STEP-BY-STEP INJECTION GUIDE

Learn how to inject Acthar

H.P. Acthar® Gel (repository corticotropin injection) is a prescription medicine that is used to treat infantile spasms in infants and children under 2 years of age.

Please see Important Safety Information on pages 19 to 21, as well as accompanying full Prescribing Information and Medication Guide.
This starter kit is designed specifically for you

Your doctor has already discussed many important points to help you better understand IS, including the proper way to inject Acthar. Together, you, your doctor, and your healthcare team will work to make sure your child gets the very best care.

Your starter kit includes:

• Information on infantile spasms, Acthar, and available support organizations
• Your own detailed, step-by-step injection guide
• A treatment tracker

You may have also received other materials from your doctor that can help:

• A component mat matching the one you train with to help you gather all the items needed to inject Acthar and keep track of your child’s injection schedule
• An injection reference magnet
• A dog puppet to help distract your child during the injection process
• A reusable freezer gel pack to help ease injection pain (dog puppet can be used as a sleeve)

Please see Important Safety Information on pages 19 to 21, as well as accompanying full Prescribing Information and Medication Guide.
1. ORGANIZE THE INJECTION MATERIALS

Lay out all of the items you will need when preparing to inject Acthar:

- Vial of Acthar
- A 20-gauge needle to use for drawing the gel (medication)
- A 23-gauge or 25-gauge needle for injecting the gel (medication)
- Syringe
- Alcohol swabs
- Adhesive bandage
- Puncture-resistant container to safely dispose of syringe and needles after use
- A rattle, set of keys, a musical toy, or other object may be helpful to distract your child

Note: To ease the drawing of Acthar into the syringe, make sure to use the 20-gauge needle included in the prescription. Please contact your physician’s office if one was not provided.

The treatment tracker accompanying this guide has reminders, so you can gather all the items you will need before injecting.

Please see Important Safety Information on pages 19 to 21, as well as accompanying full Prescribing Information and Medication Guide.
2. PREPARE THE INJECTION

- Take the vial of Acthar out of the refrigerator. Recheck the expiration date to make sure the vial has not expired.
- Acthar is given as an injection into the muscle. Do not inject it under the skin, into a vein, or give it to your child by mouth.

Do not inject Acthar immediately after removing from the refrigerator. Let the vial warm to room temperature by leaving it out for 15 to 30 minutes.

- Let the vial of Acthar get to room temperature by leaving it out for 15 to 30 minutes. You can roll it between the palms of your hands or hold it under your arm for a few minutes during the warming process.
- Wash your hands with soap and warm water for at least 15 seconds.
- Remove the cap of the vial and use an alcohol swab to wipe the rubber stopper on top of the vial.

Please see Important Safety Information on pages 19 to 21, as well as accompanying full Prescribing Information and Medication Guide.
PREPARE THE INJECTION

- Attach the 20-gauge needle to the syringe. Before removing the cap of the needle, draw air into the syringe by pulling the syringe plunger to the exact amount your doctor has prescribed (remember to fill in the amount on your treatment tracker when you receive your prescription)

- Remove the needle cap. Insert the needle through the rubber stopper and inject air into the upright vial by pushing down on the plunger until it cannot be pushed farther

Please see Important Safety Information on pages 19 to 21, as well as accompanying full Prescribing Information and Medication Guide.
While keeping the needle tip in the gel (medication), slowly pull back the plunger to the exact amount your doctor prescribed.

Keep needle tip in the Acthar gel at all times when drawing the amount your doctor prescribed.

Please see Important Safety Information on pages 19 to 21, as well as accompanying full Prescribing Information and Medication Guide.
PREPARE THE INJECTION

- With the tip of the syringe upright and the needle still in the vial, tap the syringe with your finger until any air bubbles rise to the top.
- If bubbles are present, very slowly press the plunger in until only the bubbles are pressed out of the syringe and a droplet starts to form at the needle tip.
- Check that you still have the amount your doctor prescribed in the syringe. If not, place the needle in the gel (medication), draw in the amount you need, and remove bubbles again.

Before injecting, ensure that the needle remains sterile (ie, do not place on an unclean surface).

Please see Important Safety Information on pages 19 to 21, as well as accompanying full Prescribing Information and Medication Guide.
After using the 20-gauge needle to draw Acthar into the syringe, replace the needle cap, detach the needle, and attach the thinner (23-gauge or 25-gauge) needle.

Remember, the 20-gauge needle is not for injecting. Remove and properly dispose of the 20-gauge needle before attaching the thinner 23-gauge or 25-gauge needle to inject with.

Preparation is now complete. Continue to the following sections to learn about injection sites and how to inject Acthar.

Please see Important Safety Information on pages 19 to 21, as well as accompanying full Prescribing Information and Medication Guide.
3. CHOOSE THE INJECTION SITE

- The injection area is located on the upper outer thigh.
- To locate the correct muscle, start by placing your fingertips on the middle of the thigh and gently press down to locate the thigh bone.
- Run your fingers along the bone toward the hip until you feel a bony protrusion. This is the uppermost point of the thigh bone (see arrow A).
- Now locate the kneecap (see arrow B).
- Divide the distance between these 2 points into thirds.
- The thickest portion of the muscle is in the middle third. Inject into the outer side of the middle third.

Do not inject into the front of the thigh; keep the injection site to the outer side of the muscle.

Please see Important Safety Information on pages 19 to 21, as well as accompanying full Prescribing Information and Medication Guide.
**CHOOSE THE INJECTION SITE**

Injecting the upper outer thigh muscle
- Common approach for children 0 to 12 months of age; also the preferred site for older children

Do not inject into:
- The same site (small area of the muscle) more than once a week
- An area that has skin irritation, including red or swollen areas
- An area that has hardened or is sensitive to touch

You may inject into the same muscle more than once in a day, but rotate the injection sites counterclockwise in that muscle each time, keeping 1 inch between sites.

Keep track of the injections on your treatment tracker.

*Contact your doctor if you notice any injection-site reactions, including redness, pain, and swelling.*
4. POSITION YOUR CHILD

• Your child can be lying back flat or held in your lap during the injection, whichever works best
• Remove any clothing around the chosen injection site
• Position the leg so the hip and knee are bent slightly; this will help relax the muscle that will be injected

You also may find it helpful to have another person to help by:
• Holding your child in the proper position
• Distracting your child with a toy during and after the injection

Please see Important Safety Information on pages 19 to 21, as well as accompanying full Prescribing Information and Medication Guide.
5. PERFORM THE INJECTION

- Clean the area to be injected with an alcohol swab; let the alcohol dry before injecting
- Press the plunger until a droplet forms at the tip of the needle
- Stretch and hold the skin around the injection site between the thumb and fingers of the hand that is not holding the syringe. Steady the muscle by grasping it on each side

| Placing an ice cube on the injection site before and/or after the injection may help ease the pain for your child. You can also use a freezer gel pack for this purpose. |

Please see Important Safety Information on pages 19 to 21, as well as accompanying full Prescribing Information and Medication Guide.
PERFORM THE INJECTION

• Hold the syringe like a pencil or dart with your right hand if you are right-handed and your left if you are left-handed. Using a quick motion, insert the needle at a 90° angle through the skin.

It may be helpful to use a noisy toy to distract and calm your child during and after injection.

Please see Important Safety Information on pages 19 to 21, as well as accompanying full Prescribing Information and Medication Guide.
PERFORM THE INJECTION

- Once the needle is fully in (about one-eighth of an inch of the needle should still be visible above the skin), draw back on the plunger to check for blood. It is important to make sure you are not injecting into a vein, and checking for blood will determine this.

- If no blood enters the syringe, slowly push the plunger in until the syringe is empty.

- If blood enters the syringe, withdraw the needle and, using a gauze pad, place pressure on the injection site. Start over with a new syringe and a new site for injection.

If you have any questions, or do not feel comfortable about checking for blood in the syringe, please contact your doctor.

Please see Important Safety Information on pages 19 to 21, as well as accompanying full Prescribing Information and Medication Guide.
6. COMPLETE THE INJECTION

- Once the syringe is empty, pull the needle straight out. It may be helpful to hold a gauze pad over the injection site and use it to apply pressure once the needle has been removed. You may want to use an ice pack to help reduce pain on the injection site.
- If there is any blood, wipe it off and, if necessary, apply an adhesive bandage.
- Dispose of the used syringe, needle, and needle cap in a puncture-resistant container. Do not replace the needle cap prior to disposal.
- Wash your hands with soap and warm water.
- Mark the treatment tracker with the injection site location.
- Return the Acthar gel to the refrigerator (36°F-46°F; 2°C-8°C) between each use.

Please see Important Safety Information on pages 19 to 21, as well as accompanying full Prescribing Information and Medication Guide.
How to dispose of used syringes, needles, and vials

It is important to follow your state and local laws regarding proper disposal of used syringes, needles, and vials. You should be provided a sharps disposal container with your Acthar shipment, but if it is not included, bring your container of used syringes, needles, and vials to your doctor’s office or local hospital for proper disposal.

You should not:

• Reuse syringes, needles, or vials
• Throw the syringes, needles, and vials in household trash
• Recycle syringes, needles, and vials
• Use a clear plastic or glass container for disposal

To make your own sharps container:

• Place used supplies in a heavy plastic or metal container with a tight-fitting lid that is puncture-resistant and leak-proof; you can ask your pharmacist for a sharps container, or you can use a laundry detergent bottle
• Mark “Not for Recycling” on the container
• Reinforce the lid with heavy-duty tape
• Store the container in a secure place out of reach from children or pets
When to call your doctor

Call your doctor right away if any of these potential risks concern you or if your child experiences any of these serious side effects during treatment:

- Increased risk of infections
- Adrenal gland changes
- Increased blood pressure, body salt, and fluid levels
- Unpredictable response to vaccines
- Masking other conditions
- Stomach or intestinal problems
- Changes in mood or behavior
- Worsening of other medical conditions such as diabetes or muscle weakness
- Eye problems
- Allergic reactions
- Problems with growth and physical development
- Bone density loss

Intramuscular injection videos are available in English and Spanish online at ActharInjectionTraining.com. If you have any additional questions, please contact your doctor and healthcare team.

Please see Important Safety Information on pages 19 to 21, as well as accompanying full Prescribing Information and Medication Guide.
Getting started with Acthar

Once you receive Acthar:

1. Check the vial to make sure that it’s Acthar
2. Check the expiration date on the Acthar vial to make sure you are using it before the date listed
3. Prior to each use, check for any signs of contamination (cloudiness, small flecks, particles, etc)
4. Refrigerate Acthar as soon as you receive it and check that your refrigerator is set between 36°F and 46°F or 2°C and 8°C
5. Review your instructions and guides before your first injection

Do not use if:

- The vial is expired
- Any signs of contamination are seen

Please see Important Safety Information on pages 19 to 21, as well as accompanying full Prescribing Information and Medication Guide.
IMPORTANT SAFETY INFORMATION

Acthar is given as an injection into the muscle. Do not inject it under the skin or into a vein, or give it to your child by mouth. Inject Acthar exactly as your doctor tells you, and keep all of your child’s follow-up appointments.

Your child should NOT use Acthar if they have:
A skin condition called scleroderma, bone density loss or osteoporosis, any infections (including suspected congenital infections in children under 2 years of age), eye problems, recent surgery, stomach ulcers or a history of ulcers, heart problems, high blood pressure, allergies to pig-derived proteins, been recently given a vaccine or are about to take one, certain adrenal conditions (such as Cushing’s or Addison’s disease).

Acthar can cause side effects similar to those with steroid treatments. The risk of getting side effects may increase the longer your child is treated with Acthar. **Tell your doctor right away if your child has any of the following serious side effects:**

- **Increased risk of infections.** Your child may be more likely to get new infections. Also, old infections may become active. While taking Acthar, your child should stay away from people who are sick or have infections. Signs of infection are fever, cough, vomiting, or diarrhea. Other signs may be open cuts or sores on your child’s body.

- **Adrenal gland changes.** Taking Acthar long term may cause symptoms of Cushing’s syndrome, such as upper body fat, rounded “moon” face, bruising easily, or bone weakness. When stopping Acthar, your child’s body may not produce enough cortisol on its own (adrenal insufficiency). **Do not stop giving your child injections of Acthar without talking to your doctor first.** Call your doctor right away if your child appears pale, weak, or tired; loses weight or appetite; has stomach pain; or appears sick or feverish.

- **Increased blood pressure, too much water in the body, increased body salts, and low potassium in the blood.** Your doctor may check your child’s blood pressure during treatment and discuss treatment choices if your child’s blood pressure increases. Follow your doctor’s instructions about if you need to decrease your child’s salt intake or feed your child foods high in potassium.

- **Unpredictable response to vaccines.** Talk to your doctor about which vaccines are safe for your child when taking Acthar.

Please see accompanying full Prescribing Information and Medication Guide.
IMPORTANT SAFETY INFORMATION (continued)

• **Masking other conditions.** Tell your doctor if your child has any infections, changes in weight, bloody or black tarry stool, vomiting, stomach pain, excessive tiredness, increased thirst, fast heart rate, or difficulty breathing. Additionally, infantile spasms sometimes hide (mask) other seizures your child may have. Once treated with Acthar, the spasms may disappear and allow other seizures to become visible for the first time. Tell the doctor right away if you see a change in your child’s seizures or spasms.

• **Stomach or intestinal problems.** Acthar may put your child at increased risk for bleeding from the stomach or intestine. Tell your doctor if your child has any pain in the stomach area, vomits blood, or has bloody or black stools.

• **Changes in mood or behavior.** Your child may be irritable, have mood swings, be depressed, or have trouble sleeping.

• **Worsening of other medical conditions,** including diabetes.

• **Eye problems,** such as cataracts, glaucoma, or optic nerve damage.

• **Allergic reactions.** Tell your doctor if your child has a skin rash, swelling, or trouble breathing.

• **Changes in growth and physical development.** Long-term use of Acthar may affect your child’s growth and may weaken your child’s bones.

• **Enlarged heart.** Long-term use of Acthar may cause an increase in the size of your child’s heart.

• **Bone density loss.** Acthar may cause osteoporosis at any age.

**Before your child takes Acthar, tell your doctor if he or she has:**

• An infection

• Diabetes

• Heart or kidney problems

• Stomach or intestinal problems

• Thyroid problems

• Liver problems

Please see accompanying full Prescribing Information and Medication Guide.
IMPORTANT SAFETY INFORMATION (continued)

- Neuromuscular problems
- Convulsions or seizures
- Had exposure to someone with tuberculosis (TB)
- Had an allergic reaction to Acthar or to pork products
- Had recent surgery
- Had a recent vaccination or been scheduled to receive a vaccination
- A family member who is receiving vaccinations

Tell your doctor about all the medicines your child takes, including prescription and non-prescription medicines, vitamins, and herbal supplements. Do not start giving a new medicine to your child without first speaking to your doctor.

The most common side effects include:

- Infections
- Increased blood pressure
- Irritability and changes in behavior
- Changes in appetite and weight
- Symptoms of Cushing's syndrome
- Cardiac hypertrophy (thickening of the heart muscle)

These are not all of the possible side effects of Acthar.

Tell your doctor if your child has any bothersome side effect or side effect that does not go away.

You may report side effects to the FDA. Call 1-800-FDA-1088 or visit www.fda.gov/medwatch. You may also report side effects by calling 1-800-778-7898.

Please see accompanying full Prescribing Information and Medication Guide.