



## Certolizumab pegol (Cimzia): Tips and Disposal

### Quick Tips

- Read all instructions before using Cimzia.
- Never share your Cimzia prefilled syringe.
- Have all supplies prepared – prefilled syringe(s) with needle attached, alcohol swabs, cotton balls or gauze pads, puncture resistant sharps disposal container.
- Check the expiration date located on the syringe carton and label.
  - If the date is passed, **DO NOT** use.
- Remove syringe from carton. Let the syringe warm to room temperature before using.
  - **DO NOT** warm any other way.
- Make sure the liquid medicine in the prefilled syringe is clear and colorless to yellow and free from particles.
  - **DO NOT** use the medicine if it is cloudy, discolored, or contains particles.
- Always wash your hands with soap and water before using Cimzia.
- Choose a new injection site every time you use Cimzia and rotate between stomach and upper thigh.
  - Each site should be 1” from the last injection site and 2” from your belly button (navel).
- **DO NOT** inject Cimzia into skin that is tender, bruised, red or hard, or where you have scars or stretch marks.
- Allow the area cleaned with an alcohol wipe to dry completely before injection.
- There is no need to remove bubbles in the prefilled syringe. They will not harm you.
- **DO NOT** touch the needle or let it touch any surface before injection.
- **DO NOT** try to recap the needle.
- **DO NOT** reuse injection supplies
- Dispose of the needle in an approved sharps container.

### Sharps Disposal

- Place all used syringes in the sharps container.
- When the sharps disposal container is almost full, please contact your city or town hall for guidelines on proper sharps container disposal.
- For more information visit, <http://www.mass.gov/eohhs/gov/departments/dph/programs/environmental-health/comm-sanitation/medical-waste.html>
  - Click on the link: “Proper Use and Disposal of Syringes”

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