

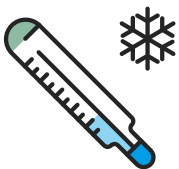
TREATMENT WITH INTERFERON BETA-1A

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. Treatment should begin with increasing doses. Ensure that your auto-injector is programmed to do this.

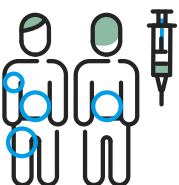
General recommendations:



- The medication should be refrigerated during transport (portable cool-boxes) and stored in the refrigerator at home. Do not freeze.
- The auto-injector does not have to be kept in a refrigerator (the cartridge in use will remain in good condition for up to 2 weeks if stored at temperatures below 25 °C).
- Do not inject the medication while it is cold. Remove it from the refrigerator at least 1 hour 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.
- Use the auto-injector to 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 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.

**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 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.

