



## A step-by-step guide to using the ENBREL 50 mg pre-filled pen<sup>1</sup>—MYCLIC



SFDA approval date: September 2018  
version Number: 1

1. Enbrel® (Etanercept), Package Leaflet, KSA, April 2016, V5.

# Step 1: Preparing for your Enbrel® injection

## Items you will need



## The first step is preparing for your Enbrel injection.<sup>1</sup>

Select a clean, well-lit, flat work surface and keep the area where you inject and your injection supplies as clean and germ-free as possible.<sup>1</sup> Gather the items that you will need for your injection, and place them on your work surface:<sup>1</sup>

- One MYCLIC pre-filled pen and one alcohol swab. Take these from the carton of pens you keep in your refrigerator (remember not to shake the pen).<sup>1</sup>
- One cotton-wool ball or gauze.<sup>1</sup>

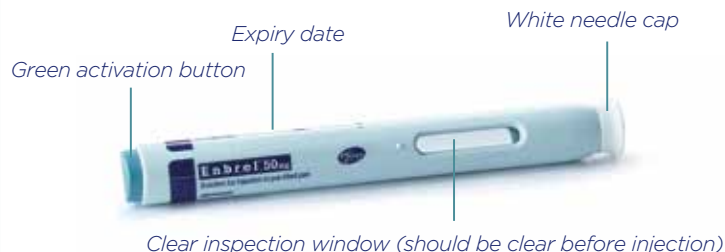
## Step 1: Preparing for your Enbrel® injection



**Items you will need**

# Step 1: Preparing for your Enbrel® injection

## MYCLIC® pen features



### Demonstration tip

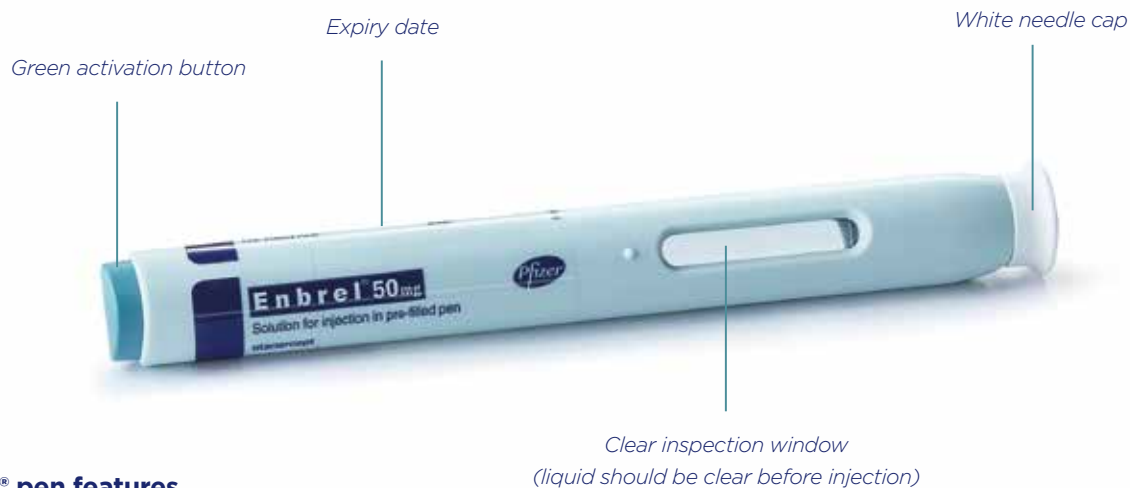
#### Use the demonstration device to point out:

- › White needle cap.
- › Green activation button.
- › Clear inspection window (should be clear before injection).
- › Expiry date.

Once you have gathered the items you will need for your injection, check the expiry date (month/year) on the MYCLIC® pen.<sup>1</sup> If the date has passed, do not use the pen and contact your pharmacist for assistance. Also, inspect the solution in the MYCLIC pen by looking through the clear inspection window.<sup>1</sup> The solution should be clear or slightly opalescent, colourless or pale yellow, and may contain small white or almost transparent particles of protein. This appearance is normal for ENBREL. Do not use the solution if it is discoloured, cloudy, or if particles other than those described above are present. If you are concerned with the appearance of the solution, then contact your pharmacist for assistance.<sup>1</sup> Do not shake the pen. Remember to keep your box of pens stored in a refrigerator (between 2°C and 8°C).<sup>1</sup> Do not freeze them.<sup>1</sup>



## Step 1: Preparing for your Enbrel® injection



**MYCLIC® pen features**

# Step 1: Preparing for your Enbrel® injection

Allow your MYCLIC® pen to reach room temperature before using<sup>1</sup>

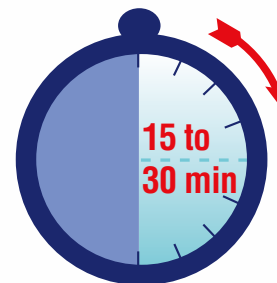


**Leave the white needle cap in place and wait 15 to 30 minutes** to allow the ENBREL solution in the MYCLIC pen to reach room temperature.<sup>1</sup> Allowing the MYCLIC pen to reach room temperature may help reduce potential discomfort when you inject. Do not warm ENBREL in any other way.<sup>1</sup> For example, do not warm it in a microwave or in hot water. Always keep MYCLIC pens out of sight and reach of children.<sup>1</sup>

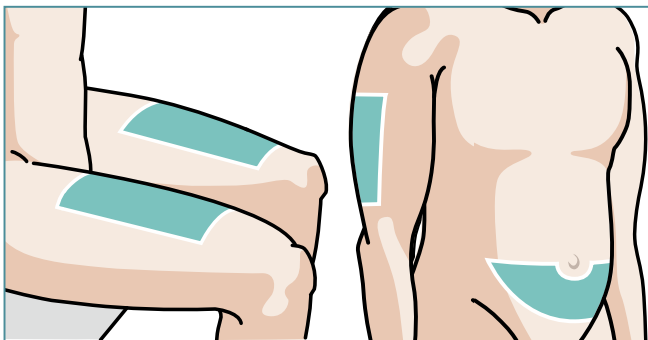
## Key to successful injecting

- › Wait approximately 15 to 30 minutes for the ENBREL solution in the MYCLIC pen to reach room temperature.<sup>1</sup>

**Allow your MYCLIC® pen to reach room temperature before using**



## Step 2: Choosing an injection site



### Demonstration tip

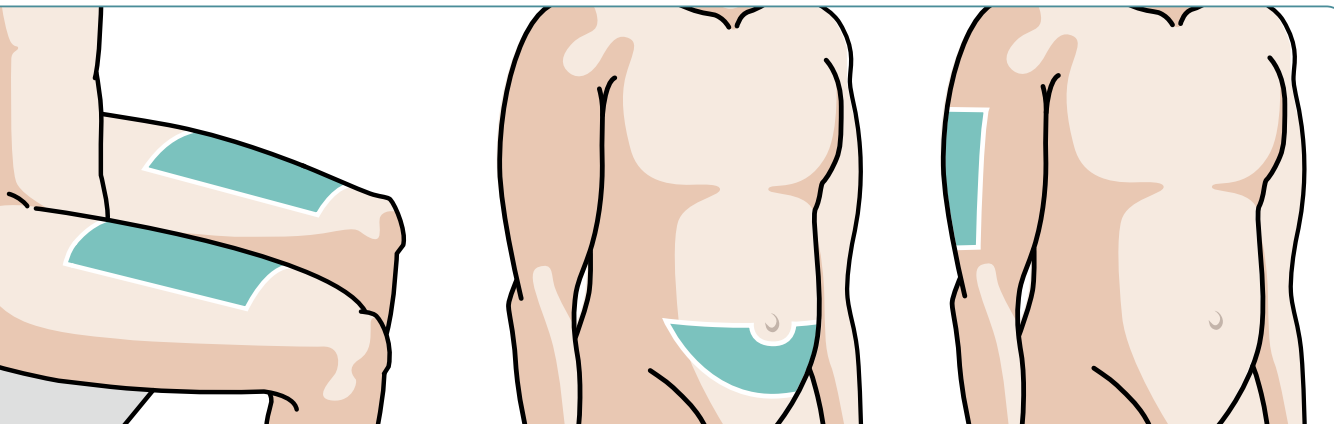
- › Ask patients to trace appropriate areas with their fingertip to ensure they understand the correct area(s) within which they should inject.

### The next step is choosing an injection site.

The recommended injection sites are the middle of the front of the thighs. If you prefer, you may alternatively use the stomach area, but make sure you choose a site at least 5 cm away from the belly button (navel).<sup>1</sup>

If someone else is giving you the injection, the outer area of the upper arms also may be used.<sup>1</sup>

## Step 2: Choosing an injection site



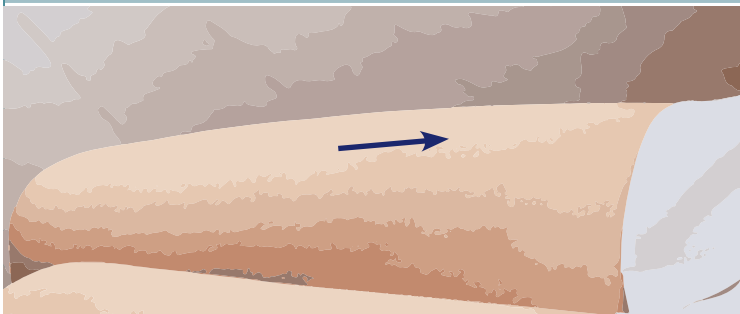
*Recommended injection site:  
Middle of the front of the thighs.*

*Recommended injection site:  
Stomach area. Choose  
a site at least 5 cm away from  
the belly button (navel).*

*Injection site if someone else  
is giving you the injection:  
Outer area of upper arms.*

## Step 2: Choosing an injection site

Each new injection should be given at least 3 cm from the previous injection site



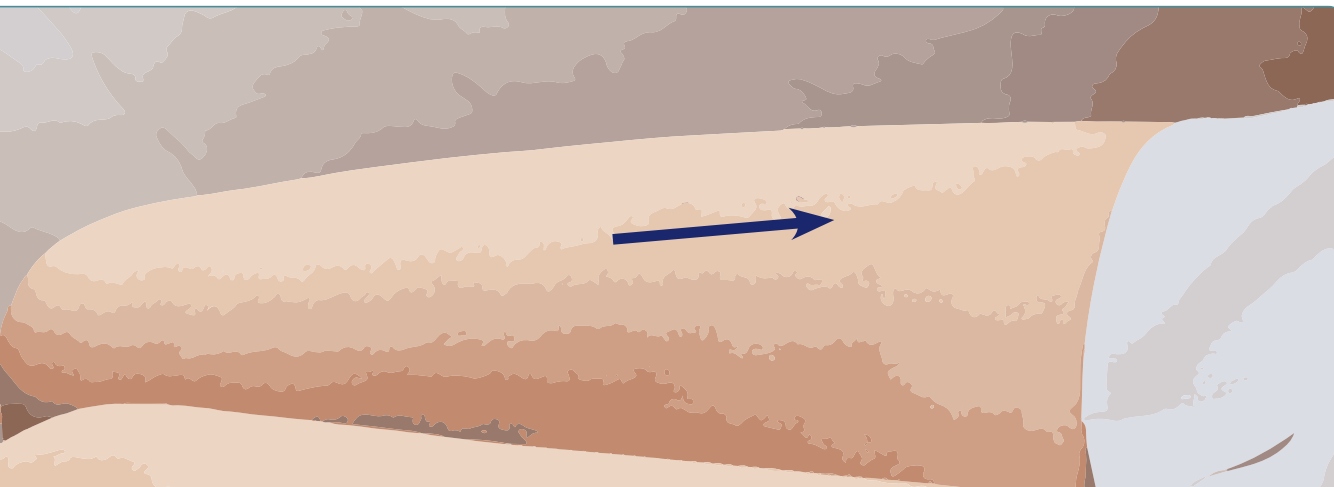
### Demonstration tip

- › Show patients what 3 cm looks like.
- › Point out any problem areas into which patients should not inject.

Each new injection should be given at least 3 cm (or the width of 3 fingers) from where you last injected.<sup>1</sup>

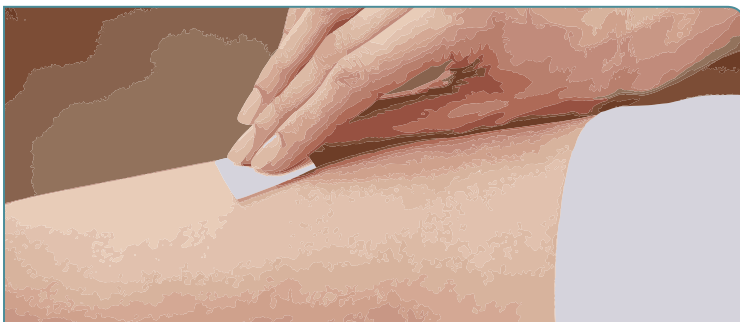
Do not inject into tender, bruised, broken or hard skin and avoid scars or stretch marks.<sup>1</sup> If you have psoriasis, do not inject directly into any raised, thick, red, or scaly skin.<sup>1</sup> Keeping notes may help you remember where you have recently injected.

## Step 2: Choosing an injection site



*Each new injection should be given at least 3 cm from the previous injection site.*

## Step 3: Injecting the Enbrel® solution



### Demonstration tip

- › Illustrate proper cleaning method—rotating outward in a circular motion.

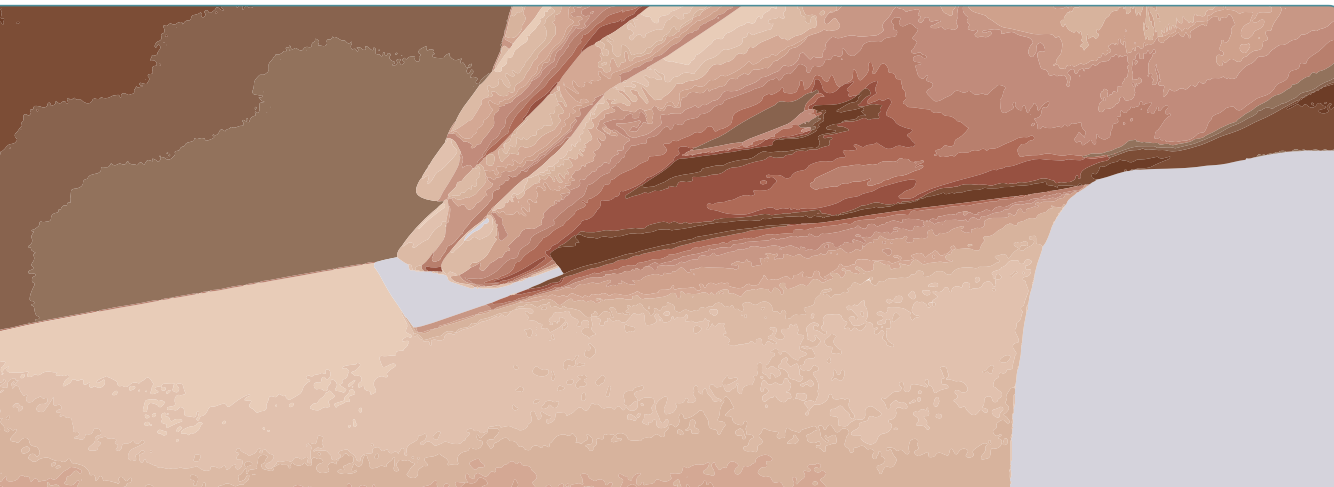
### Your next step is injecting the Enbrel solution.

After waiting 15 to 30 minutes for the solution in the MYCLIC® pen to warm to room temperature, wash your hands with soap and water.<sup>1</sup> Ensure the injection site is clean. You can use an alcohol swab using a circular motion, and allow it to dry.<sup>1</sup>

Do not touch this area again before injecting.<sup>1</sup>

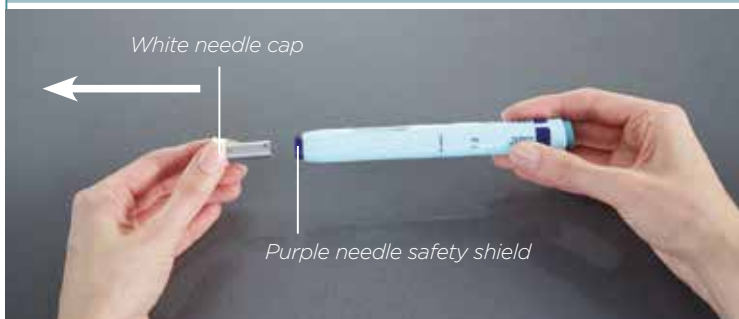


## Step 3: Injecting the Enbrel® solution



## Step 3: Injecting the Enbrel® solution

**Pull the white needle cap straight off the MYCLIC® pen**



### Demonstration tip

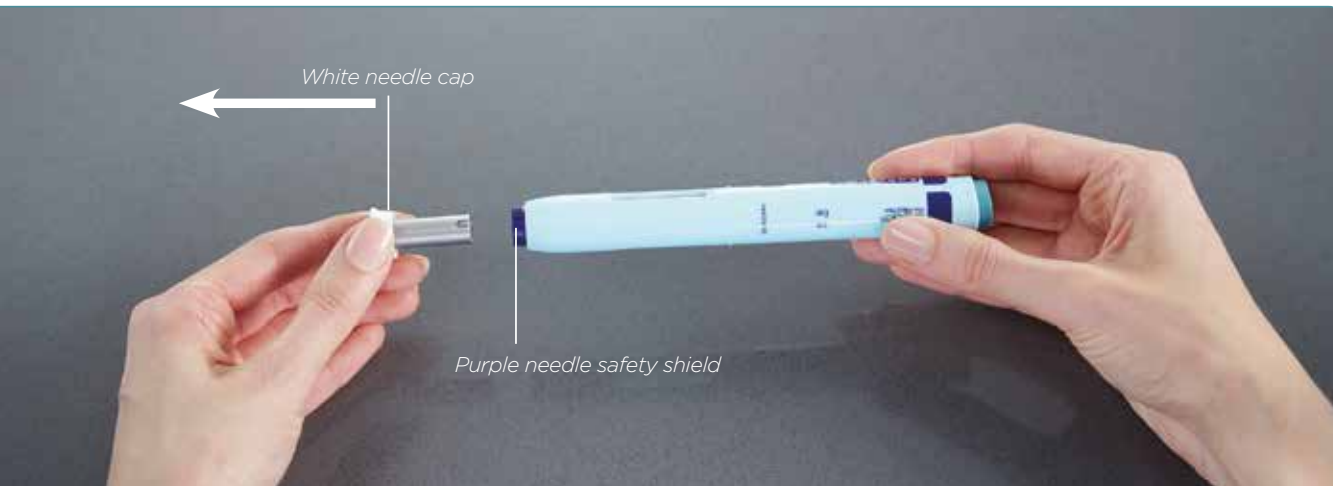
- › Use the demonstration device to show proper removal of white needle safety cap.
- › Point out the purple needle safety shield.

Next, pick up the pen and remove the white needle cap by pulling it straight off.<sup>1</sup> To avoid damaging the needle inside the MYCLIC® pen, do not bend or twist the white needle cap while you are removing it, and do not re-attach it once it has been removed.<sup>1</sup>

After you remove the white needle cap, you will see the purple needle safety shield extending slightly from the end of the MYCLIC pen.<sup>1</sup> The needle will remain protected inside the pen until the pen is activated.

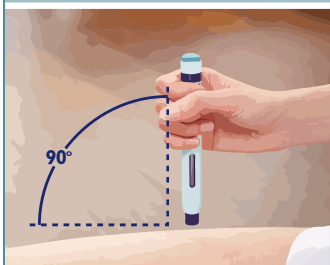
Do not use the pen if it is dropped with needle cap off.<sup>1</sup>

## Step 3: Injecting the Enbrel® solution

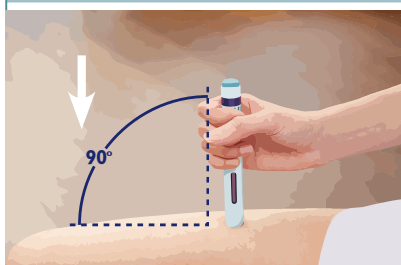


## Step 3: Injecting the Enbrel® solution

Hold the MYCLIC® pen at a right angle to the injection site



Press the open end of the MYCLIC pen firmly down



### Demonstration tip

- › At a recommended site, use the demonstration device to show the MYCLIC pen going down over the safety shield.

### Key to successful injecting

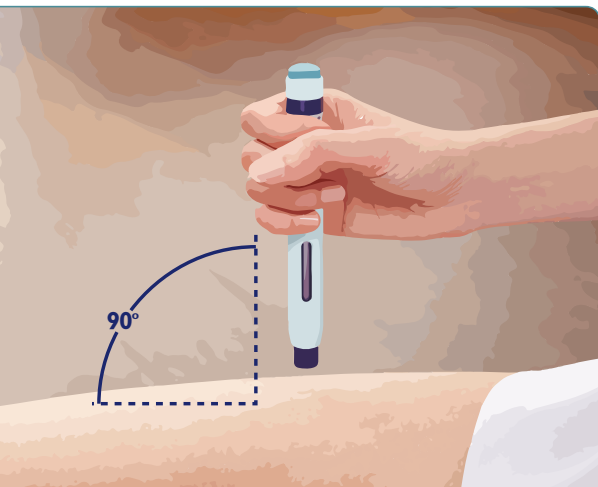
- › Do not press the green button until the MYCLIC pen has been pressed **firmly** against your skin and the safety shield can no longer be seen.<sup>1</sup>

Hold the MYCLIC pen at a right angle (90°) to the injection site.<sup>1</sup> Lightly pinching the skin around the injection site between the thumb and index finger of your free hand may make the injection easier and more comfortable.<sup>1</sup> Push the open end of the pen firmly against the skin so that the needle safety shield is pushed completely inside of the pen.<sup>1</sup> You will probably see a slight depression in the skin.<sup>1</sup>

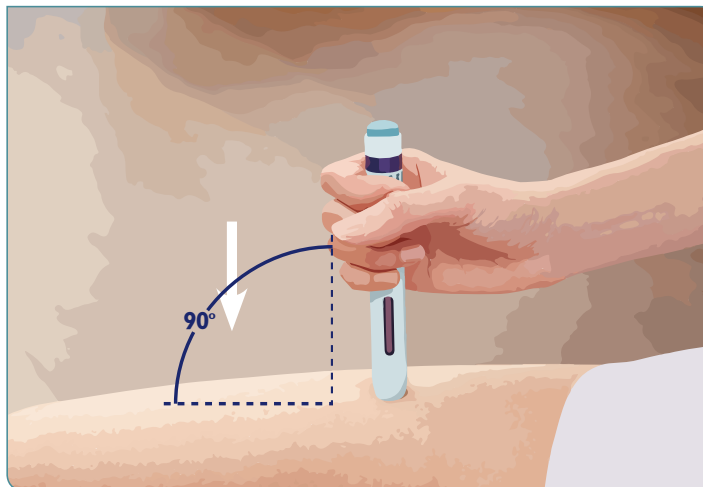
The MYCLIC pen can only be activated when the purple needle safety shield is completely pushed inside the pen.<sup>1</sup>

<sup>1</sup>. Enbrel® (Etanercept), Package Leaflet, KSA, April 2016, V5.

## Step 3: Injecting the Enbrel® solution



*Hold the MYCLIC® pen at a right angle to the injection site.*



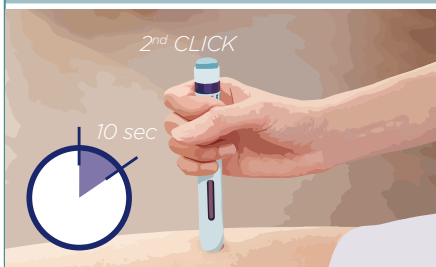
*Push the open end of the MYCLIC® pen firmly down.*

## Step 3: Injecting the Enbrel® solution

**Press the centre of the green activation button**



**Hold the pen firmly against your skin until you hear a second click (or for 10 seconds if no second click is heard)**



### **Demonstration tip**

- Use the demonstration device to show proper injection technique.

Start the injection by pressing the centre of the green activation button on the top of the pen with your thumb.<sup>1</sup>

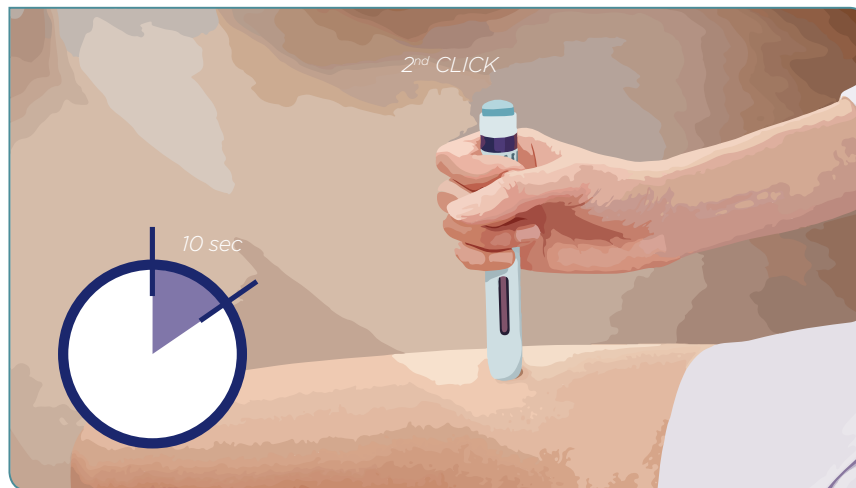
- On pressing the centre of the button, you will hear a click.<sup>1</sup>
- If you are unable to start the injection as described, press the pen more firmly against your skin, then press the green activation button again.<sup>1</sup>
- Do not lift the pen until you hear a second click. On hearing the second click (or, if you do not hear a second click, after 10 seconds have passed) your injection will be complete.<sup>1</sup>

Holding the pen in place for the appropriate amount of time will help ensure that you receive your full dose of ENBREL.

## Step 3: Injecting the Enbrel® solution



*Press the centre of the green activation button.*



*Hold the pen firmly against your skin until you hear a second click (or for 10 seconds if no second click is heard).*

## Step 3: Injecting the Enbrel® solution

**Lift the MYCLIC® pen from your skin**



**Check the MYCLIC pen's inspection window. It should be completely purple**



### **Demonstration tip**

- Use the demonstration device to point out the needle shield and purple inspection window.

When the injection has been completed, lift the pen from your skin.<sup>1</sup> The purple needle safety shield will automatically extend to cover the needle.<sup>1</sup>

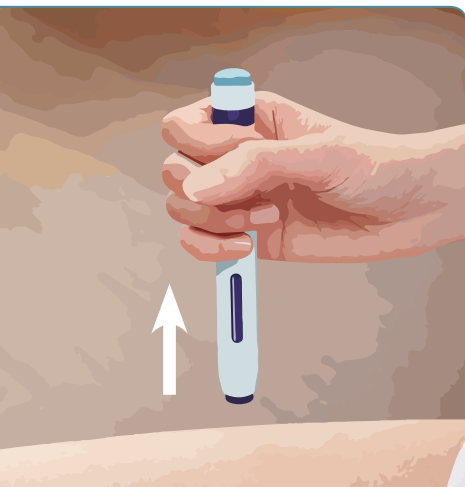
The pen's inspection window should now be completely purple, confirming that the dose has been injected correctly.<sup>1</sup> If the window is not completely purple, contact your nurse or pharmacist for assistance, since the pen may not have injected the ENBREL solution completely.<sup>1</sup> Do not try to use the pen again, and do not try to use another pen without agreement from your nurse or pharmacist.<sup>1</sup>

If you notice a spot of blood at the injection site, you should press the cotton-wool ball or gauze over the injection site for at least 10 seconds.<sup>1</sup> Do not rub the injection site.<sup>1</sup>

<sup>1</sup> Enbrel® (Etanercept), Package Leaflet, KSA, April 2016, V5.



## Step 3: Injecting the Enbrel® solution



*Lift the pen  
from your skin.*



*Check the pen's inspection window.  
It should be completely purple.*

## Step 4: Disposing of the used MYCLIC<sup>®</sup> pen

*Used MYCLIC pen*



*Proper disposal*



### Demonstration tip

- › Demonstrate the proper disposal of used materials.

The pen must only be used once—it should NEVER be reused.<sup>1</sup> DO NOT attempt to recap the pen. Throw away the alcohol swab and cotton-wool ball.

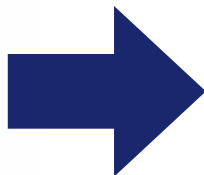
The pen must be disposed of correctly (as instructed by your doctor, nurse or pharmacist).<sup>1</sup> DO NOT throw away any medicines via wastewater or household waste.

If you have any questions, please speak to a doctor, nurse or pharmacist who is familiar with ENBREL.<sup>1</sup>

## Step 4: Disposing of the used MYCLIC® pen

*Used MYCLIC pen*

**DO NOT** try to recap pen



*Proper disposal*



# Key points for successful injecting with MYCLIC®

- › Wait approximately 15 to 30 minutes for the ENBREL® solution in the pen to reach room temperature.<sup>1</sup>
- › Do not press the green activation button until the pen has been pressed firmly against your skin and the purple needle safety shield can no longer be seen.<sup>1</sup>
- › Maintain firm pressure throughout the injection.<sup>1</sup>
- › Press the centre of the green activation button on top of the pen, and you will hear a click.<sup>1</sup>
- › Do not lift the pen until you hear a second click (or until 10 seconds have passed if no second click is heard).<sup>1</sup>



