

# TREATMENT WITH INTERFERON BETA-1B

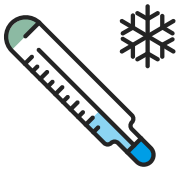
## Dosing instructions:



1 subcutaneous injection every 48 hours. One week will be: Mon–Wed–Fri–Sun, and the next will be: Tues–Thurs–Sat.

Treatment should begin with increasing doses. Administer 25% of the total dose the first week, 50% the second, 75% the third and the full dose in the fourth week.

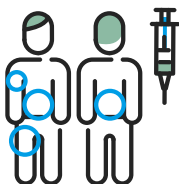
## General recommendations:



- This medication does not need to be stored in the refrigerator.



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



- The injection site must be relaxed, do not inject into a muscle under tension or in areas with stretch marks, moles, varicose veins, tattoos, scars or ulcers.
- Dilute the vial and load the syringe as you have been shown.
- You can inject manually or use the auto-injector 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 creams 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.

**Itchiness**



Advantan ointment (twice daily) Moisturising creams.

**Indurations**



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 is flu-like syndrome?

It is a normal bodily reaction to the medication. It can manifest within a few hours after the injection as fever, headache, joint pain, tiredness or general malaise. These symptoms tend to appear at the beginning and gradually diminish with time.

**Recommendations are:**

Administer the injection at night, take a 600 mg ibuprofen tablet 1 hour before the injection. You can take another ibuprofen tablet the next day if the symptoms persist.

It is important to follow the appropriate dose escalation for each medication, as indicated by your doctor.

