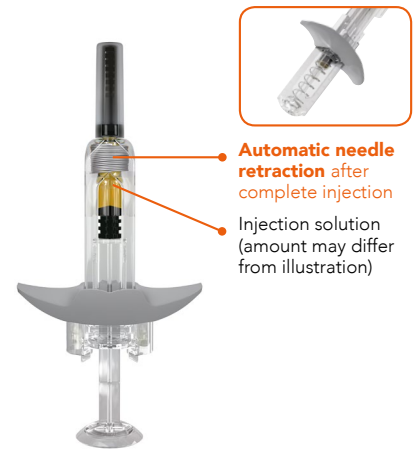
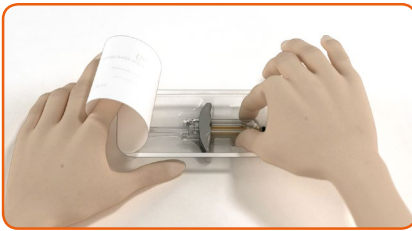


! Please note

- ▶ **Injections take place just once a week.** On a specific day.
- ▶ Only use the syringe before the expiration date and if the solution is yellow and clear.
- ▶ Potential air bubbles in the solution are not harmful and are not removed before injection.
- ▶ These instructions do not supersede the patient information leaflet. Please read it carefully.



Preparing the injection



- ▶ Clean your hands thoroughly.
- ▶ Lay out the syringe and alcohol pads ready.
- ▶ Remove the syringe from the packaging by the cylinder, do not touch the plunger or the needle cap.



- ▶ Select an injection site (lower stomach, a few centimetres away from the belly button, or on the front of the thigh).
- ▶ Clean the injection site with the alcohol pads included.
- ▶ Consider changing the injection site for each injection.
- ▶ Tip: Use an injection calendar to document the date and injection site of the weekly injection.

Performing the injection



- ▶ Hold the syringe by the cylinder and pull the cap right off.
- ▶ Do not touch the plunger yet.
- ▶ Do not touch the needle before the injection.



- ▶ Hold the syringe in your hand like a pen.
- ▶ Form a skin fold at the selected injection site with the thumb and index finger of your other hand.
- ▶ Insert the needle fully into the skin fold at a 90-degree angle.



- ▶ Push the plunger down all the way with your thumb until the syringe is empty.



- ▶ Take your thumb away from the plunger and remove the syringe from the skin fold.
- ▶ The safety system automatically retracts the needle.
- ▶ Release the skin fold.

Injection instructions in video format: www.nordimet.de