

# GETTING COMFORTABLE WITH TAKING STELARA®

Your easy-to-follow overview of self-injection

This guide is a supplement to the full Instructions for Use. This guide is not intended to replace those instructions. Discuss any questions you may have with your doctor. Carefully read the full Instructions for Use and Medication Guide enclosed with your prefilled syringe before you or a caregiver administers STELARA®.

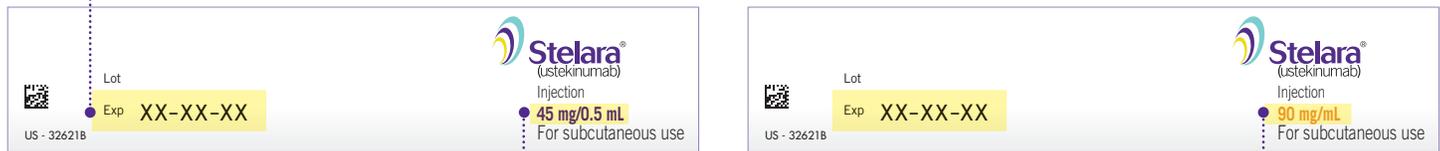
## WE'RE HERE TO HELP

We're glad your doctor prescribed STELARA® to help with your plaque psoriasis or psoriatic arthritis symptoms. Please visit injection support on [STELARAinfo.com/stelara-injection-support](https://STELARAinfo.com/stelara-injection-support) to watch our self-injection video, or call Janssen CarePath at **877-CarePath (877-227-3728)** to talk to a Janssen CarePath Care Coordinator for any additional questions you might have.

## 1. GATHER SUPPLIES

Only a patient or caregiver trained by a healthcare professional should inject STELARA®. Carefully follow the steps below.

Take your carton of STELARA® out of the fridge and check both the dose and the expiration date printed on the box. Do not use if the expiration date has passed. **Do not** shake the carton or prefilled syringe at any time.



For psoriasis patients weighing 100 kg (220 lbs) or less—and most psoriatic arthritis patients—the recommended dose is 45 mg initially and 4 weeks later, followed by 45 mg every 12 weeks.

For patients with psoriasis—or psoriatic arthritis with co-existent moderate-to-severe plaque psoriasis—weighing more than 100 kg (220 lbs), the recommended dose is 90 mg initially and 4 weeks later, followed by 90 mg every 12 weeks.

### GATHER THE FOLLOWING SUPPLIES:

Remember to wash your hands before you proceed.



ANTISEPTIC WIPE



COTTON BALL OR GAUZE PAD



PUNCTURE RESISTANT CONTAINER

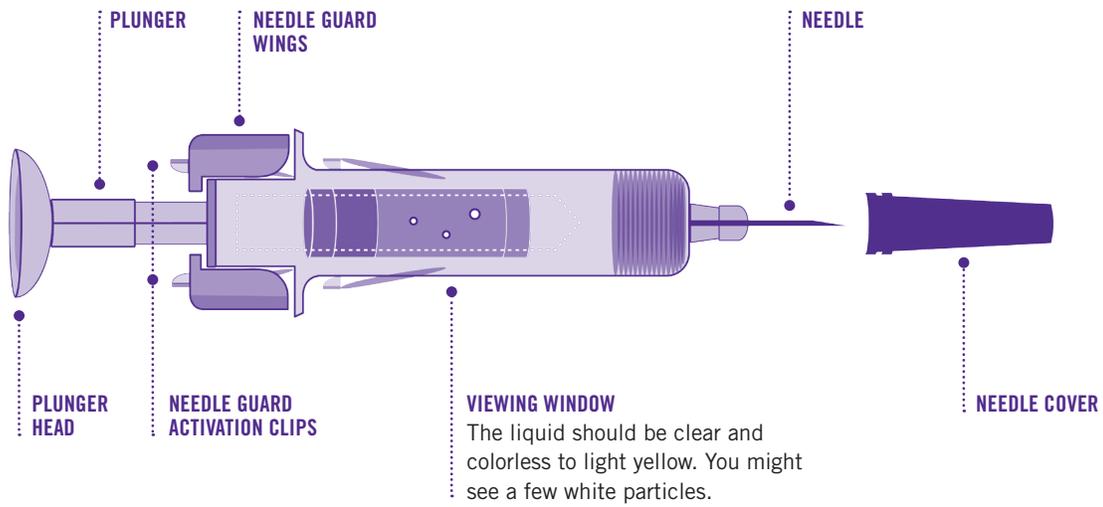
Click here for full [Prescribing Information](#) and [Medication Guide](#) (with Instructions for Use)



# FEELING RIGHT AT HOME WITH SELF-INJECTION

## 2. KNOW YOUR SYRINGE

Start by taking the syringe out of the package carefully, without shaking it or touching the plunger or activation clips. **Don't** drop the syringe.



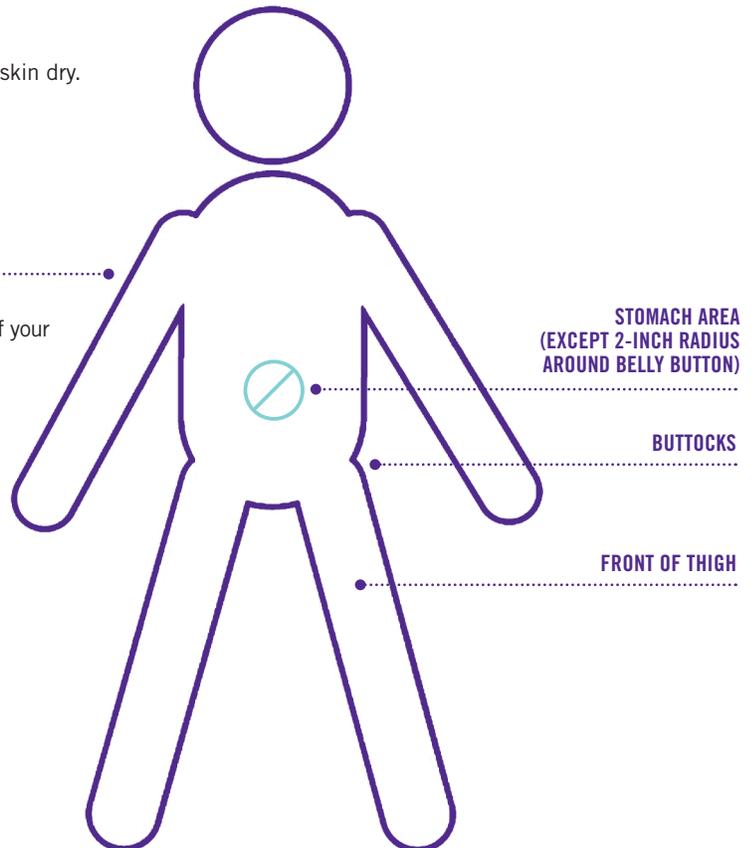
## 3. WHERE TO INJECT\*

Use the antiseptic wipe to clean your chosen injection site and let your skin dry. **Don't** touch, fan, or blow on the injection site after cleaning.

### OUTER UPPER ARM

In case a caretaker is injecting you, the outer area of your upper arm is also an injection site.

**\*STEER CLEAR OF INJECTING IN SKIN THAT'S TENDER, BRUISED, RED, OR HARD.  
CHANGE YOUR INJECTION SITE EACH TIME YOU INJECT.**



# IT'S TIME TO INJECT

## 4. HOW TO INJECT

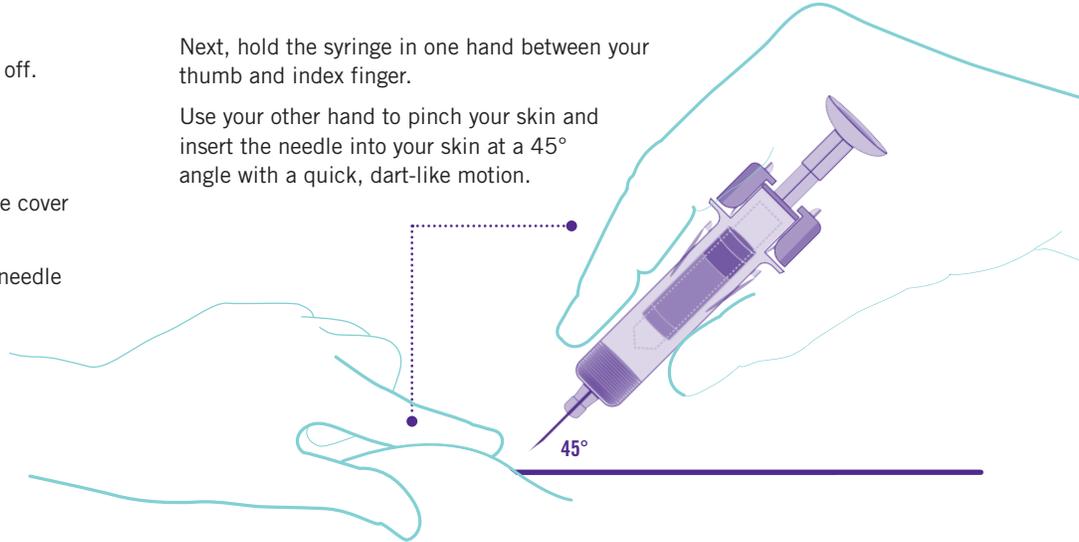
Remove the needle cover by pulling it straight off.

### DO NOT:

- Worry if you see a drop of liquid 
- Touch the plunger while removing the needle cover
- Let the exposed needle touch anything
- Use the syringe if it is dropped without the needle cover in place

Next, hold the syringe in one hand between your thumb and index finger.

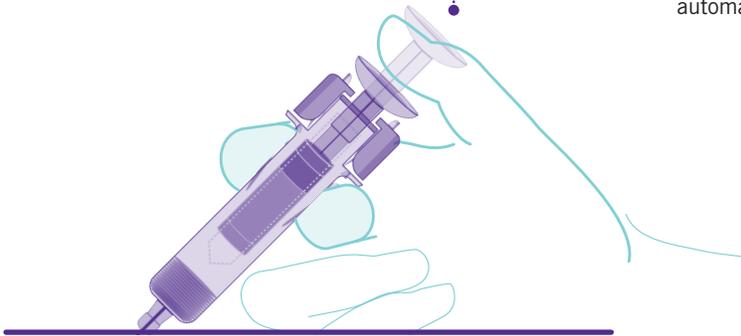
Use your other hand to pinch your skin and insert the needle into your skin at a 45° angle with a quick, dart-like motion.



## 5. INJECT MEDICINE

Now use your thumb to push the plunger head completely down between the needle guard wings.

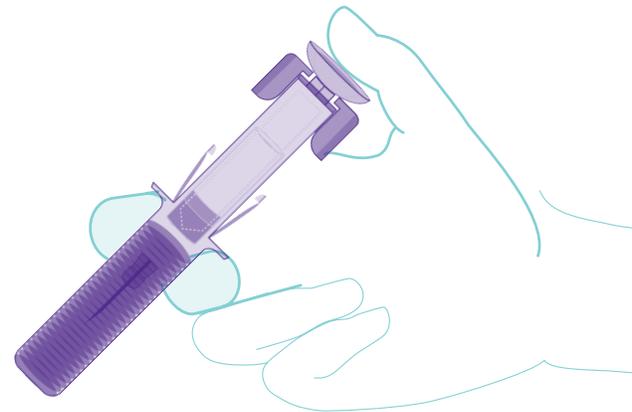
**DON'T PULL BACK ON THE PLUNGER AT ANY TIME.**



## 6. COMPLETE INJECTION

Once all the medicine has been injected, maintain the pressure on the plunger head and gently remove the needle from your skin.

Slowly take your thumb off the plunger head; you'll hear a click. That's the sound of the needle guard automatically activating.



## 7. DISPOSE & SET ALARM



Toss your used syringe into your sharps container.\* Don't have a sharps container? Call Janssen CarePath at **877-CarePath (877-227-3728)** for more information.

**\*IMPORTANT:** Never dispose of used syringes or puncture-resistant container with your household garbage. Once your container is full, please follow the guidelines for the right way to dispose of your syringes.



Check the injection site. A little blood is perfectly normal. Just apply light pressure with a cotton ball or gauze pad until it stops. Do not rub the injection site. You can cover it with an adhesive bandage, if necessary.



That's it! You're done, and the best part is that you don't have to inject STELARA® again for 12 whole weeks. Please remember to set an alarm or mark your calendar for the next dose.