



Injection guide for patients

How to use SONDELBAY[®]. A guide to self-injection

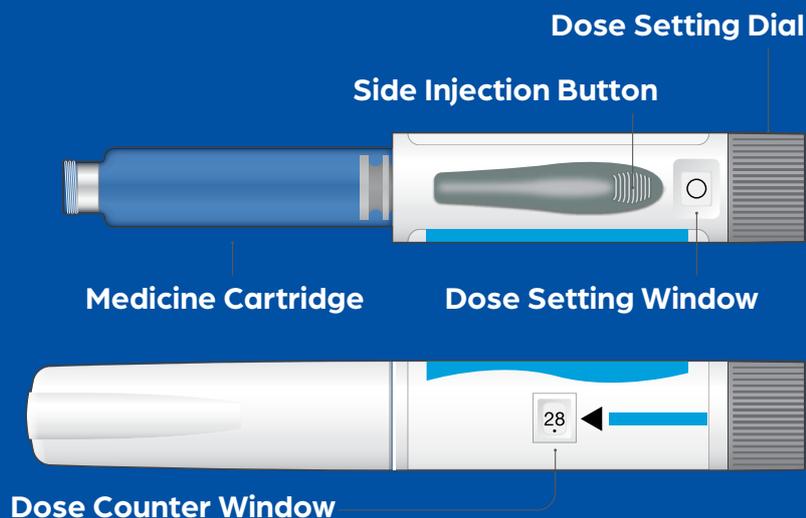
Please read these instructions, your Pen User Manual and your Patient Information Leaflet in full before using SONDELBAY[®]. This device requires training by a healthcare professional. Your doctor or pharmacist should have shown you how to administer SONDELBAY[®] before you self-inject. If you have not been shown or have any questions, please contact your doctor or pharmacist.

Injection guide for patients



How to use SONDELBAY[®] A guide to self-injection

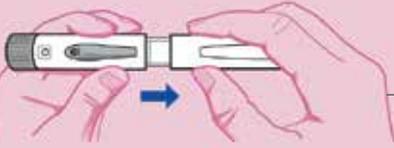
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STEP 1 – GETTING READY

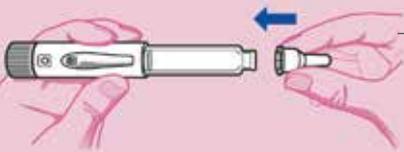


- **Always** begin by washing your hands.
- **Check** your pen's label to make sure it is the correct medicine.
- **Check** your pen's expiration date to make sure it is still in date and OK to use.
- **Check** the dose counter to make sure your pen has doses in it. If your pen is new there should be 28 doses.
- Each time you inject a dose of SONDEL BAY®, this number goes down by one, so you will always know how many doses are left in your pen.



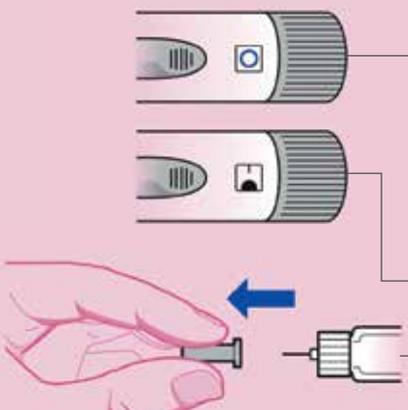
- Next prepare your thigh or tummy for the injection.
- This is the part your doctor or pharmacist will have explained to you, so follow their instructions carefully.
- Pull off the pen cap to check there's no damage to the pen and the cartridge.
- **Check** the medicine inside. It should be clear, colourless and free of particles.

STEP 2 – CONNECTING THE NEEDLE*



- Tear off the paper tab from a new needle, and push the needle straight onto the medicine cartridge.
- Turn the needle in a clockwise motion until it's firmly attached.
- Pull off the large needle cover and put it where you can reach it. You will need this later to remove the needle after use.

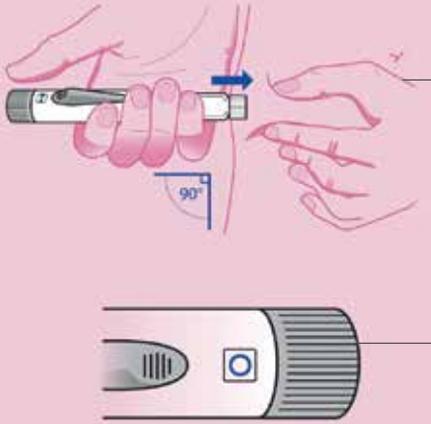
STEP 3 – SETTING THE DOSE



- To set the dose, check that an empty circle sign is showing in the dose setting window.
- Now, turn the dose setting dial firmly in a clockwise motion. Arrows will appear in the window.
- Keep turning until you hear a click and see a filled circle sign in the dose setting window.
- Once you hear the click and see the circle, let go of the dial and you will see a bar above the filled circle. This means you have set your dose.
- Now pull off the small needle protector and discard it.

*Needles are not included within SONDEL BAY® packs

STEP 4 – INJECTING THE DOSE



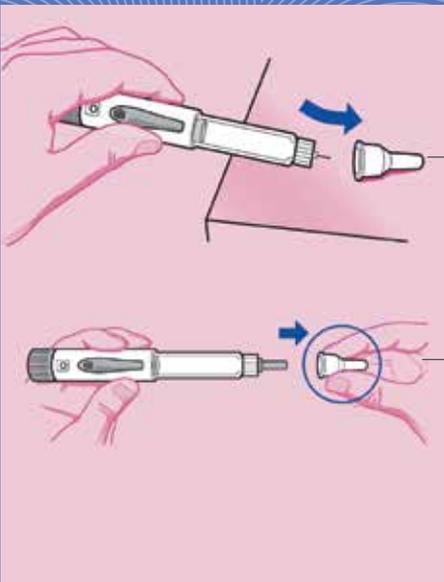
- Gently hold a fold of skin from your thigh or tummy and insert the needle straight into the skin at a 90° angle.
- Make sure you can still see the dose setting window when injecting yourself.
- Now start your injection by sliding the injection button on the side of the pen until it stops.
- You will see the dose setting dial rotate anticlockwise as you make the injection. The dose setting window display will move round until the filled circle disappears.
- Keep the needle in the skin until an empty circle sign appears in the dose setting window to show you have injected a full dose of medicine.
- Count slowly to five and then withdraw the needle from your skin.
- **Take care** when removing the needle to avoid needlestick injuries.
- You have now completed the injection.

STEP 5 – CONFIRMING THE DOSE

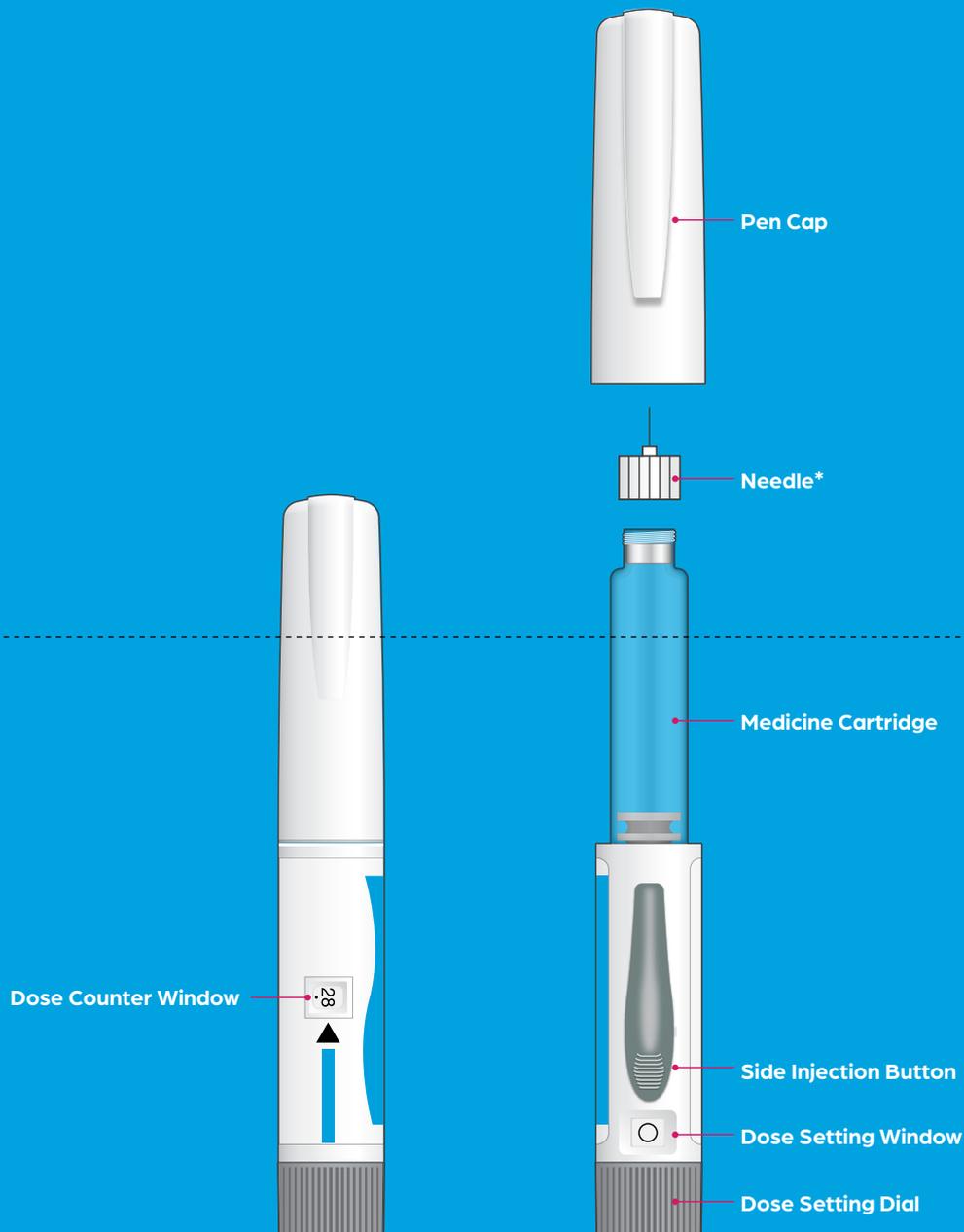


- The empty circle sign is your confirmation of a successful dose. The number on the dose counter will also have gone down by one.
- If you can't see an empty circle in the dose setting window, do not inject a second time on the same day.
- Instead, you will need to reset the pen. Instructions on how to do this are in your Pen User Manual. Look for "problem D" in the troubleshooting section.

STEP 6 – REMOVING THE NEEDLE



- Once you've withdrawn the needle from your skin, take the large needle cover you previously put to one side and place this onto a flat surface.
- With one hand and a scooping motion, guide the needle into the cap and then push the cap to secure it in place.
- To prevent needlestick injuries, do not try to re-attach the small needle protector – or touch the needle itself.
- Unscrew the needle from the pen by turning the large needle cover anticlockwise at least five times.
- Then, pull off the needle and dispose of it as directed by your doctor or pharmacist.
- Push the pen cap back on the pen firmly.
- Finally, put the pen back into the fridge to keep until next time.
- Remember to dispose of your SONDEL BAY® pen 28 days after your first injection, even if it is not completely empty.



*Needles are not included within SONDEL BAY® packs

Reporting of side effects: If you get any side effects, talk to your doctor, pharmacist or nurse.

This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the HPRA website www.hpra.ie or by e-mailing the HPRA Pharmacovigilance department at medsafety@hpra.ie or by calling the HPRA on 01-676 4971.

Please also report side effects to Accord Healthcare Ireland Ltd, by emailing medinfo@accord-healthcare.com or by calling 0044 (0) 1271 385 257.

By reporting side effects you can help provide more information on the safety of this medicine. This medicine is subject to additional monitoring.

This will allow quick identification of new safety information. You can help by reporting any side effects you may get.