

GETTING STARTED

 *Pr Redesca*[®]

YOUR GUIDE TO
INJECTING REDESCA[®]
AND REDESCA HP[®]



GETTING STARTED WITH REDESCA[®] AND REDESCA HP[®]

You have been prescribed REDESCA[®] or REDESCA HP[®] by your doctor. Be sure to follow the instructions provided by your healthcare professionals and follow your Patient Information Leaflet. Read the instructions below carefully. Don't hesitate to ask your healthcare team if you have questions about your medication.

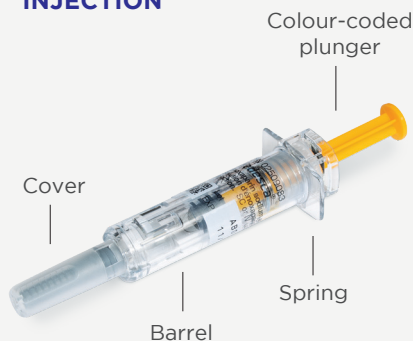
Your REDESCA[®] or REDESCA HP[®] dosage is:

_____ mg _____ a day.

START DATE: _____ **STOP DATE:** _____

YOUR NEXT MEDICAL APPOINTMENT IS ON: _____

BEFORE INJECTION



AFTER THE INJECTION

with the needle
shield locked
in place



INJECTING REDESCA[®] AND REDESCA HP[®]

Your doctor may want you to continue your REDESCA[®] and REDESCA HP[®] injections at home for a few days. If so, your doctor or nurse will show you how to administer your injections before you are released from the hospital.

If you have any
questions, be sure to
ask your healthcare
team for further
clarification or guidance
that you require!



INSTRUCTIONS FOR SELF-INJECTION

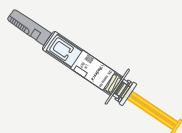
To help prevent pain and bruising at the injection site, it is important to follow the instructions for proper subcutaneous (under the skin) injection.

When at home, there is nothing you need to prepare for your injection. The syringe is already pre-filled with the exact amount of drug required.

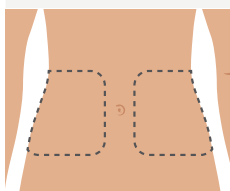
BEFORE YOUR INJECTION



1. **Do not** press the plunger prior to injecting.

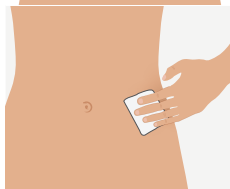


2. REDESCA® and REDESCA HP® solution should be **inspected visually** for clarity, particulate matter, precipitation, discolouration, and leakage prior to administration. Do not use if solution shows haziness, particulate matter, discolouration, or leakage.



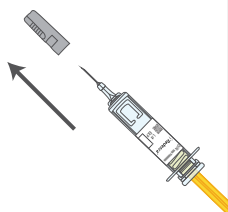
3. **Choose your injection site:** The fat of the lower abdomen is recommended.

Note: this should be at least 5 cm away from your belly button and out towards your sides.



4. Wash your hands and cleanse (do not rub) the selected site with an alcohol swab.

Note: select a different site on the lower abdomen for each injection.



5. **Removing the needle cap:** Always point the needle away from yourself when administering the injection.

Note: there may be slight liquid leakage after the cap is removed.

While holding the body of the syringe with your dominant hand and the needle cap in the other, in one smooth motion, **twist and pull the needle cap** straight off the needle. Throw away the cap.

The syringe is **ready** to use!

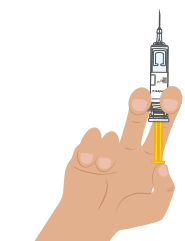
To avoid loss of the medicine when using the 30 and 40 mg pre-filled syringes, do not expel the air bubble from the syringe before the injection.

Do not let the needle touch anything once the cap has been removed in order to make sure the needle stays clean (sterile).

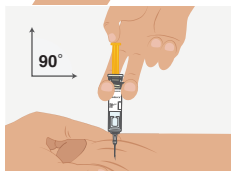
ADMINISTERING YOUR INJECTION



6. **Sit or lie down** in a comfortable position and gather a fold of skin with your thumb and forefinger.



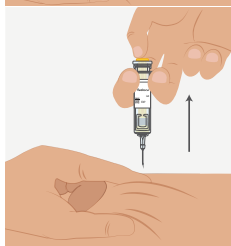
7. **Hold the syringe in the hand you write with (like a pencil)**, and with your other hand, **gently pinch** the cleaned area of your abdomen between your forefinger and thumb to make a fold in the skin.
- Note:** Make sure you hold the skin fold throughout the injection.



8. Hold the syringe so that the needle is pointing downwards (**vertically at a 90° angle**). Insert the full length of the needle into the skin fold.



9. **Press down on the plunger** with your finger. This will send the medicine into the fatty tissue of the stomach. Make sure you hold the skin fold throughout the injection.



10. Remove the needle by **pulling it straight out** of the injection site.

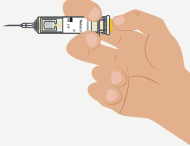
Note: Do not release the pressure on the plunger. (The safety mechanism needs to be user activated after the plunger is fully depressed.)

INSTRUCTIONS FOR SELF-INJECTION (CONT.)

AFTER YOUR INJECTION

Activating the needle guard is a second step, after injection.

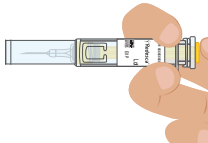
“CLICK”



11. **Activating the needle guard:** Lift your thumb off the plunger and reposition it, using the tip of your thumb to press down firmly on the plunger, ensuring that enough pressure is applied to activate the safety mechanism.

Note: The protective sleeve, which is in the form of a plastic cylinder, will be activated and automatically cover the needle completely, with the added firm pressure to the plunger (push hard on the plunger).

“CLICK”



12. An **audible “click”** will be heard once the protective sleeve covers the needle. Make sure you observe that the needle is completely covered prior to disposal.



13. Safely **dispose of the syringe** and needle with its protective sleeve, so they remain out of reach of children.

To avoid bruising,
do not rub the injection
site after your injection.



QUESTIONS?

Be sure to **ask your doctor or healthcare professional** if you have **any questions** on **REDESCA®** and **REDESCA HP®**.

Feel free to write down any questions you may have as a reminder to ask them at your next scheduled appointment.

QUESTIONS

REDESCA®/REDESCA HP® Product Monograph. Valeo Pharma Inc. March 16, 2021.



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