

# Injection instructions



## How to take Prolia®

Prolia is administered as a single injection under the skin (subcutaneous) every 6 months. The injection can be in your upper arm, upper thigh, or abdomen. It can be given any time by a healthcare professional or by a trained injector, with or without food.

Your prefilled syringe may be left outside the refrigerator to reach room temperature (up to 25°C) before injection. This will make the injection more comfortable.

Keep all medicines, including Prolia, away from children.

Do not share a Prolia product with others, even if they have a similar disease.

## Usual dose

The usual dose of Prolia is 60 mg administered once every 6 months. You should also take supplements of calcium and vitamin D.

## Missed dose

If you miss a dose you should receive your next dose as soon as convenient. Schedule your next dose 6 months from the date of your last injection.

## Overdose

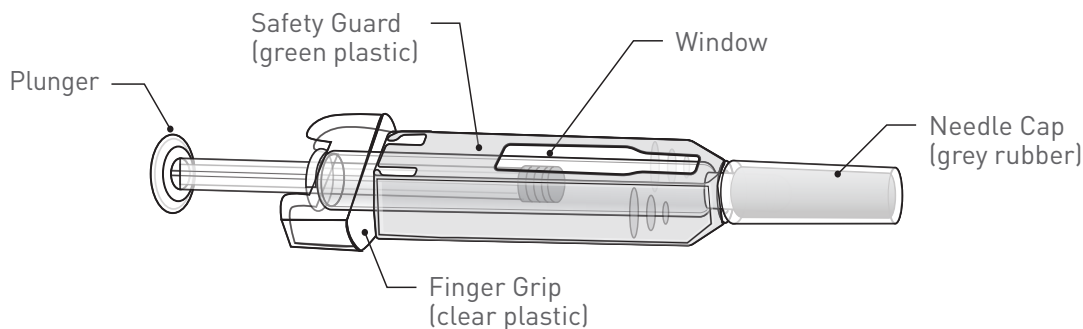
In case of drug overdose, contact a healthcare professional, hospital emergency department or regional Poison Control Centre immediately, even if there are no symptoms.

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## Before you inject

**Important:** In order to minimize accidental needle sticks, the Prolia single use prefilled syringe has a green safety guard that should be manually activated **after** the injection is given.

**Do not** slide the green safety guard forward over the needle before administering the injection – it will lock in place and prevent injection.



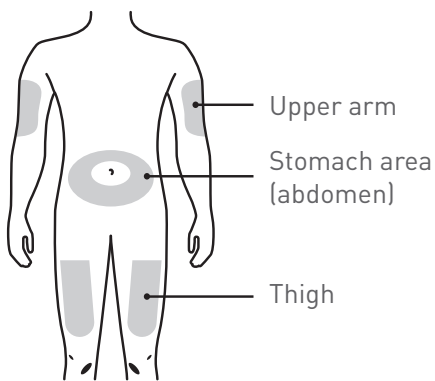
The green safety guard should be activated (slide over the needle) **after** the injection.

The grey needle cap on the single use prefilled syringe contains dry natural rubber (a derivative of latex), which should not be handled by persons sensitive to latex.

## Step 1 – Prepare

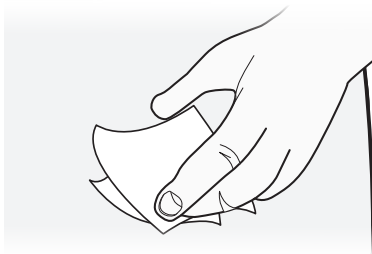
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- A.** Gather all materials needed for the injection.  
Wash your hands thoroughly with soap and water.
- B.** Inspect the contents of the syringe. Prolia is a clear, colourless to slightly yellow solution.  
**Do not** use if the solution is cloudy.  
**Do not** use the syringe if any part appears cracked or broken.  
**Do not** use the syringe if the expiration date printed on the label and carton has passed.  
The expiry date refers to the last day of that month.  
In all of these cases, use a new syringe and call Amgen Medical Information at 1-866-502-6436.
- C.** Prepare and clean the injection site.



### You can use:

- The upper thigh
- Stomach area (abdomen), except for a two-inch (five centimeters) area right around the navel
- The upper arm



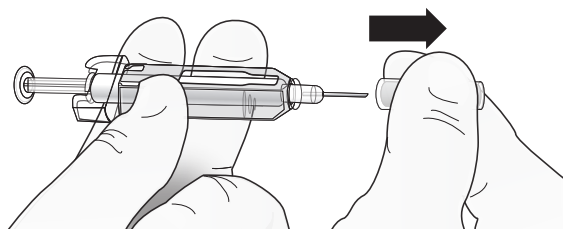
Clean the injection site with alcohol wipes and let the skin dry.

- **Do not** touch this area again before injecting.
- **Do not** inject into areas where the skin is tender, bruised, red or hard.
- Avoid injecting directly into raised, thick, red, or scaly skin patch or lesion, or areas with scars or stretch marks.

## Step 2 – Remove the grey needle cap

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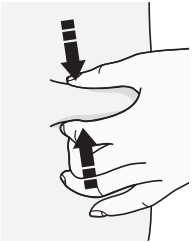
Pull the grey needle cap straight off and away from the body when you are ready to inject.



- **Do not** put the grey needle cap back onto the syringe.
- **Do not** remove the grey needle cap from the syringe until you are ready to inject.

## Step 3 – Pinch the injection site to create a firm surface

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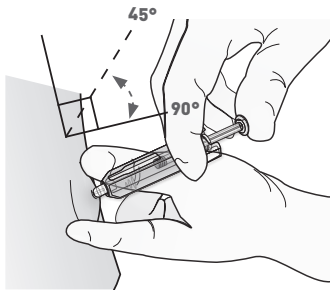


Pinch the skin firmly between your thumb and fingers, creating an area about two inches wide (five centimeters).

**Important:** Keep the skin pinched while injecting.

## Step 4 – Administer injection

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Insert the needle into the skin at 45 to 90 degrees.

**Do not** press down on the top of the plunger while inserting the needle.

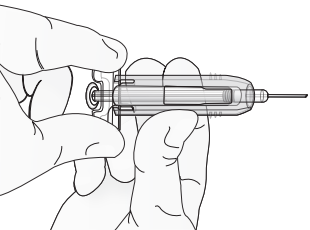
Using slow and constant pressure, push the plunger rod all the way down and inject **all** the liquid.

When done, release your thumb and gently lift the syringe off the skin.

**Do not** put the grey needle cap back on needle.

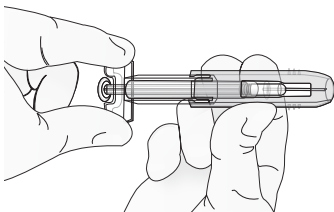
## Step 5 – Immediately slide green safety guard over needle

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With the **needle pointing away from you**, hold the prefilled syringe by the clear plastic finger grip with one hand. Then, with the other hand, grasp the green safety guard by its base and gently slide it towards the needle until the green safety guard locks securely in place and/or you hear a “click”.

**Do not** grip the green safety guard too firmly – it will move easily if you hold and slide it gently.



Immediately dispose of the syringe and needle cap in the nearest sharps container.

**Do not** put the needle cap back on the used syringe.

## Step 6 - Examine the injection site

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If there is blood, press a cotton ball or gauze pad on the injection site. Do not rub the injection site. Apply an adhesive bandage if needed.

## Questions?

To speak with the ProVital® Patient Support Program, call 1-877-PRO-1002 (1-877-776-1002) toll-free from 8:00 a.m. to 8:00 p.m. EST, Monday to Friday, or visit the program website at [www.prolia.ca](http://www.prolia.ca). You will need the Prolia DIN to access the website. The Prolia **DIN** is **02343541**.



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