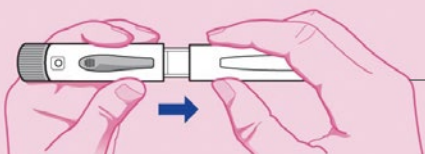
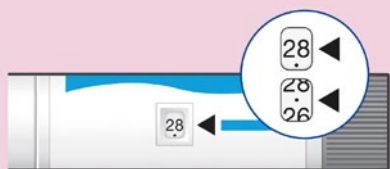




## How to use SONDELBY® – A guide to self-injection

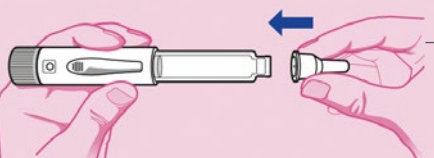
Please read this guide, the Instructions for Use and the Patient Information Leaflet in full before using SONDELBY®.

This device requires training by a healthcare professional. Your doctor, nurse or pharmacist should have shown you how to administer SONDELBY® before you self-inject. If you have not been shown or have any questions, please contact your doctor or pharmacist.



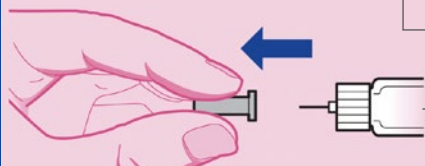
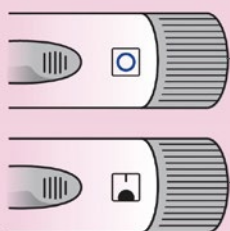
### STEP 1 – GETTING READY

- **Always** begin by washing your hands
- **Check** your pen's label to make sure it is the correct medicine
- **Check** your pen's expiration date to make sure it is still in date and OK to use
- **Check** the dose counter to make sure your pen has doses in it. If your pen is new there should be 28 doses
- Each time you inject a dose of SONDELBY®, this number goes down by one, so you will always know how many doses are left in your pen
- Next prepare your thigh or tummy for the injection
- Pull off the pen cap to check there's no damage to the pen and the cartridge
- **Check** the medicine inside. It should be clear, colourless and free of particles



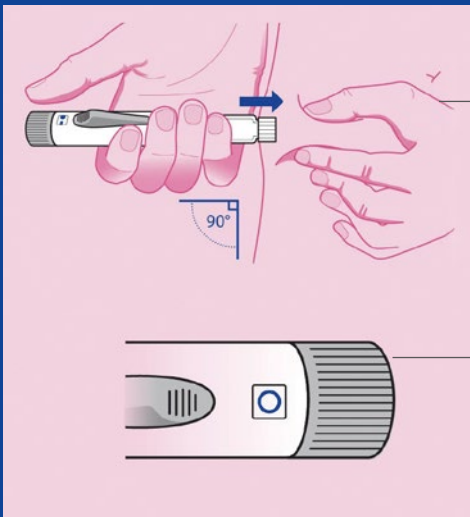
### STEP 2 – CONNECTING THE NEEDLE\*

- Tear off the paper tab from a new needle, and push the needle straight onto the medicine cartridge
- Turn the needle in a clockwise motion until it's firmly attached
- Pull off the large needle cover and put it where you can reach it. You will need this later to remove the needle after use



### STEP 3 – SETTING THE DOSE

- To set the dose, check that an empty circle sign is showing in the dose setting window
- Now, turn the dose setting dial firmly in a clockwise motion. Arrows will appear in the window
- Keep turning until you hear a click and see a filled circle sign in the dose setting window
- Once you hear the click and see the circle, let go of the dial and you will see a bar above the filled circle. This means you have set your dose
- Now pull off the small needle protector and discard it



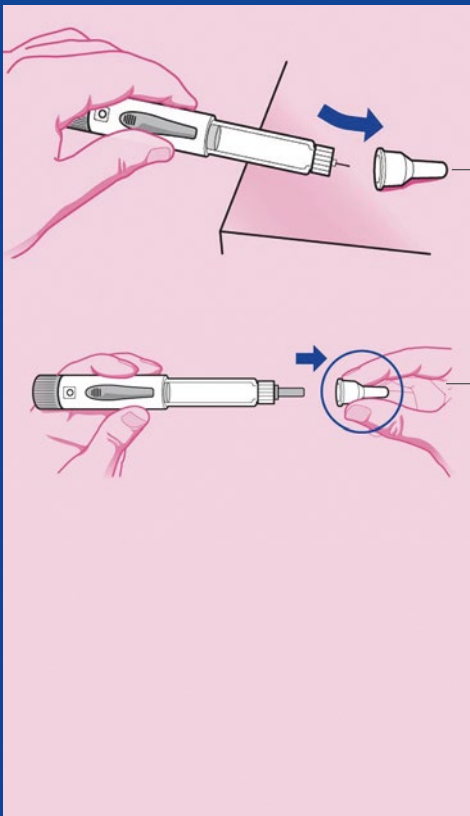
## STEP 4 – INJECTING THE DOSE

- Gently hold a fold of skin from your thigh or tummy and insert the needle straight into the skin at a 90° angle
- Make sure you can still see the dose setting window when injecting yourself
- Now start your injection by sliding the injection button on the side of the pen until it stops
- You will see the dose setting dial rotate anticlockwise as you make the injection. The dose setting window display will move round until the filled circle disappears
- Keep the needle in the skin until an empty circle sign appears in the dose setting window to show you have injected a full dose of medicine
- Count slowly to five and then withdraw the needle from your skin
- **Take care** when removing the needle to avoid needlestick injuries
- You have now completed the injection



## STEP 5 – CONFIRMING THE DOSE

- The empty circle sign is your confirmation of a successful dose. The number on the dose counter will also have gone down by one
- If you can't see an empty circle in the dose setting window, do not inject a second time on the same day
- Instead, you will need to reset the pen. Instructions on how to do this are in your Instructions for Use. Look for "problem D" in the troubleshooting section



## STEP 6 – REMOVING THE NEEDLE

- Once you've withdrawn the needle from your skin, take the large needle cover you previously put to one side and place this onto a flat surface
- With one hand and a scooping motion, guide the needle into the cap and then push the cap to secure it in place
- To prevent needlestick injuries, do not try to re-attach the small needle protector – or touch the needle itself
- Unscrew the needle from the pen by turning the large needle cover anticlockwise at least five times
- Then, pull off the needle and dispose of it as directed by your doctor, nurse or pharmacist
- Always put used needles in a sharps container or hard plastic container with a secure lid. You should not dispose of needles directly into your household waste
- Push the pen cap back on the pen firmly
- **Finally, put the pen back into the refrigerator (2°C–8°C) to keep until next time. Do not freeze**
- The product can be stored at temperature conditions up to 25°C for a maximum of 3 days. If the product has been stored out of the fridge for more than 3 days then discard the pen in a sharps container
- Write the date of the first injection onto the outer carton and/or pen of your SONDEL BAY® pen (see the provided space: date of first use)
- Remember to dispose of your SONDEL BAY® pen 28 days after your first injection, even if it is not completely empty

### Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet.

▼ This medicine is subject to additional monitoring. This will allow quick identification of new safety information. You can help by reporting any side effects you may get. See [yellowcard.mhra.gov.uk](https://yellowcard.mhra.gov.uk) for how to report side effects.

Adverse events should also be reported to Accord-UK LTD on 01271 385257 or email [medinfo@accord-healthcare.com](mailto:medinfo@accord-healthcare.com)  
By reporting side effects, you can help provide more information on the safety of this medicine.

If you have any questions about SONDEL BAY®, please contact your doctor, nurse or pharmacist.