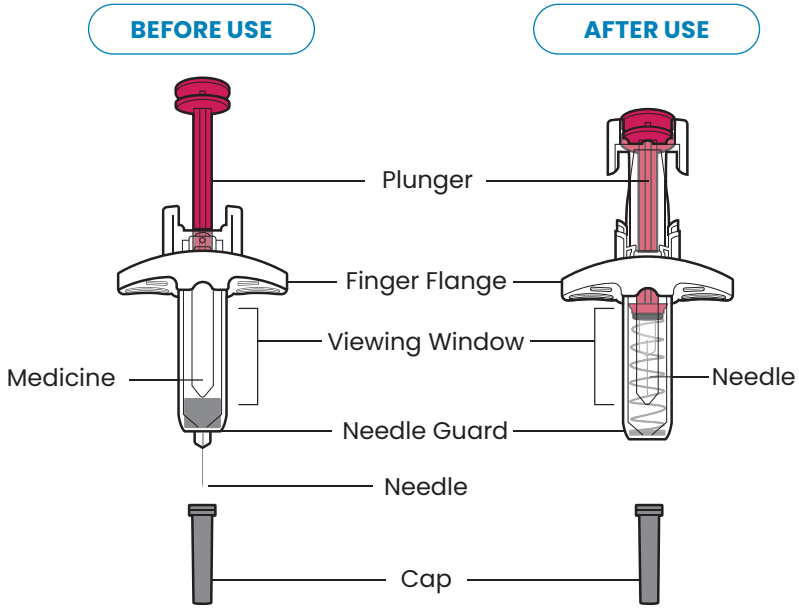
Keep track of your injections and dosing

This dosing calendar is a valuable tool designed to empower and support you throughout your treatment journey with STEQEYMA.

Use this diary to help you:

- Better understand and record your STEQEYMA treatments
- Keep track of your injection sites and dates of injection
- Plan for your next injection
- Note any changes in your symptoms or concerns you may want to share with your healthcare provider

A closer look at the prefilled syringe



What to know before self-injecting STEQEYMA

- Keep the prefilled syringe in its carton before use to protect it from light
- Do not shake
- Do not remove the cap until you are ready to inject
- Do not share the prefilled syringe with anyone
- Keep prefilled syringe refrigerated at 36° to 46°F
- Do not freeze

If needed, individual vials and prefilled syringes may be stored at room temperature up to 86°F (30°C) for a maximum single period of up to 15 days in the original carton to protect from light.

Record the date when the prefilled syringe is first removed from the refrigerator on the carton in the space provided.

Once a syringe has been stored at room temperature, do not return it to the refrigerator. Discard the syringe if not used within 15 days at room temperature storage. Do not use STEQEYMA after the expiration date printed on the carton or on the vial or prefilled syringe.

Keep STEQEYMA and all medicines out of reach of children.

STEQEYMA C.A.R.E.S.

To easily recall the steps for self-injecting STEQEYMA, just remember the word "CARES."

- **C** Check syringe
- **A** Arrange supplies
- **R** Ready injection site
- **E** Execute injection
- **S** Syringe disposal and self-care

STEQEYMA self-administration

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Step 1: Check syringe

1a. Check the label for the correct medication and dosage (figure 1).

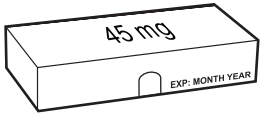


FIGURE 1

1b. Ensure the expiration date on the carton hasn't passed (figure 2).

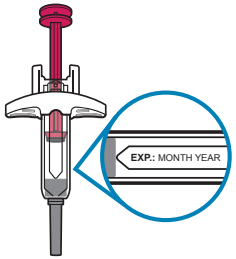


FIGURE 2

1c. Inspect the syringe for any signs of damage.

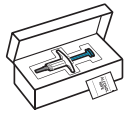
1d. Verify the liquid is clear to slightly opalescent and colorless to pale yellow (air bubbles in the liquid are normal).

1e. Leave the syringe outside of the carton for 30 minutes to allow it to reach room temperature.

Step 2: Arrange supplies

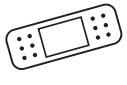
2a. Prepare a well-lit, clean, flat surface to work on.

2b. Make sure you have the following supplies (figure 3).



Carton containing prefilled syringe and alcohol swab

Cotton ball or gauze



Adhesive bandage

Plastic container

FIGURE 3

Step 3: Ready injection site

3a. Choose an appropriate injection site (figure 4).

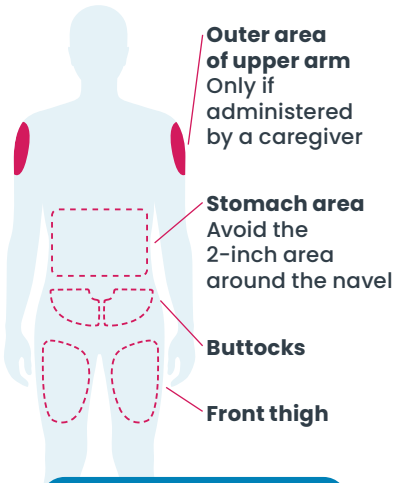


FIGURE 4

3b. Wash your hands thoroughly with soap and water. Thoroughly dry your hands before continuing.

3c. Clean the chosen site with an alcohol swab and let the skin dry. Once cleaned, do not fan, blow on, or touch this area before injecting STEQEYMA.

Do not inject in an area that is tender, bruised, red, or hard. Rotate the injection site each time, ensuring the new site is at least an inch away from the previous one.

Step 4: Execute injection

4a. Remove the cap from the syringe (figure 5). Do not hold the plunger while removing the cap. Dispose of the cap right away in an FDA-cleared sharps disposal container.

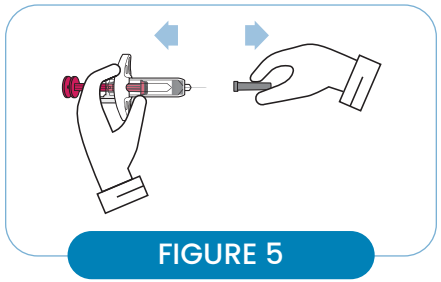


FIGURE 5

4b. Pinch the skin at the injection site to create a firm surface.

4c. Hold the body of the prefilled syringe between thumb and index fingers.

4d. With a quick, dart-like motion, insert the syringe at a 45-degree angle into the pinched skin (figure 6).

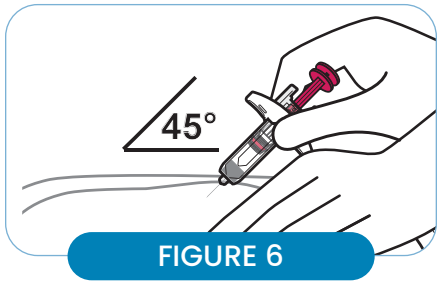


FIGURE 6

4e. Release the pinched skin and slowly push the plunger all the way down until the syringe is empty (figure 7).

Do not pull back on plunger at any time.

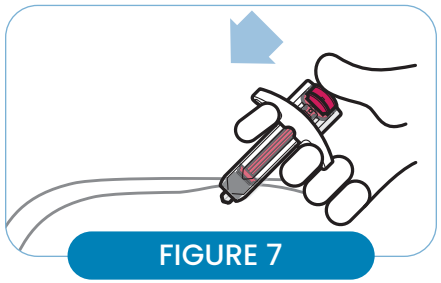


FIGURE 7

4f. Remove the syringe from your skin.

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Step 5: Syringe disposal and self-care

5. Dispose of the used syringe in an FDA-cleared sharps disposal container immediately (figure 8).

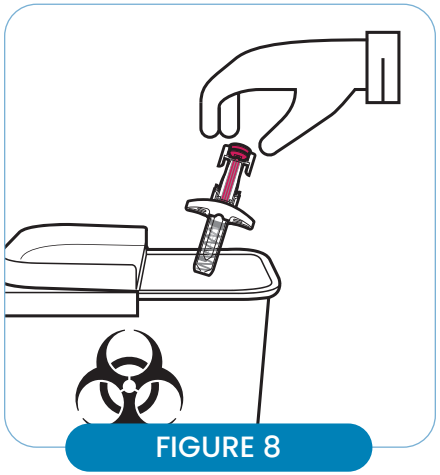

FIGURE 8

- If needed, gently press a cotton ball or gauze on the injection site
- Do not rub the area
- Cover it with an adhesive bandage if necessary

For specific information about sharps disposal in your area as well as where to obtain an FDA-cleared sharps container, visit the FDA's website at fda.gov/safesharpsdisposal

After administering the injection, watch the injection site for any reactions and contact your healthcare provider if you have any concerns.

FDA, Food and Drug Administration.

Just remember STEQEYMA C.A.R.E.S.

- **C** Check syringe
- **A** Arrange supplies
- **R** Ready injection site
- **E** Execute injection
- **S** Syringe disposal and self-care

This guide adds to the Medication Guide found in the STEQEYMA package. Ensure you have been trained by your healthcare provider on the correct preparation and injection process.

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Dosing calendar

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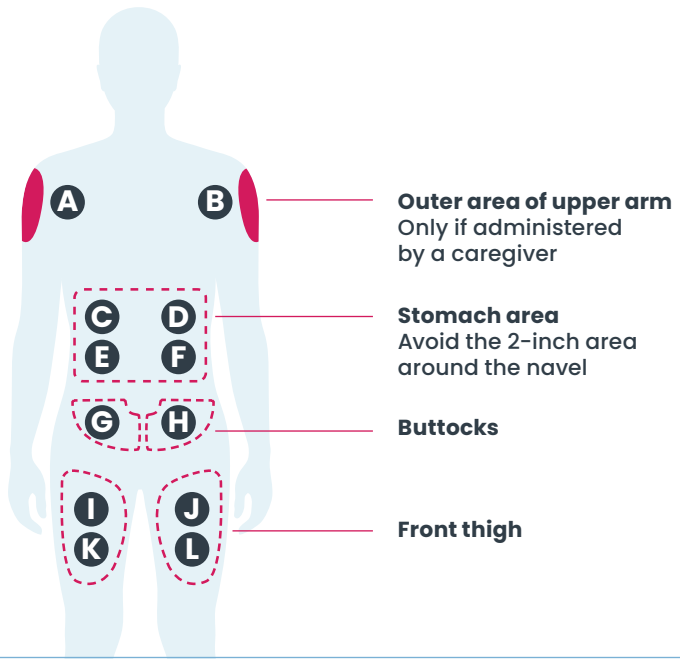
Keep track of your dosing

Regular dosing is important in managing your condition. Refer to the dosing schedule provided by your healthcare provider. Each time you self-administer STEQEYMA, write the date of your next dose in the spaces provided below.



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INJECTION SITE: A B C D E F G H I J K L

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INJECTION SITE: A B C D E F G H I J K L

Reminders & tips

- Set reminders on your phone or electronic calendar
- Place visual reminders in frequently seen locations, such as your bathroom mirror or refrigerator
- Enlist a family member or friend to help remind you, if necessary

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This guide is meant to serve as a supplement and not a replacement for the complete Instructions for Use. Be sure to consult with your doctor before you administer STEQEYMA and if you have any questions.

Before you or your caregiver should administer STEQEYMA, carefully review both the full Instructions for Use and the Medication Guide.

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