

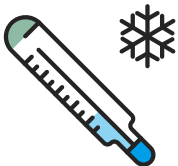
TREATMENT WITH GLATIRAMER ACETATE

Dosing instructions:



1 subcutaneous injection 3 times a week, on non-consecutive days. For example: Mon–Wed–Fri, or Tues–Thurs–Sat, or Tues–Thurs–Sun.

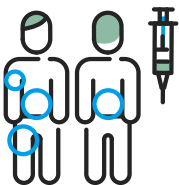
General recommendations:



- The medication should be refrigerated during transport (portable cool-boxes) and stored in the refrigerator at home. Do not freeze.
- Do not inject the medication while it is cold. Remove it from the refrigerator several hours before use.



- Wash your hands and the injection site with soap and water. Alcohol and other disinfectants are not necessary and they will dry the skin.



- Do not inject in areas with stretch marks, moles, varicose veins, tattoos, scars or ulcers.
- The injection site must be relaxed, do not inject into a muscle under tension.
- You can inject manually or use the auto-injector.
- Inject yourself in a different area everyday, select from the eight sites indicated on the diagram.



30 MIN

- Do not massage the area after injection, just apply slight pressure with a finger for a few seconds. Do not worry if a drop of blood or fluid emerges, it is normal.
- Do not apply a local cold treatment or cream either before or after injection; wait for at least 30 minutes.

How to alleviate any skin reactions at the injection site

The best thing is to prevent them with a good injection technique and by correctly rotating through all the injections areas (see the attached sheet). Even so, the following can appear:

Complaint:

Remedy:

Reddening



Local cold treatment / Aloe vera gel / Calendula cream / Burow's solution (soak a gauze, apply to the area and leave to work for 10 minutes, twice daily).

Pain/
Inflammation



Local cold treatment / Aloe vera gel / Arnica gel
And you should also reduce the injection depth.

Hiven/
Itchiness



Increase the insertion depth and, if it does not improve, apply Advantan ointment (twice daily)/ Moisturising creams

Induration



Local heat treatment, using wraps or bags of gel, for 10 min, twice daily, and alternating with anti-cellulite cream.
Do not inject into a hardened area.

Bruising



Apply nothing or Thrombocid.

Contact with your healthcare team if you experience intense or persistent pain, ulcers, scabs or pus at the injection site.

What to do in the event of acute chest syndrome immediately after injection:

This involves a feeling of tightness in the chest, difficulty breathing and palpitations.

It is a rare reaction that can occur immediately after the injection and which resolves on its own within a few minutes.

Recommendations are:

Sit or lie down, try to relax and control your breathing or wait for the symptoms to subside, usually within around 15 minutes.

