

How to inject yourself

1. Disinfect the injection site on your skin with an alcohol wipe, and pinch your skin between your thumb and forefinger without squeezing it (see Figure 6).
2. Press the needle fully into your skin as shown by your nurse or doctor. Make sure the angle between the syringe and your skin is at least 45°, ie, not too narrow (see Figure 6).
3. Pull slightly on the plunger to check that you haven't punctured a blood vessel. If you see blood in the syringe, remove the needle and re-insert it in another place.
4. Keeping your skin pinched, slowly and evenly inject the liquid into your tissue. (see Figure 6).
5. Push the plunger as far as it will go to inject all the liquid. With the plunger still pressed all the way down, remove the needle from your skin (see Figure 7), only then releasing the plunger. The safety device will immediately be activated, and the entire needle and syringe will draw back automatically and be covered so you don't prick yourself (see Figure 8).
6. Press a piece of gauze bandage or a sterile gauze swab against the injection site for several seconds.

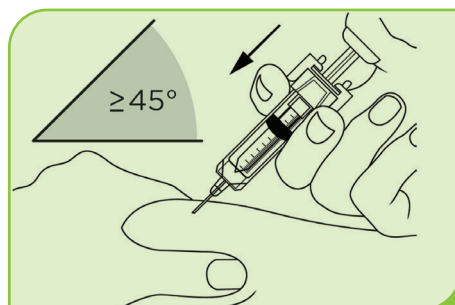


Figure 6

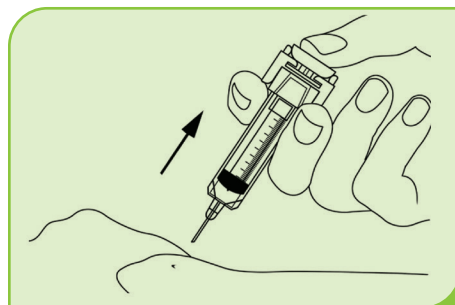


Figure 7

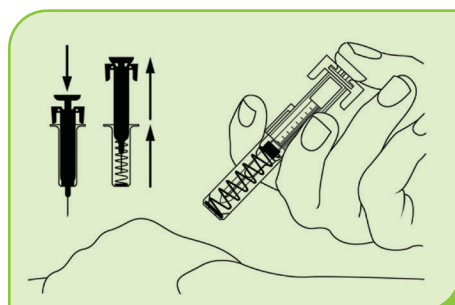


Figure 8

PLEASE NOTE: Each pre-filled syringe is for single use only.

Remember

If you have any problems, ask your doctor or nurse for help and information.

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Patient Information

Injecting Lonquex® (lipegfilgrastim)



teva

teva

LONQUEX[®]
lipegfilgrastim

Information for injecting yourself

This leaflet contains information on how to give yourself an injection of Lonquex under your skin. It's important that you don't try to give yourself the injection unless you have received special training from your doctor or a nurse. If you are unsure about giving yourself the injection, or if you have any questions, please ask your doctor or nurse for help.

How to use Lonquex

You will need to inject yourself in the tissue just under your skin. This is called a subcutaneous injection.

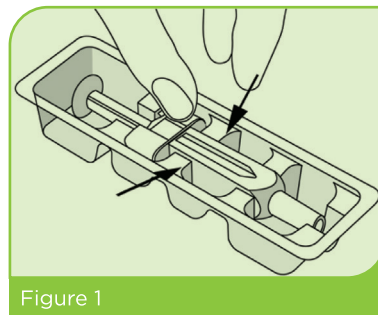
Equipment you will need

To inject yourself in the tissue under your skin, you will need:

- a pre-filled Lonquex syringe
- an alcohol wipe
- a piece of gauze bandage, or a sterile gauze swab

What to do before your injection

1. Take the medicine out of your refrigerator.
2. Open the blister and remove the pre-filled syringe from it (see Figure 1). **DO NOT** pick up the pre-filled syringe by the plunger or needle cover, as this could damage the safety device.
3. Check the expiry date (EXP) on the pre-filled syringe label. **DO NOT** use it if the date has passed the last day of the month shown.
4. Check the appearance of Lonquex. It must be a clear and colourless liquid. If there are particles in it, or if it is cloudy, **DO NOT** use it.
5. **DO NOT** vigorously shake Lonquex, as this may affect its activity.
6. For a more comfortable injection, allow the pre-filled syringe to stand for 30 minutes to reach room temperature (not above 25°C), or hold the pre-filled syringe gently in your hand for a few minutes. **DO NOT** warm Lonquex in any other way (eg, in the microwave or in hot water).
7. **DO NOT** remove the needle cover from the syringe until you are ready to inject.

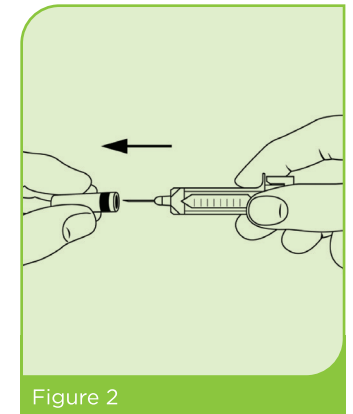


8. Find a comfortable, well-lit place. Put everything you need within reach on your injection mat (the Lonquex pre-filled syringe, an alcohol wipe and a piece of gauze bandage or a sterile gauze swab).
9. Wash your hands thoroughly.

How to prepare for your injection

Before injecting yourself with Lonquex, you need to ensure you do the following:

1. Hold the syringe and gently remove the cover from the needle - without twisting - and pull it straight (see Figure 2). **DO NOT** touch the needle or push the plunger. **DO NOT** shake.
2. You may notice small air bubbles in the pre-filled syringe. If there are air bubbles present, gently tap the syringe with your fingers until the air bubbles rise to the top of the syringe. With the syringe pointing upwards, push the plunger slowly upwards to expel all air from the syringe.
3. You can now use the pre-filled syringe.



Where to inject yourself

The most suitable places to inject yourself are the top of your thighs and your abdomen (see grey areas in Figure 3), avoiding the skin directly surrounding your navel. If someone else is injecting you, they can also use the back and side of your upper arms (see grey areas in Figures 4 and 5).

