

# MY WEZLANA™ (ustekinumab-aaub) PREFILLED SYRINGE INJECTION GUIDE

A RESOURCE ROADMAP TO HELP SUPPORT  
YOUR SELF-INJECTION JOURNEY



This resource is intended to provide you with an overview and supplemental information about the WEZLANA prefilled syringe and does not replace the WEZLANA Instructions for Use. Please review the Instructions for Use included with your prescribed medication prior to performing your injection. If you have further questions, please contact your doctor.



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# GETTING STARTED WITH YOUR WEZLANA™ (ustekinumab-auub) PREFILLED SYRINGE

This resource provides you with an overview and supplemental information about the WEZLANA prefilled syringe. It can help answer questions you may have about using your syringe. It does not replace the Instructions for Use. Please review the Instructions for Use included with your prescribed medication prior to performing your injection. If you have further questions, please contact your doctor.



You can also access the Instructions for Use by holding your smartphone camera over the code.



# WELCOME TO YOUR WEZLANA™ (ustekinumab-aub) PREFILLED SYRINGE INJECTION RESOURCE



When you start using the WEZLANA prefilled syringe for the very first time, you may wonder if you're going to do it right.

You may have questions or feel uncertain about the process. Other patients feel the same. You are not alone.

There's a lot to learn, and you want to get it right. With practice, you can begin to feel more confident and comfortable with the process.

With this resource and the online tools, you can do this... and you can read this as many times as you like, even if you are already experienced or want to remember the injection steps after a while. ***Now, let's get started!***

Carefully review this booklet which offers additional helpful information just for you and your caregiver, including:

1. Key injection steps
2. Helpful tips
3. Resources and tools
4. Answers to frequently asked questions
5. Travel guidance

# PREPARE YOURSELF AND CREATE A SELF-INJECTION ROUTINE THAT WORKS FOR YOU

Before you start the injection process, it's important to be prepared. Creating a **routine that works for you** can help manage your injections and make you feel more comfortable with the process over time.

Here are some tips to help you start a routine that's right for you:



Set up a comfortable, distraction-free environment before each injection. Consider a room where you can close the door so that other people can't distract or interrupt you.



Keep your injection supplies in the same place so they are easy for you to find.



Add reminders to your calendar or create phone alerts so you don't miss a dose. Some people like to use an injection log to write dates for their injection.



Read through the Instructions for Use and all the information in this booklet before you start.



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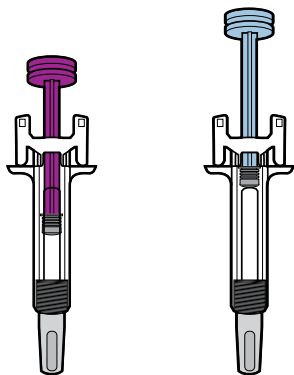
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# PREP | GET TO KNOW YOUR WEZLANA™ (ustekinumab-auub) PREFILLED SYRINGE

WEZLANA prefilled syringe comes in two different doses:

45 mg/0.5 mL

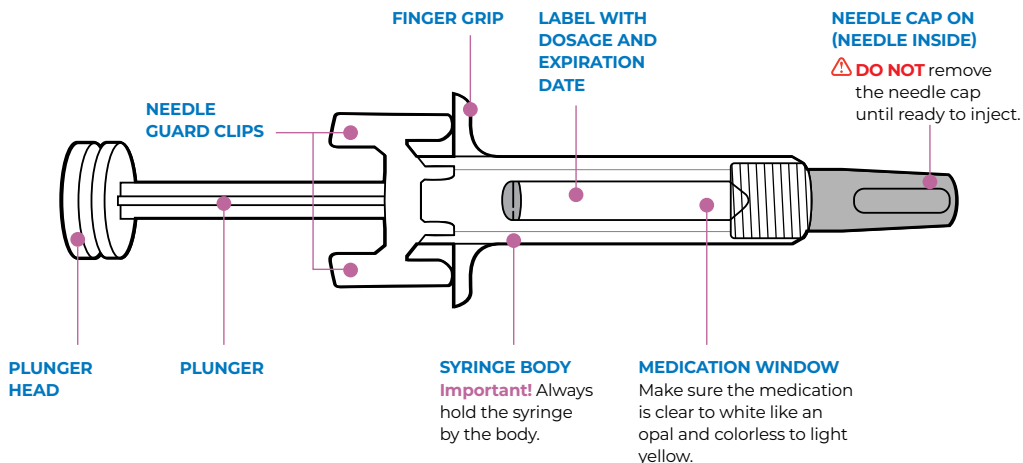
90 mg/mL



The look and amount of medicine in the prefilled syringe will be different for each dose.

## Introduction to the WEZLANA Prefilled Syringe

Please read the Instructions for Use for detailed information prior to performing the injection.



The WEZLANA prefilled syringe is latex free.

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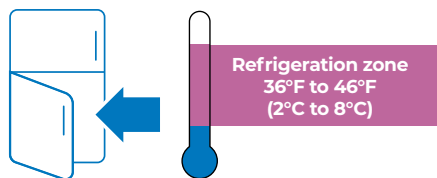
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## PREP | STORE YOUR WEZLANA™ (ustekinumab-auub) PREFILLED SYRINGE



When you receive the WEZLANA prefilled syringe, be sure to place it directly into the refrigerator.

Store your prefilled syringe in the refrigerator between 36°F to 46°F (2°C to 8°C) in original carton to protect from light or physical damage.

**⚠ DO NOT** freeze.

**⚠ DO NOT** store the syringe in extreme heat or cold. For example, avoid storing in your vehicle's glove box or trunk.



The prefilled syringe can be stored outside of the refrigerator at room temperature 68°F to 77°F (20°C to 25°C) for up to 30 days.

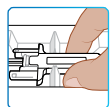
Record the date you removed it and throw away in a sharps disposal container if left out for longer.

**⚠ DO NOT** put the syringe back in the refrigerator once it has reached room temperature.

**Important!** Keep the prefilled syringe out of sight and reach of children.

# PREP | GET YOUR WEZLANA™ (ustekinumab-auub) PREFILLED SYRINGE READY

Bring your prefilled syringe(s) to room temperature.



Only remove the prefilled syringe(s) you plan to use.

**Important!** Grab the syringe body to remove the syringe from the carton.

**⚠ DO NOT** grab the plunger rod, finger grip, or the needle cap.

**⚠ DO NOT** shake the syringe at any time.



For a more comfortable injection, leave the prefilled syringe(s) at room temperature for 30 minutes before injecting.

**⚠ DO NOT** heat with hot water, a microwave, or direct sunlight.

Gather your supplies and check your dose.

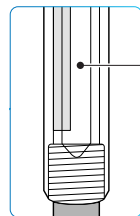
Gather materials in a clean, well-lit area. Place supplies on a flat surface.

- WEZLANA prefilled syringe(s)
- Alcohol wipes
- Cotton ball or gauze pad
- Adhesive bandage
- Sharps disposal container

Check your prescription to make sure you have the right dose.

- If your dose requires two syringes, you will need two WEZLANA prefilled syringes.
- If injecting two syringes, you will need to give yourself two injections, one right after the other.

Check expiration date and inspect the prefilled syringe(s).



The medicine should be clear to white like an opal and colorless to light yellow. It is ok to see air bubbles in the syringe.

**⚠ DO NOT** use WEZLANA if the medicine is frozen, cloudy, discolored, or has large particles.

**⚠ DO NOT** use if the expiration date has passed.

**⚠ DO NOT** use if the cap is loose or missing, the syringe has cracks or broken parts or has been dropped.

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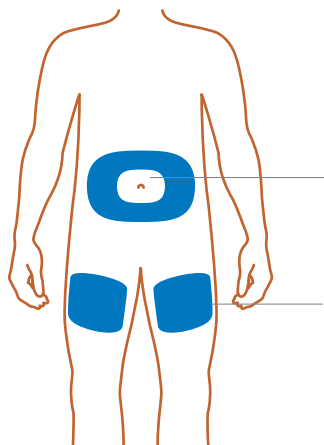
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## PREP | SELECT AND CLEAN YOUR INJECTION SITE

- Wash your hands thoroughly with soap and water.
- Clean the injection site with an alcohol wipe and let your skin dry on its own.
- Select one of the following injection sites:

### Front



**Stomach (except for a 2-inch area around your belly button).**

**Thigh**

**If someone else is giving you the injection, they can inject in your stomach, thigh, upper arm or buttocks.**

**⚠ DO NOT** inject where the skin is tender, bruised, red, or hard. Avoid injecting into scars or stretch marks.

**⚠ DO NOT** touch the cleaned area again before injecting.

### Tip!

- Choose a different site each time you give yourself an injection. If you need to use the same injection site, make sure it is not the same spot on the injection site you used the last time.
- Some people keep a diary or log to track their injection locations.



# INJECTING WITH YOUR WEZLANA™ (ustekinumab-auub) PREFILLED SYRINGE

In this section, you will find the steps for injecting your medication.

Please read the Instructions for Use for detailed information prior to starting the injection.



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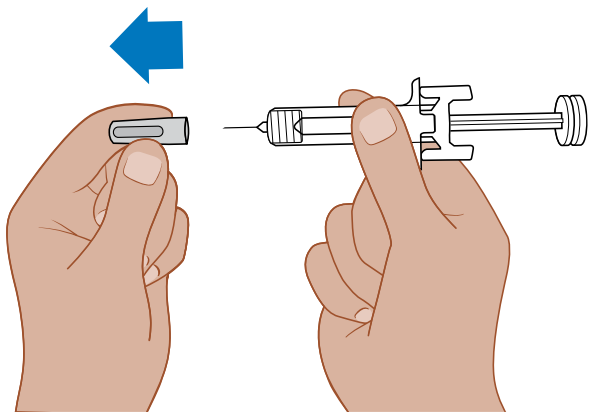
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## INJECT | REMOVE THE CAP FROM YOUR WEZLANA™ (ustekinumab-auub) PREFILLED SYRINGE

- Always hold the syringe by the body.
- Carefully pull the needle cap straight off while holding the syringe body.
- You may see a drop of liquid at the end of the needle. This is normal.



**⚠ DO NOT** remove the needle cap until you're ready to inject. Never put the cap back on.

**⚠ DO NOT** touch the needle or let it touch any surface.

**⚠ DO NOT** twist or bend the needle cap.

**Important!** Throw the needle cap into a sharps container.

### Tip!

- If you have questions before you remove the needle cap, re-read the [Instructions for Use \(IFU\)](#).



Hold your smartphone camera over the code to access the IFU.

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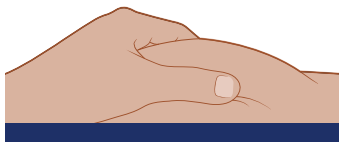
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# INJECT | KEY STEPS TO USING YOUR WEZLANA™ (ustekinumab-auub) PREFILLED SYRINGE

1



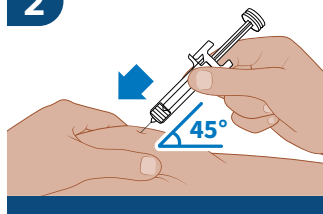
## PINCH

the skin around the injection site.

### Important!

Keep the skin pinched while injecting.

2

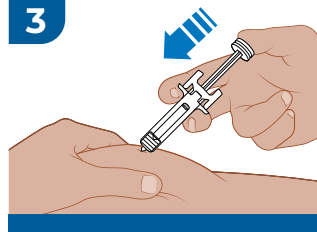


## INSERT

the needle into your pinched skin at about a 45-degree angle.

**⚠ DO NOT** place your finger on the plunger rod while inserting the needle.

3

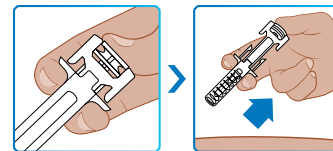


## INJECT

by slowly pressing the plunger head down until it is completely between the needle guard clips.

**⚠ DO NOT** pull back on the plunger at any time.

4



## LIFT

the needle from the skin while keeping pressure on the plunger head.

Slowly take your thumb off the plunger head until the needle guard covers the needle.

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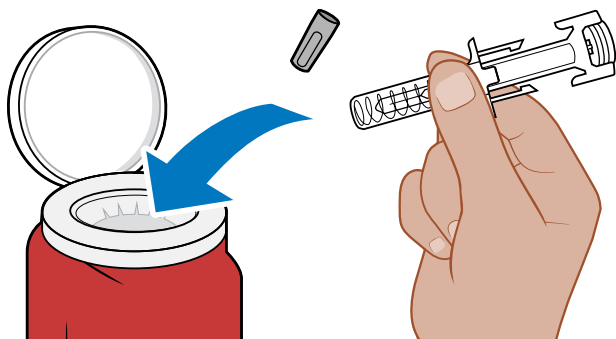
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## PROPERLY DISPOSE OF YOUR WEZLANA™ (ustekinumab-aaub) PREFILLED SYRINGE

Once you have finished your injection, put your used syringe and needle cap in a sharps container.



**⚠ DO NOT** throw away the syringe or needle cap in your household trash. Put other supplies like wipes and bandages in your household trash.

**⚠ DO NOT** put the needle cap back on.

**⚠ DO NOT** reuse the syringe.

### Tip!

- Learn how to properly dispose of your sharps container.
- If you don't have a sharps disposal container, you can go to <http://www.fda.gov/safesharpsdisposal> to learn what may be used as an alternative.

If your dose requires you to inject two syringes, then repeat the preparation and injection steps on pages 8-12 for the second injection using a new WEZLANA syringe.

# CONGRATULATIONS!

## You know the process – Now make it part of your routine.

Continue to use this resource to review your injection steps to help build confidence when self-injecting. You may find that you'll get more comfortable with each injection.

Remember:

**PINCH, INSERT, INJECT, LIFT**

Be sure to contact your care team if you have any questions or concerns.

Please scan the code below to view the Prefilled Syringe Injection Overview Video.



Have supplemental injection questions?  
Call 1-866-269-4471 Monday–Friday from  
8 AM–8 PM ET.



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# FREQUENTLY ASKED QUESTIONS

## TEMPERATURE CONTROL AND STORAGE:

**What is the best way to store my prefilled syringe?** Store the syringe in the refrigerator between 36°F to 46°F (2°C to 8°C) in its original carton. **DO NOT** store in the freezer.

**Why do I need to grab the syringe by the body?** **DO NOT** grab the syringe by the plunger rod, finger grip, or needle cap as it could start the injection.

**I left my prefilled syringe outside of the refrigerator. Is this okay?** Your prefilled syringe can be stored at room temperature 68°F to 77°F (20°C to 25°C) for up to 30 days. **DO NOT** put back in the refrigerator once it has reached room temperature. **DO NOT** use if the syringe has been stored above 86°F (30°C). If it's been longer than 30 days, throw it out in a sharps container.

**Do I really have to wait 30 minutes for the prefilled syringe to reach room temperature before injecting?** Yes, if you don't, it may take longer to complete the injection and you may experience discomfort. **DO NOT** warm it in a microwave or hot water, in direct sunlight, or near other heat sources.

## PREPARING TO INJECT:

**What should I do if the prefilled syringe looks frozen, cloudy, discolored, or has large particles or is damaged or expired?**

If the medicine is frozen, cloudy, discolored, or has large particles, or if the syringe is damaged or expired, **DO NOT** use it. Throw it away and contact your doctor.

**Why do I have to change injection sites each time?**

It is recommended to change injection sites with each injection to avoid irritation, discomfort, fatty lumps, swelling, ulceration, scarring, or infection and give the skin a chance to heal.

## FREQUENTLY ASKED QUESTIONS (CONT'D)

### INJECTION:

**Why do I have to inject immediately after I remove the needle cover?** If you remove the needle cap before you are ready to inject, the medicine can dry out, the needle may become damaged, or you may accidentally hurt yourself with it.

### Why do I need to pinch the skin?

You need to pinch the skin to make sure that you are injecting under the skin. It is important to keep the skin pinched throughout the entire injection.

### Can I adjust the position of the syringe after I've inserted the needle?

Once you have inserted the needle, you should not change the position of the prefilled syringe. It may help to ensure you have everything you need in front of you and to sit in a comfortable position.

### DISPOSAL GUIDELINES:

**What if I don't have a sharps container?** If you don't have a sharps disposal container, you can go to <http://www.fda.gov/safesharpsdisposal> to learn what may be used as an alternative.

**Where do I dispose of a full sharps container?** When your sharps disposal container is almost full, you will need to follow your community guidelines for the right way to dispose of your sharps container. For details and specific information about sharps disposal in your area, go to: <http://www.fda.gov/safesharpsdisposal>.

**DO NOT** recycle your used sharps disposal container.

**DO NOT** dispose of your used sharps disposal container in your household trash unless your community guidelines permit this.

# GENERAL TRAVEL GUIDANCE

## TRAVELING WITH YOUR WEZLANA™ (ustekinumab-auub) PREFILLED SYRINGE

If your injection day happens while you are traveling, it's important to plan ahead. Use this information to help ensure you don't miss a dose.

### SHORT TRIPS

#### Traveling less than 30 days:

- Your prefilled syringe can be stored at room temperature in its original carton for up to 30 days

**Remember that once your prefilled syringes reach room temperature, you should not put them back in the fridge.**

Make sure the carton is stored in a safe place where it won't be damaged or exposed to extreme temperatures or direct sunlight.

Pack what you need for injection, including:

- WEZLANA prefilled syringe(s)
- Alcohol wipes\*
- Cotton ball or gauze\*
- Bandage
- Puncture resistant (sharps) disposal container

\*Make sure to keep these items clean when you travel.

### LONGER TRIPS

#### Traveling more than 30 days:

- Keep within the safe temperature zone
- Reach out to your pharmacist and/or doctor to discuss other options such as filling your prescription at your desired destination

**DO NOT** use a prefilled syringe that has been at room temperature for more than 30 days.



# CAR AND AIR TRAVEL GUIDANCE



## TRAVELING BY CAR:

Make sure your prefilled syringe is stored in the safe temperature zone between 68°F to 77°F (20°C to 25°C).

**DO NOT** leave your prefilled syringe in the car once you've reached your destination.

**DO NOT** expose it to direct sunlight or heat.

**DO NOT** put it back in the refrigerator once it has reached room temperature.



## TRAVELING BY AIRPLANE:

Before you travel

- Contact your airline about the carry-on policy for needles, syringes, or injection devices. Security regulations may change.
- Research the injection device requirements of other countries you may visit.
- Bring a copy of your prescription or a doctor's note to show airport security.



## TSA OR AIRPORT SECURITY CONSIDERATIONS:

- Notify security screeners that you are carrying a sharps container.
- Consider requesting a "hand check" of your medication kit to avoid any delays.
- Be prepared to display, handle, and repack your own medication and supplies in order to prevent contamination or damage.
- Make sure to keep your medication with you during the flight. **DO NOT** put your medication in your checked baggage.

# IMPORTANT SAFETY INFORMATION

WEZLANA™ (ustekinumab-auub) is a prescription medicine that affects your immune system. WEZLANA can increase your chance of having serious side effects including:

## Serious Infections

WEZLANA may lower your ability to fight infections and may increase your risk of infections. While taking ustekinumab products, some people have serious infections, which may require hospitalization, including tuberculosis (TB), and infections caused by bacteria, fungi, or viruses.

- Your doctor should check you for TB before starting WEZLANA and watch you closely for signs and symptoms of TB during treatment with WEZLANA.
- If your doctor feels that you are at risk for TB, you may be treated for TB before and during treatment with WEZLANA.

You should not start taking WEZLANA if you have any kind of infection unless your doctor says it is okay.

## Before starting WEZLANA, tell your doctor if you:

- think you have an infection or have symptoms of an infection such as:
  - fever, sweats, or chills
  - muscle aches
  - cough
  - weight loss
  - warm, red, or painful skin or sores on your body

- shortness of breath
- blood in phlegm
- diarrhea or stomach pain
- burning when you urinate or urinate more often than normal
- feel very tired

- are being treated for an infection or have any open cuts.
- get a lot of infections or have infections that keep coming back.
- have TB, or have been in close contact with someone with TB.

**After starting WEZLANA, call your doctor right away** if you have any symptoms of an infection (see above). These may be signs of infections such as chest infections, or skin infections or shingles that could have serious complications. WEZLANA can make you more likely to get infections or make an infection that you have worse. People who have a genetic problem where the body does not make any of the proteins interleukin 12 (IL-12) and interleukin 23 (IL-23) are at a higher risk for certain serious infections that can spread throughout the body and cause death. People who take WEZLANA may also be more likely to get these infections.

## Cancers

WEZLANA may decrease the activity of your immune system and increase your risk for certain types of cancer. Tell your doctor if you have ever had any type of cancer. Some people

## IMPORTANT SAFETY INFORMATION (CONT'D)

who had risk factors for skin cancer developed certain types of skin cancers while receiving WEZLANA. Tell your doctor if you have any new skin growths.

### Posterior Reversible Encephalopathy Syndrome (PRES)

PRES is a rare condition that affects the brain and can cause death. The cause of PRES is not known. If PRES is found early and treated, most people recover. Tell your doctor right away if you have any new or worsening medical problems including: headache, seizures, confusion, and vision problems.

### Serious Allergic Reactions

Serious allergic reactions can occur. Stop using WEZLANA (ustekinumab-auub) and get medical help right away if you have any symptoms of a serious allergic reaction such as: feeling faint, swelling of your face, eyelids, tongue, or throat, chest tightness, or skin rash.

### Lung Inflammation

Cases of lung inflammation have happened in some people who receive ustekinumab products and may be serious. These lung problems may need to be treated in a hospital. Tell your doctor right away if you develop shortness of breath or a cough that doesn't go away during treatment with WEZLANA.

**Before receiving WEZLANA, tell your doctor about all of your medical conditions, including if you:**

- have any of the conditions or symptoms listed above for serious infections, cancers, or PRES.
- ever had an allergic reaction to ustekinumab products or any of its ingredients. Ask your doctor if you are not sure.
- have recently received or are scheduled to receive an immunization (vaccine). People who take WEZLANA should not receive live vaccines. Tell your doctor if anyone in your house needs a live vaccine. The viruses used in some types of live vaccines can spread to people with a weakened immune system, and can cause serious problems. **You should not receive the BCG vaccine during the one year before receiving WEZLANA or one year after you stop receiving WEZLANA.**
- have any new or changing lesions within psoriasis areas or on normal skin.
- are receiving or have received allergy shots, especially for serious allergic reactions.
- receive or have received phototherapy for your psoriasis.
- are pregnant or plan to become pregnant. It is not known if WEZLANA can harm your unborn baby. You and your doctor should decide if you will receive WEZLANA.

## IMPORTANT SAFETY INFORMATION (CONT'D)

- are breastfeeding or plan to breastfeed. WEZLANA (ustekinumab-auub) can pass into your breast milk.
- talk to your doctor about the best way to feed your baby if you receive WEZLANA.

**Tell your doctor about all the medicines you take**, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Know the medicines you take. Keep a list of them to show your doctor and pharmacist when you get a new medicine.

### **When prescribed WEZLANA:**

- Use WEZLANA exactly as your doctor tells you to.
- WEZLANA is intended for use under the guidance and supervision of your doctor. In children 6 years and older, it is recommended that WEZLANA be administered by a healthcare provider. If your doctor decides that you or a caregiver may give your injections of WEZLANA at home, you should receive training on the right way to prepare and inject WEZLANA. Your doctor will determine the right dose of WEZLANA for you, the amount for each injection, and how often you should receive it. Do not try to inject WEZLANA yourself until you or your caregiver have been shown how to inject WEZLANA by your doctor or nurse.

**Common side effects of WEZLANA include:** nasal congestion, sore throat, and runny nose, upper respiratory infections, fever,

headache, tiredness, itching, nausea and vomiting, redness at the injection site, vaginal yeast infections, urinary tract infections, sinus infection, bronchitis, diarrhea, stomach pain, and joint pain. These are not all of the possible side effects with WEZLANA. Tell your doctor about any side effect that you experience. Ask your doctor or pharmacist for more information.

**You are encouraged to report negative side effects of prescription drugs to the FDA. Visit <https://www.fda.gov/medwatch> or call 1-800-FDA-1088.**

**Please see the WEZLANA full [Prescribing Information](#), including [Medication Guide](#).**

### **WHAT IS WEZLANA™ (ustekinumab-auub)?**

WEZLANA is a prescription medicine used to treat:

- adults and children 6 years and older with moderate to severe psoriasis who may benefit from taking injections or pills (systemic therapy) or phototherapy (treatment using ultraviolet light alone or with pills).
- adults and children 6 years and older with active psoriatic arthritis.
- adults 18 years and older with moderately to severely active Crohn's disease.
- adults 18 years and older with moderately to severely active ulcerative colitis.

# IF YOU HAVE QUESTIONS ABOUT INJECTING WITH THE WEZLANA™ (ustekinumab-auub) PREFILLED SYRINGE, CONTACT YOUR HEALTHCARE PROVIDER

If you need supplemental injection support call 1-866-269-4471  
Monday–Friday from 8 AM–8 PM ET



Please see WEZLANA full [Prescribing Information](#), including [Medication Guide](#) and [Instructions for Use](#).



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