Voice Over Transcript of the storyboard

Welcome to your step-by-step guide to self-administering denosumab pre-filled syringe injections.

Do not try to give yourself the injection unless you have received training from your doctor or healthcare provider. The first self-administration with the pre-filled syringe should be supervised by a healthcare professional.

If you get any side effects, talk to your doctor, pharmacist or nurse. You can also report side effects directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple Store. By reporting side effects you can help provide more information on the safety of this medicine. Side effects should also be reported to Amgen Limited on +44 (0) 1223436441.

Wash your hands with soap and water and dry them thoroughly. If you are the carer administering denosumab to someone, please wash your hands thoroughly with soap and water before and after the injection.

Next, grasp the pre-filled syringe by the barrel and remove from the tray.

Do not grab the plunger rod, finger grip, or the needle cap. Do not grab the needle guard clips. Put any unused pre-filled syringes back into the refrigerator.

Wait 30 minutes for the pre-filled syringe to reach room temperature. Let the pre-filled syringe warm up naturally. Do not heat with hot water, a microwave or direct sunlight. Do not shake the pre-filled syringe at any time. Using the pre-filled syringe at room temperature allows for a more comfortable injection.

Once the pre-filled syringe has been left to reach room temperature, do not put it back in the refrigerator and it must be used within 30 days.

Gather and place the items for your injection on a clean, well-lit surface. This should include: a sharps disposal container, the denosumab pre-filled syringe, an alcohol wipe, a plaster, and a cotton ball or gauze pad.

Important: Keep the pre-filled syringe and sharps disposal container out of the sight and reach of children.

Inspect the medicine. It should be clear and colourless to slightly yellow. It may contain trace amounts of translucent to white proteinaceous particles. It is okay to see air bubbles in the pre-filled syringe.

Do not use if the solution looks cloudy, discoloured, or if it contains many particles or foreign particulate matter. Important: If the medicine is cloudy, discoloured, or has particles, call your doctor or healthcare provider.

Check the expiry date (EXP) and inspect the pre-filled syringe. Do not use if the expiry date has passed. Do not use the pre-filled syringe if the needle cap is missing or loose, it has cracks or broken parts, or it has been dropped on a hard surface. Important: In all cases, call your doctor or healthcare provider.

If someone else is administering the pre-filled syringe injection, they can inject in your thigh, belly, or outer area of the upper arm.

If you are giving the injection yourself, you can inject in your thigh or belly (except 5 cm (2 inches) around your belly button).

Wash your hands thoroughly with soap and water. Clean injection site with an alcohol wipe. Let your skin dry on its own. Do not touch this area again before injecting.

Important: Avoid areas with scars, stretch marks, or where skin is tender, bruised, red, or hard.

Important: Only remove the needle cap when you can inject right away (within 5 minutes) as this can dry out the medicine.

Pull the needle cap straight off while holding the pre-filled syringe barrel.

Do not twist or bend the needle cap. Never put the needle cap back on. It may damage the needle. Do not let anything touch the needle once the needle cap is removed. Do not place the uncapped pre-filled syringe on any surface once the needle cap is removed. Do not try to push air bubbles out of the pre-filled syringe. It is okay to see air bubbles. A drop of medicine at the end of the needle is normal.

Pinch the skin around the injection site between the thumb and index finger to create a bump for the injection. If possible, the bump should be about 5 cm (2 inches) wide. Denosumab is given as an injection into the tissue just under the skin (known as a subcutaneous injection).

Insert the needle into the pinched skin either straight in or at a 45 degree angle. Do not place your finger on the plunger rod whilst inserting the needle, as this may result in a loss of medicine.

Slowly press the plunger head down until it is completely between the needle guard clips. You may feel or hear a “snap”.

Do not pull back on the plunger at any time. Do not remove the needle until all the medicine is delivered.

Keep pressure on the plunger head and take the needle out of the skin. Let go of the skin after the needle is removed. Slowly take your thumb off the plunger head. This will let the empty pre-filled syringe move up until the entire needle is entirely covered by the needle guard.

Do not rub the injection site. If there is blood, press a cotton ball or gauze pad on your injection site. Apply a plaster if necessary.

Important: Never put the needle cap back on.

Do not reuse the pre-filled syringe. Discard the used pre-filled syringe and needle cap in the sharps disposal container. Medicines should be disposed of in accordance with local requirements. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

Do not recycle the pre-filled syringe or throw it into the household waste. Do not reuse the pre-filled syringe.

Important: Keep the pre-filled syringe and sharps disposal container out of the sight and reach of children.

For further information on denosumab, please refer to the Patient Information Leaflet and Patient Reminder Card.

If you have any further questions or concerns about self-administration using the pre-filled syringe, please contact your advising healthcare professional.