

Medication Guide Appendix: Instructions for Preparing and Giving a Dose with an AVONEX[®] Prefilled Syringe

Storing AVONEX[®] Prefilled Syringes

AVONEX[®] in prefilled syringes should be refrigerated (36-46°F or 2-8°C). Once removed from the refrigerator, AVONEX[®] in a prefilled syringe should be allowed to warm to room temperature (about 30 minutes). Do not use external heat sources such as hot water to warm AVONEX[®] in a prefilled syringe. Should refrigeration be unavailable, AVONEX[®] in a prefilled syringe can be stored up to 77°F (25°C) for a period up to 7 days. Once the product is removed from the refrigerator, it must not be stored above 77°F (25°C). If the product has been exposed to conditions other than those recommended, **DISCARD THE PRODUCT, DO NOT USE and call your pharmacist.** Do not expose to high temperatures. Do not freeze. Protect from light.

How can I be sure that my AVONEX prefilled syringe is not exposed to temperatures above 77°F (25°C)? If in doubt, DISCARD THE PRODUCT, DO NOT USE and call your pharmacist.

- When traveling, consider packing your AVONEX prefilled syringe in a small cooler or insulated bag to help protect it from extreme temperatures. Be careful not to freeze.
- You should carry your AVONEX prefilled syringe with you when flying, such as in your carry-on bag.
- Do not leave your AVONEX prefilled syringes anywhere in your car when you are not in the car.
- Do not store AVONEX in a location that may become hot, such as on a windowsill.

How do I prepare and inject a dose of AVONEX[®]?

Find a well lit, clean, flat work surface like a table and collect all the supplies you will need to give yourself or receive an injection. Take one AVONEX[®] Administration Dose Pack out of the refrigerator about 30 minutes before you plan on injecting your dose to allow it to reach room temperature. A room temperature solution is more comfortable to inject.

You will need the following supplies:

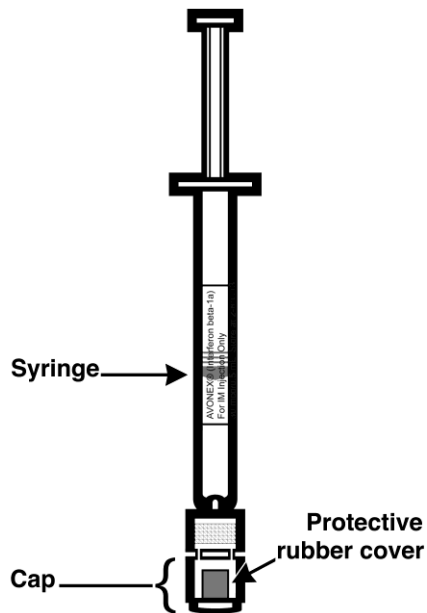
- single-use prefilled syringe
- sterile needle
- alcohol wipe
- gauze pad
- adhesive bandage
- a puncture resistant container for disposal of used syringes and needles

Preparing the AVONEX[®] prefilled syringe

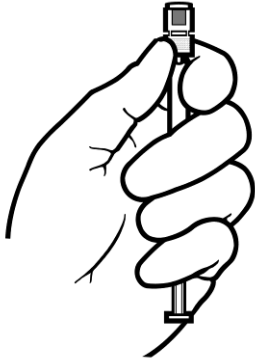
It is important to keep your work area, your hands, and your injection site clean to minimize risk of infection. You should wash your hands prior to handling the syringe.

1. Check the expiration date. The expiration date is printed on the AVONEX[®] prefilled syringe, syringe package and the carton. **DO NOT USE if the medication is expired.**
2. Always check the syringe carefully.
 - The syringe should be free of cracks or damage.
 - The solution in the syringe should be clear and colorless.
 - Hold the syringe so that the cap is facing down and the 0.5 mL mark is at eye level. The amount of liquid in the syringe should be the same or very close to the 0.5 mL mark.
 - The cap on the end of the syringe should be attached and should not be opened.

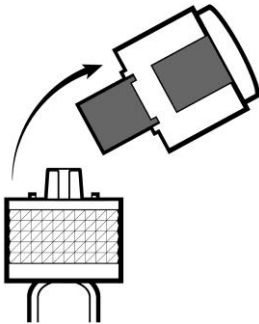
If the syringe is cracked or damaged, the solution is cloudy or colored, the cap has been opened or is not securely attached, or there is not enough liquid in the syringe, **DO NOT USE that syringe. GET A NEW SYRINGE.** Contact Biogen Idec at 1-800-456-2255.



3. Hold the AVONEX[®] prefilled syringe upright just below the cap, as shown.

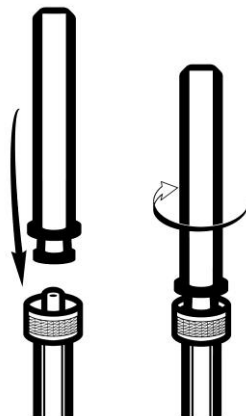


4. Remove the cap by bending it at a 90° angle until it snaps free.



5. Attach the needle by pressing it onto the syringe and turning it clockwise until it locks in place.

NOTE: If you do not firmly attach the needle to the syringe, it may leak so you may not get your full dose of AVONEX[®]. Be careful not to push the plunger while attaching the needle.



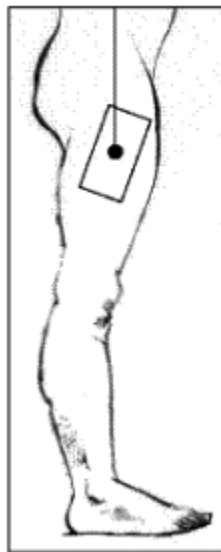
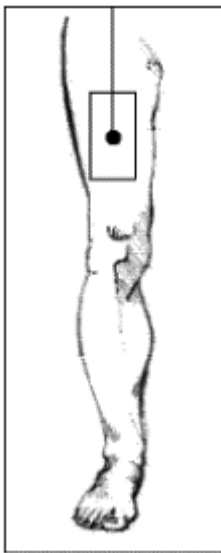
Selecting an injection site

You should use a different site each time you inject. This can be as simple as switching between thighs (if you are always injecting yourself), or if another person is helping you, you can rotate between your upper arms and your thighs. Keeping a record of the date and location of each injection will help you.

Do not inject into an area of the body where the skin is irritated, reddened, bruised, infected or scarred in any way.

The best sites for intramuscular injection are the thigh and upper arm:

- thigh

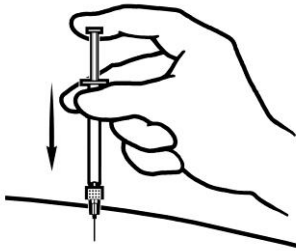


- upper arm

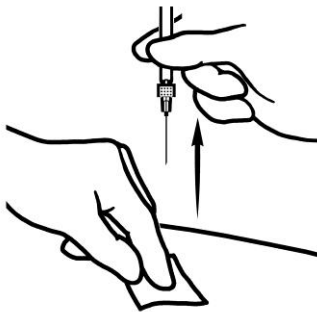


Injecting the AVONEX® dose

1. Use the alcohol wipe to clean the skin at the injection site you choose. Then, pull the protective cover **straight** off the needle; do not twist the cover off.
2. With one hand, stretch the skin out around the injection site. Hold the syringe like a pencil with the other hand, and using a quick motion insert the needle at a 90° angle, through the skin and into the muscle.
3. Once the needle is in, let go of the skin and slowly push the plunger down until the syringe is empty.



4. Take the gauze pad and hold it near the needle at the injection site and pull the needle straight out. Use the gauze pad to apply pressure to the site for a few seconds or rub gently in a circular motion.



5. If there is bleeding at the site, wipe it off and, if necessary, apply an adhesive bandage.
6. After 2 hours, check the injection site for redness, swelling or tenderness. If you have a skin reaction and it does not clear up in a few days, contact your doctor or nurse.
7. Dispose of the used syringe and needle in your puncture resistant container. This is a single-use syringe. **DO NOT USE** a syringe or needle more than once.

Disposal of syringes and needles

There may be special state and/or local laws for disposing of used needles and syringes. Your doctor, nurse or pharmacist should provide you with instructions on how to dispose of your used needles and syringes.

- **Always keep your disposal container out of the reach of children.**
- **DO NOT** throw used needles and syringes into the household trash and **DO NOT RECYCLE.**

Manufactured by:
Biogen Idec Inc.
14 Cambridge Center
Cambridge, MA 02142 USA
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