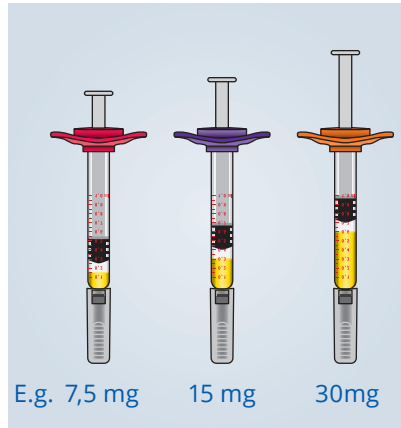
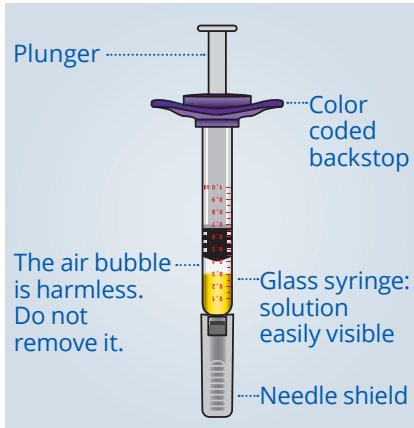


# Instruction guide for using metoject®/metex® pre-filled syringe

1 x per week

- ▶ This instruction guide does not replace the patient information leaflet.
- ▶ Please read the information leaflet carefully before starting the injection.
- ▶ Please remember that the pre-filled syringe is administered only once weekly at the same weekday.

## The metoject®/metex® pre-filled syringe



## Supplies needed for the injection



Calendar showing weekly injection day



metoject®/metex® pre-filled syringe



Skin cleansing

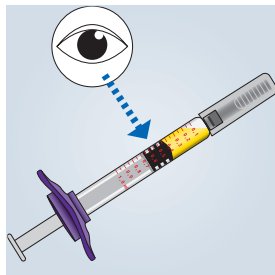


Cotton ball or gauze

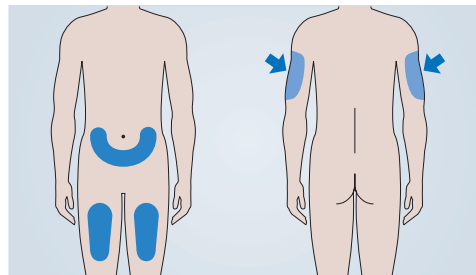
## Preparing your injection



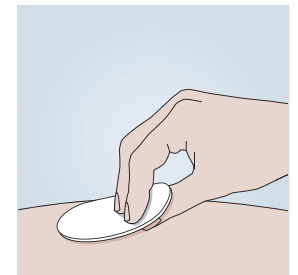
Wash your hands and unpack the pre-filled syringe.



Check the syringe before use.

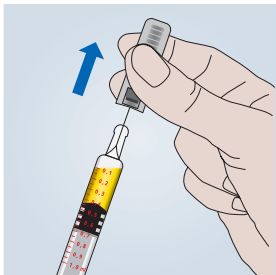


Choose an injection site on the abdomen (except around the navel) or upper thighs. Only caregivers may also inject in the back of the upper arm.

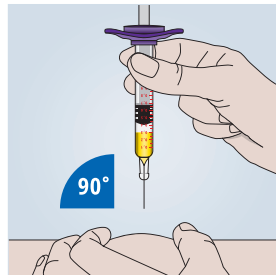


Clean your injection site.

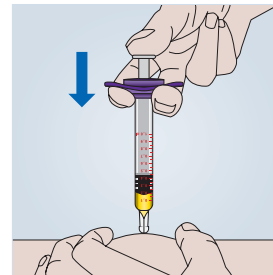
## Injecting your dose



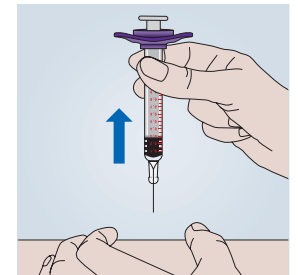
Remove protective cap by pulling it straight off the syringe. **IMPORTANT:** Do not touch the needle of the syringe.



**Build skin fold**  
Gently grip the skin and position the syringe at a 90° angle.



**Insert syringe & inject**  
Insert the needle into the skin fold. Push the plunger down slowly and inject liquid underneath your skin.

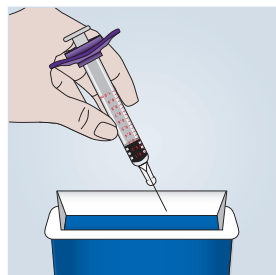


**Release**  
Release the skin and remove the syringe.

## After your injection



Treat your injection site.



Dispose of your syringe in accordance with the local requirements.

Further information and a detailed injection video can be found at [metoject.com](http://metoject.com)

