

Getting started with Skyrizi

Skyrizi is indicated for the treatment of moderate to severe plaque psoriasis in adults who are candidates for systemic therapy. ^[SmPC]

This booklet is supplementary to the Patient Information Leaflet. Always refer to the Patient Information Leaflet before you start your Skyrizi treatment and before injecting. You can find this inside of the product packaging, online at [\[INSERT URL\]](#) or by scanning the QR code on the product packaging. Always speak to your healthcare professional if you have any questions or concerns about your treatment.

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Contents

| | | | |
|-------|--|-------|--|
| <hr/> | | <hr/> | |
| 1 | What to expect | | |
| | Say hello to Skyrizi | 06 | |
| | What has Skyrizi been shown to do? | 08 | |
| <hr/> | | <hr/> | |
| 2 | Your medicine | | |
| | Only 4 injections per year, after 2 initiation doses | 12 | |
| | Get to know your device | 14 | |
| | Introducing Skyrizi 150 mg | 16 | |
| | How should I store Skyrizi? | 18 | |
| | Travelling with Skyrizi | 20 | |
| <hr/> | | <hr/> | |
| 3 | Safety information | | |
| | Before starting Skyrizi | 24 | |
| | Possible side effects | 26 | |
| <hr/> | | <hr/> | |
| 4 | How to inject | | |
| | Step-by-step injection guide | 30 | |

What to expect



Say hello to Skyrizi

Psoriasis is much more than a skin condition. It's a long-lasting (chronic) inflammatory disease that comes with significant emotional and physical symptoms.^[NHS]

Hello
Skyrizi

How could Skyrizi help me?

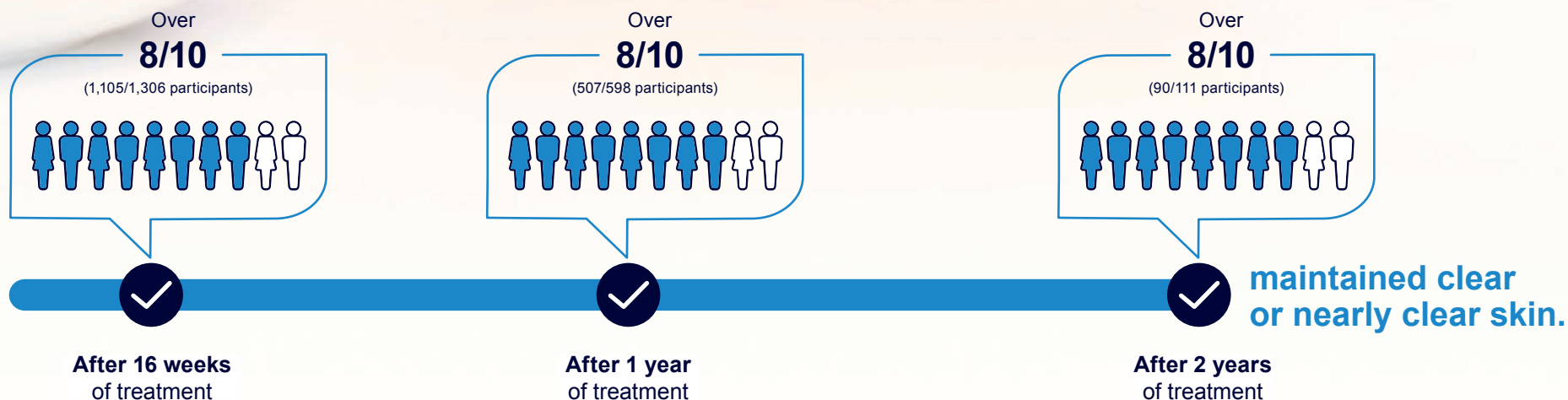
Your doctor has decided that Skyrizi is the right option to treat your psoriasis at this moment. Your medicine works by stopping a protein in your body called 'IL-23', which causes inflammation.^[PIL] It also reduces symptoms of psoriasis such as burning, itching, pain, redness and scaling.^[PIL]

This may be your first time taking an injectable medicine or you may already have experience – either way this booklet will walk you through all the key aspects of your treatment and set you up for your journey with Skyrizi.

What has Skyrizi been shown to do?

Your doctor may have spoken to you about what to expect with Skyrizi. Everyone is different when it comes to how they respond to treatment. There is no way to predict exactly how your psoriasis will change but you can see what Skyrizi has been shown to do in others. And remember, for your treatment to have the best chance at reducing your psoriasis symptoms, you need to take it exactly as prescribed by your doctor.^[PIL]

In clinical trials, the number of people taking Skyrizi who achieved clear or nearly clear skin was:^{*[SmPC]}



*Clear or nearly clear skin can be defined by a number of different measures. In this case, clear or nearly clear skin is defined as achieving a physician's global assessment (sPGA) score of 0 or 1. Speak to your doctor if you would like to find out more.



If you have any questions about the progress you have made with your treatment so far, speak to your doctor and tell them how you are feeling.

Your medicine

2



Only 4 injections per year, after 2 initiation doses

Always use this medicine exactly as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure. This medicine is given as an injection under your skin (called a 'subcutaneous injection').

The dose is 150 mg given as one injection.

Adjusting to your new treatment may take time, but remember after your initiation doses you will only need **four injections per year**.^[PIL]

Let's take a closer look at when you need to take your medicine. Remember, for your treatment to have the best chance at reducing your psoriasis symptoms, you need to take it exactly as prescribed by your doctor.^[PIL]

INITIATION DOSES

FURTHER DOSES



Keep on top of your injection due dates by noting them down in your calendar, [\[Core brochure\]](#) or visit [\[insert digital injection tracker URL\]](#).



If you forget to use Skyrizi, inject a dose as soon as you remember. Talk to your doctor if you are not sure what to do.^[PIL]



After the first dose, you will have the next dose 4 weeks later, and then every 12 weeks.^[PIL]

Only 4 injections per year, after 2 initiation doses

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Let's take a closer look at when you need to take your medicine. Remember, for your treatment to have the best chance at reducing your psoriasis symptoms, you need to take it exactly as prescribed by your doctor.^[PIL]

INITIATION DOSES

FURTHER DOSES



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If you forget to use Skyrizi, inject a dose as soon as you remember. Talk to your doctor if you are not sure what to do.^[PIL]



After the first dose, you will have the next dose 4 weeks later, and then every 12 weeks.^[PIL]

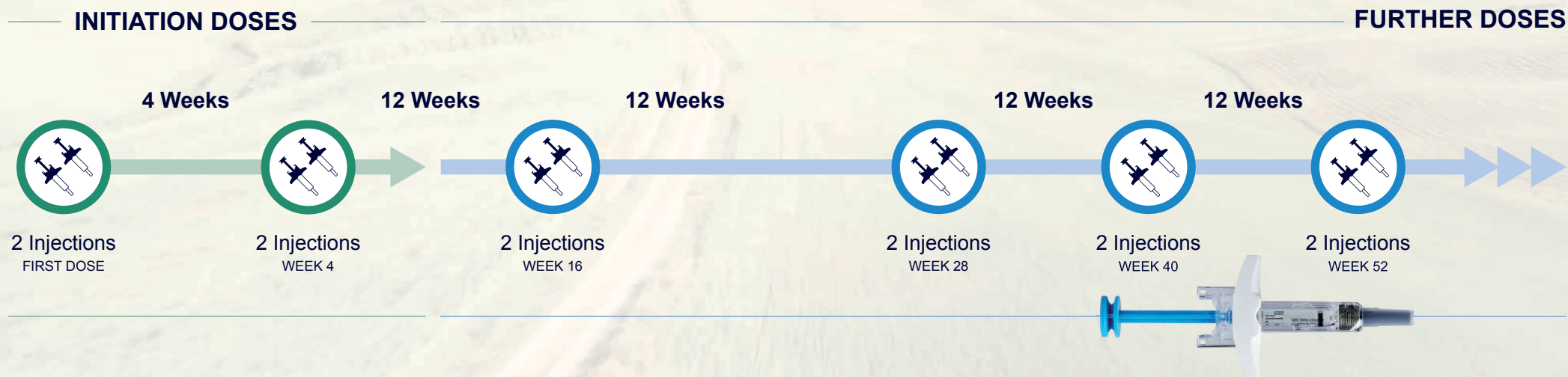
Only 4 doses a year, after 2 initiation doses

Always use this medicine exactly as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure. This medicine is given as 2 injections under your skin (called 'subcutaneous injections').

The dose is 150 mg given as two 75 mg injections.

Adjusting to your new treatment may take time, but remember after your initiation doses you will only need to take your medicine **four times a year**.^[PIL]

Let's take a closer look at when you need to take your medicine. Remember, for your treatment to have the best chance at reducing your psoriasis symptoms, you need to take it exactly as prescribed by your doctor.^[PIL]



Keep on top of your injection due dates by noting them down in your calendar, [\[Core brochure\]](#) or visit [\[insert digital injection tracker URL\]](#).



If you forget to use Sskyrizi, inject a dose as soon as you remember. Talk to your doctor if you are not sure what to do.^[PIL]



After the first dose, you will have the next dose 4 weeks later, and then every 12 weeks.^[PIL]



Pre-filled pen (150 mg)

150 mg pre-filled pen

Get to know your device



The pre-filled pen **automatically delivers** your medicine

Inspection window to check your medicine

A loud 'click' let's you know when your injection is about to start and when it has finished

Hidden needle with automatic needle guard



Each dose is 150 mg given as a **single injection** under your skin (subcutaneously). You and your doctor, pharmacist or nurse will decide if you should inject this medicine yourself.



Do not inject yourself with this medicine unless you have been trained by your doctor, pharmacist or nurse. A caregiver may also give your injection after they have been trained.^[PIL]



Watch a step-by-step video of how to inject at **[insert URL for injection training video]** or by scanning the QR code on the back of this booklet.



Pre-filled syringe (150 mg)

150 mg pre-filled syringe

Get to know your device



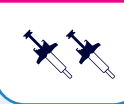
Each dose is 150 mg given as a **single injection** under your skin (subcutaneously). You and your doctor, pharmacist or nurse will decide if you should inject this medicine yourself.



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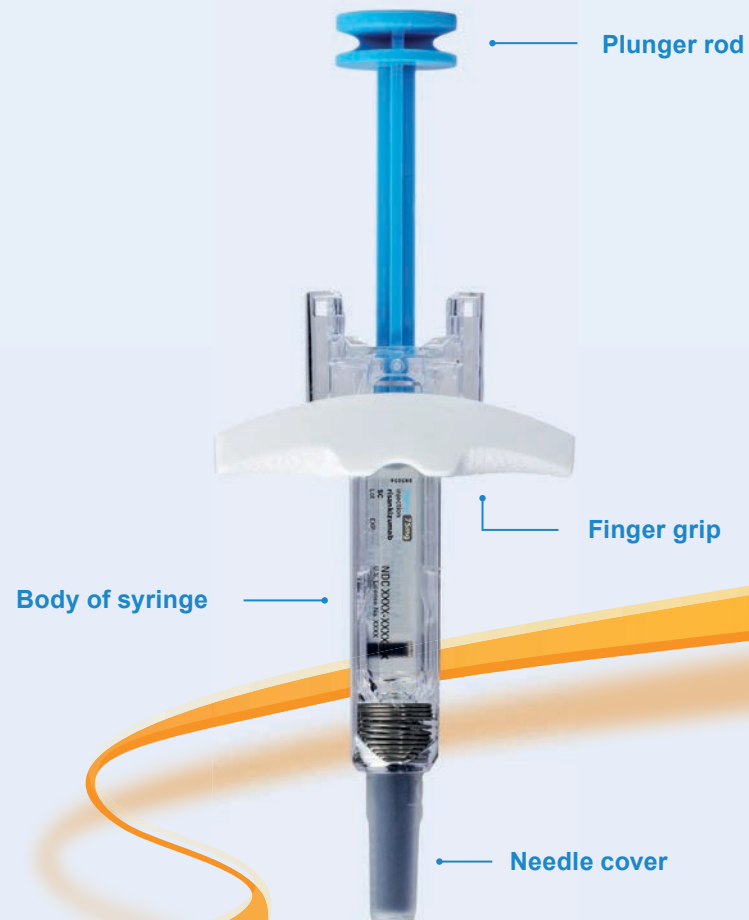
Watch a step-by-step video of how to inject at [\[insert URL for injection training video\]](#) or by scanning the QR code on the back of this booklet.



Pre-filled syringe (2 x 75 mg)

75 mg pre-filled syringe

Get to know your device



Each dose is 150 mg given as **two 75 mg injections** under your skin (subcutaneously). You and your doctor, pharmacist or nurse will decide if you should inject this medicine yourself.



Do not inject yourself with this medicine unless you have been trained by your doctor, pharmacist or nurse. A caregiver may also give your injection after they have been trained.^[PIL]



Watch a step-by-step video of how to inject at [\[insert URL for injection training video\]](#) or by scanning the QR code on the back of this booklet.

What you can expect when you transition to Skyrizi 150 mg

Your doctor has decided to transition your treatment plan from two 75 mg injections to one 150 mg injection. Skyrizi 150 mg is available in a pre-filled pen and in a pre-filled syringe. Speak to your doctor to find out more about each device. You and your doctor will work together and they will decide which is the right device for you.

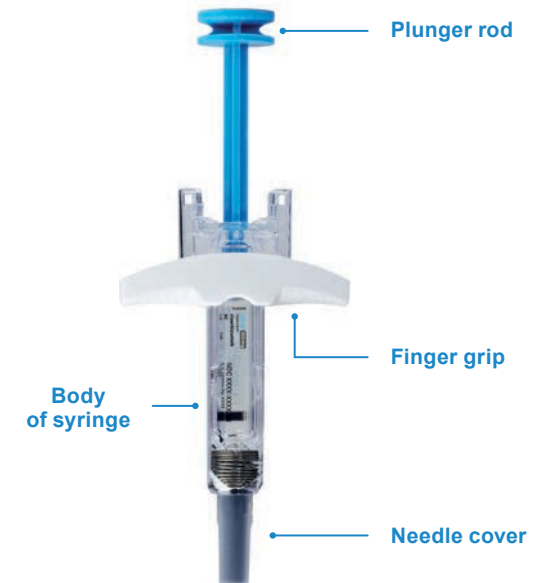
What does this mean for you?

- ✓ Same every 12-week dosing schedule, after two initiation doses
- ✓ Now only one injection per dose

The **pre-filled pen** automatically delivers your medicine by holding down a button.^[PIL]



The **pre-filled syringe** allows you to control medicine delivery by pressing the plunger.^[PIL]



How should I store Skyrizi?

To help make sure your treatment is safe to use and delivers the intended benefits, it's important that you store your medicine correctly.

Follow the below checklist to make sure you look after your medicine in the right way:^[1]



Keep your medicine out of the sight and reach of children



Do not use your medicine after the expiry date



Store in a refrigerator (2°C – 8°C)



Do not freeze



Keep the pre-filled pen in the original carton in order to protect from light



Do not use this medicine if the liquid is cloudy or contains flakes or large particles



Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment



Keep your medicine in the centre of your fridge – fridges tend to be colder at the back and this may lead to your medicine freezing.



You can find the expiry date on the syringe label and outer carton after 'EXP'. The expiry date refers to the last day of that month.

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You can find the expiry date on the pen label and outer carton after 'EXP'. The expiry date refers to the last day of that month.

Travelling with Skyrizi

It's important you stick to taking your treatment every 12 weeks.^[PIL] If you are planning a trip away when you have an injection scheduled there are a few things you can plan beforehand.



Skyrizi needs to be kept between 2°C – 8°C and this includes during travel.^[PIL] Keep your carton in a travel cooler filled with ice packs to ensure your medicine is kept in good condition throughout your journey until you can move it to a fridge.



If you are travelling by plane make sure you keep your medicine with you. Plane luggage compartments can get very cold and may lead to your medicine freezing. Take a note from your doctor and a copy of your prescription to show to airport security while they check your hand luggage and make sure you check your local travel requirements in advance.



Check ahead of your trip that where you are staying has a working fridge that can be used to store your medicine.

Travel checklist

- | | |
|--|---|
| <input checked="" type="checkbox"/> Skyrizi carton | <input checked="" type="checkbox"/> Prescription |
| <input checked="" type="checkbox"/> Travel cooler | <input checked="" type="checkbox"/> Insurance documents |
| <input checked="" type="checkbox"/> Doctor's note | |



Safety information

Before starting Skyrizi



Before you start treatment, it's important you understand the below safety information and make your healthcare team aware if any of the below apply to you.



Do not use Skyrizi

- if you are allergic to risankizumab or any of the other ingredients of this medicine (you can find this in section 6 of your patient information leaflet).
- if you have an infection, including active tuberculosis, which your doctor thinks is important.



Warnings and precautions

- if you currently have an infection or if you have an infection that keeps coming back.
- if you have tuberculosis (TB).
- if you have recently received or plan to receive an immunisation (vaccine). You should not be given certain types of vaccines while using Skyrizi.
- it is important to keep a record of the batch number of your Skyrizi. Every time you get a new pack of Skyrizi, note down the date and the batch number (which is on the packaging after "Lot") and keep this information in a safe place.



Allergic reactions

Tell your doctor or seek medical help immediately if you notice any signs of an allergic reaction while you are taking Skyrizi such as:

- difficulty breathing or swallowing
- swelling of the face, lips, tongue or throat
- severe itching of the skin, with a red rash or raised bumps

Possible side effects^[PIL]

Like all medicines, this medicine can cause side effects, although not everybody gets them. If you have any concerns about side effects speak to your doctor, nurse, or pharmacist.



Possible serious side effects

Talk to your doctor or get medical help immediately if you have symptoms of a serious infection such as:

- fever, flu-like symptoms, night sweats, feeling tired or short of breath, cough which will not go away, warm, red and painful skin, or a painful skin rash with blisters



Your doctor will decide if you can keep using Skyrizi.

Other possible side effects

Tell your doctor, pharmacist or nurse if you get any of the following side effects.

Very common side effects

(May affect more than 1 in 10 people)

- upper respiratory infections with symptoms such as sore throat and stuffy nose

Common side effects

(May affect up to 1 in 10 people)

- feeling tired, fungal skin infection, injection site reactions (such as redness or pain), itching, headache

Uncommon side effects

(May affect up to 1 in 100 people)

- small raised red bumps on the skin

**Step-by-step
injection guide**

4

A large, bold blue number '4' is positioned on the right side of the image. Behind it, a thick, yellow, ribbon-like trail curves from the bottom left towards the number, creating a sense of motion and flow.



How to inject^[PIL]

If you and your doctor have decided you will self-inject, you will first be given training by your doctor, nurse or pharmacist. Before you inject, read the safety information in your Patient Information Leaflet.

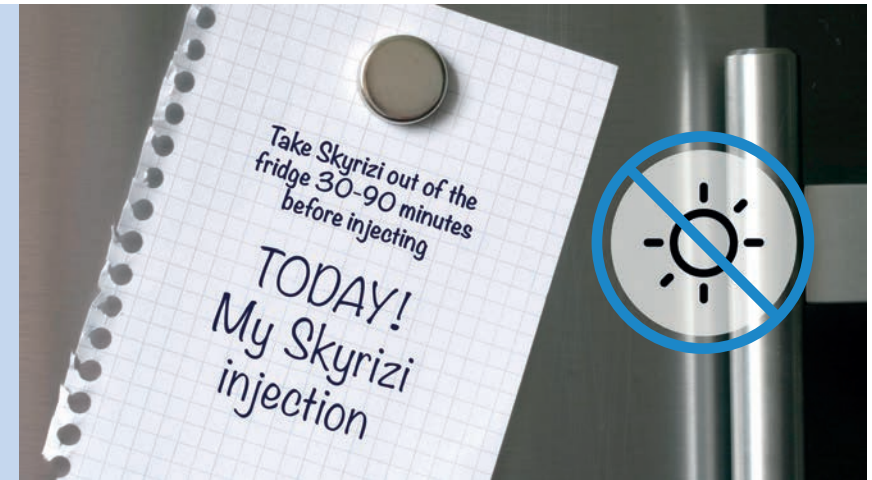


Watch a step-by-step video of how to inject at [\[insert URL for injection training video\]](#).

Step 1

Take the carton out of the refrigerator and leave it at room temperature, out of direct sunlight, for 30 to 90 minutes before injecting.

- **Do not** remove the pen from the carton while allowing Skyrizi to reach room temperature
- **Do not** warm Skyrizi in any other way. For example, **do not** warm it in a microwave or in hot water
- **Do not** use the pen if liquid has been frozen, even if it has been thawed



Step 2

Place the following items on a clean, flat surface:

- 1 pre-filled pen
- 1 alcohol pad (not included in the carton)
- 1 cotton ball or gauze pad (not included in the carton)
- special disposal container (not included in the carton)



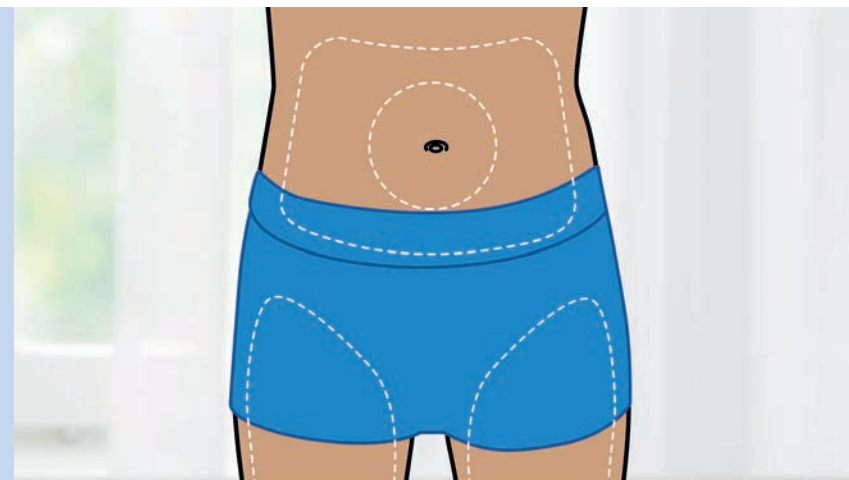
Wash and dry your hands



Step 3

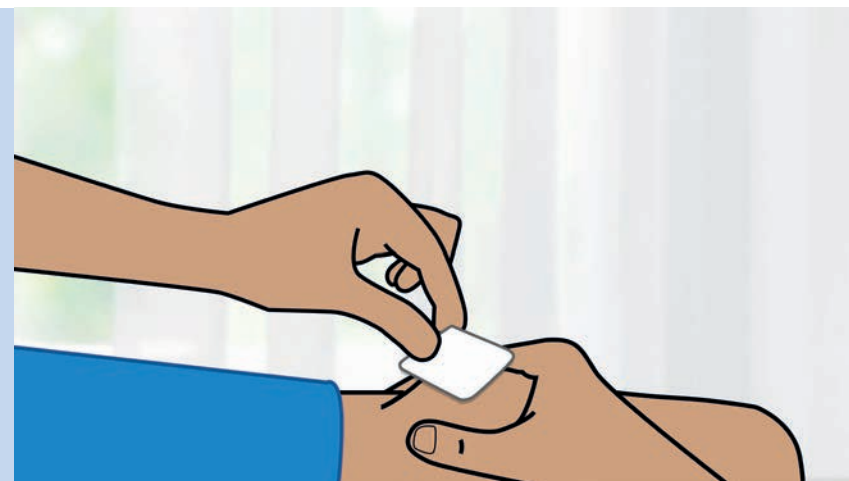
Choose from these 3 areas to inject:

- front of left thigh
- front of right thigh
- your belly (abdomen) at least 5 cm from your belly button (navel)



Before the injection, wipe where you will inject in a circular motion with an alcohol pad.

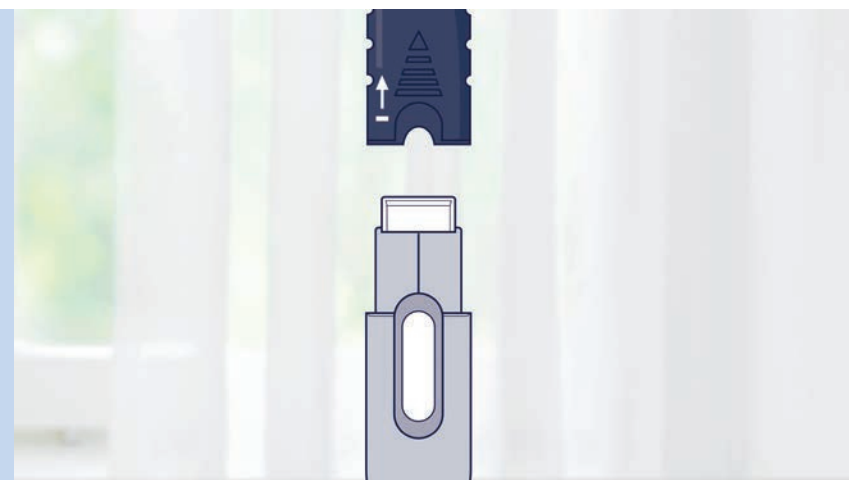
- **Do not** touch or blow on the injection site after it is cleaned. Allow the skin to dry before injecting
- **Do not** inject through clothes
- **Do not** inject into skin that is sore, bruised, red, hard, scarred, or has stretch marks
- **Do not** inject into areas affected by psoriasis



Step 4

Hold the pen with the dark grey cap pointing up, as shown.

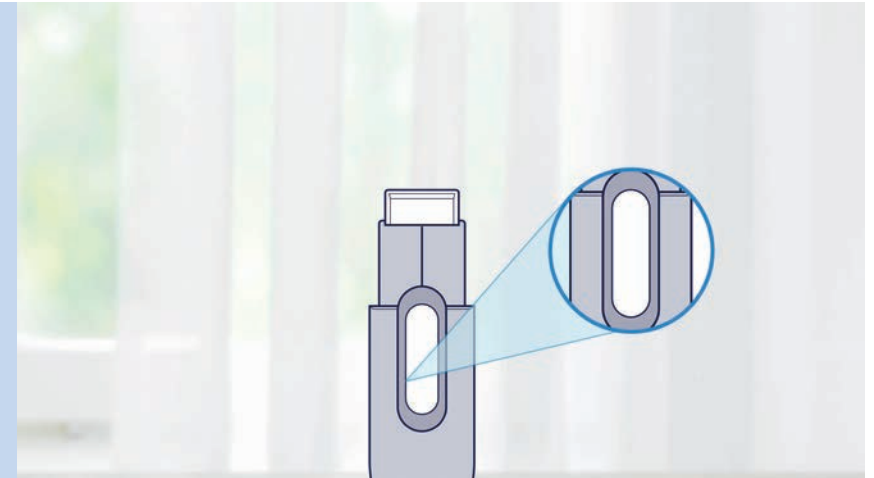
- Pull the dark grey cap straight off
- Throw the dark grey cap away



Step 4 Cont

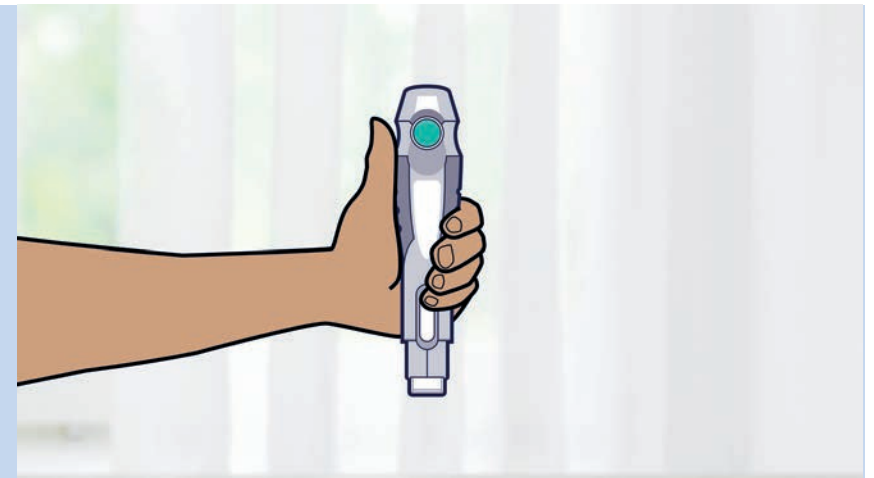
Check the liquid through the inspection window.

- It is normal to see bubbles in the liquid
- The liquid should look clear to yellow and may contain tiny white or clear particles
- **Do not** use if the liquid is cloudy or contains flakes or large particles

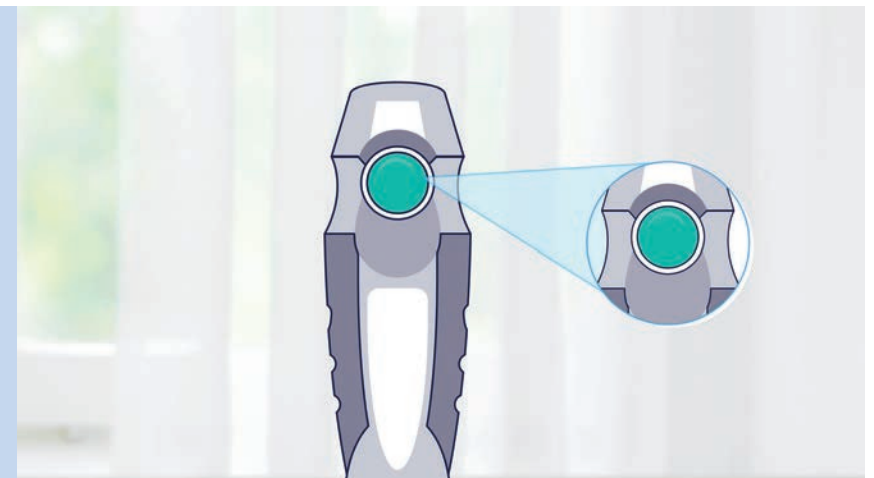


Step 5

Hold the pen with your fingers on the grey hand grips.

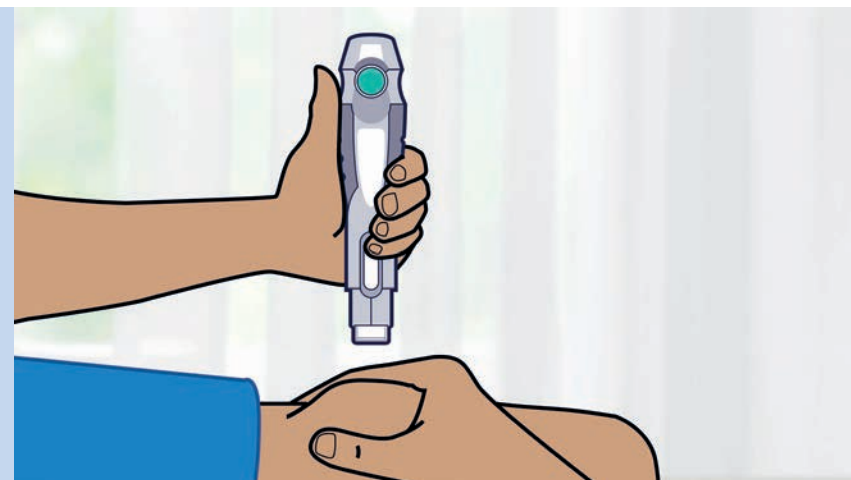


Turn the pen so that the white needle sleeve points toward the injection site and you can see the green activator button.

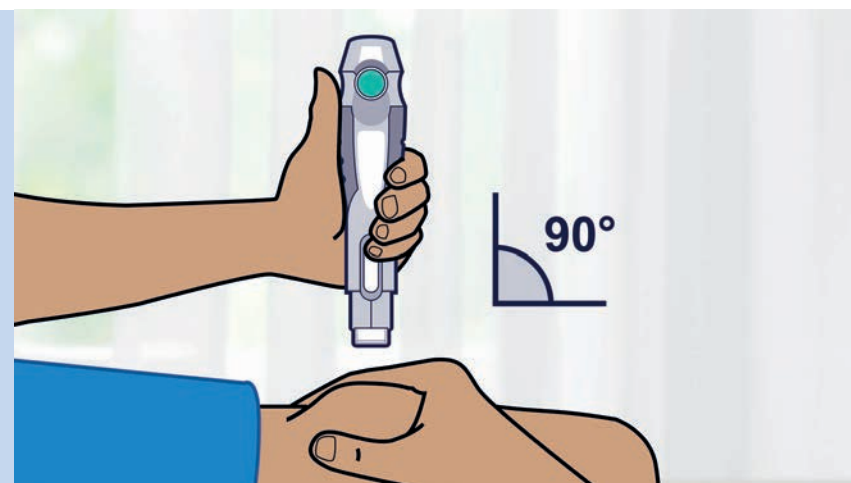


Step 5 Cont

Gently squeeze the skin at your injection site to make a raised area and hold it firmly.

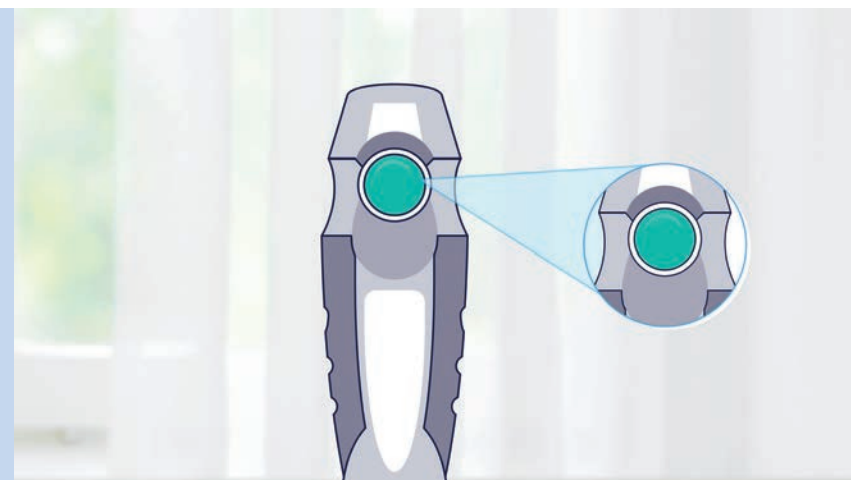


Place the white needle sleeve straight (90° angle) against the raised injection site.



Step 6

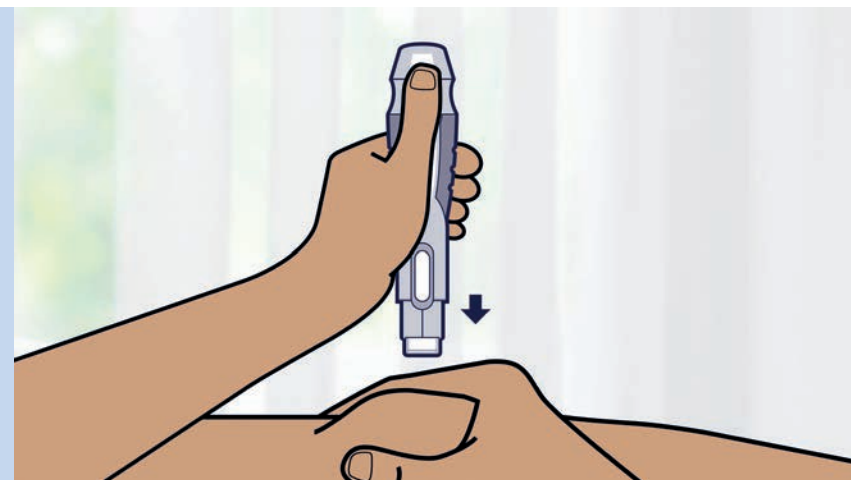
Hold the pen so that you can see the green activator button and inspection window.



Step 6 Cont

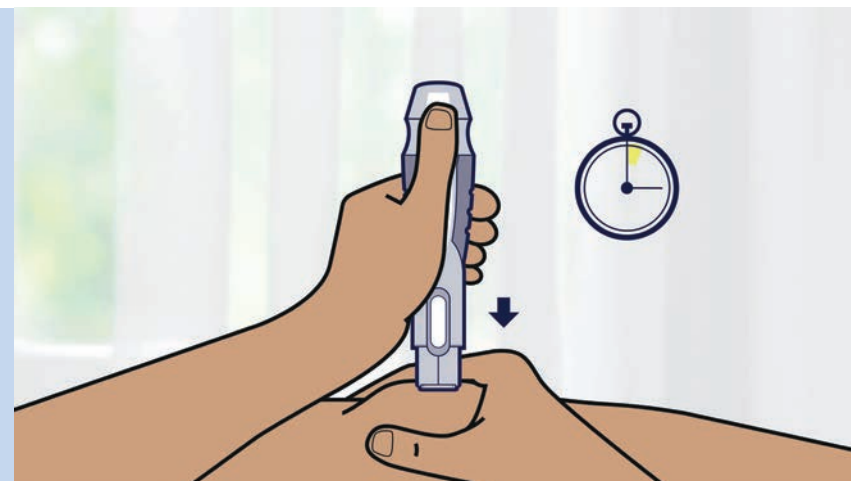
Push and keep pressing the pen down against the raised injection site.

- The pen will activate only if the white needle sleeve is pressed down against the injection site before pressing the green activator button



Press the green activator button and hold the pen for up to 15 seconds.

- A loud 'click' means the start of the injection



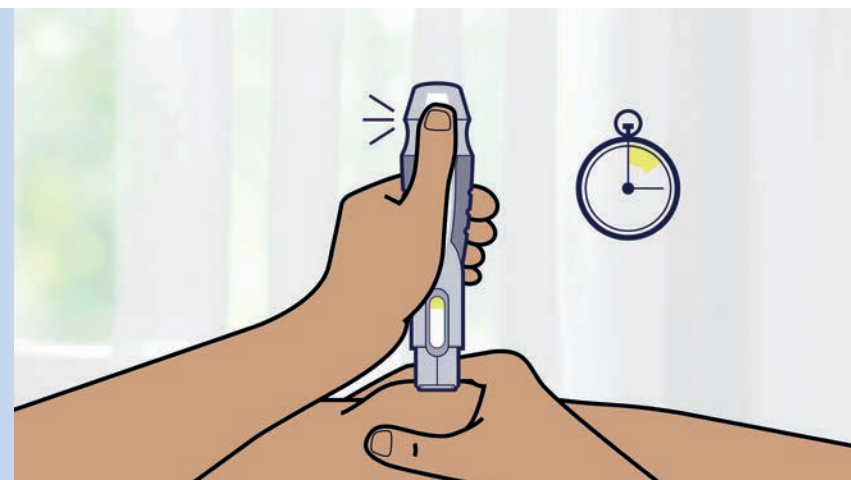
Step 7

Keep pressing the pen down against the injection site.

The injection is complete when:

- the pen has made a second 'click' **or**
- the yellow indicator has filled the inspection window

This takes **up to 15 seconds**.



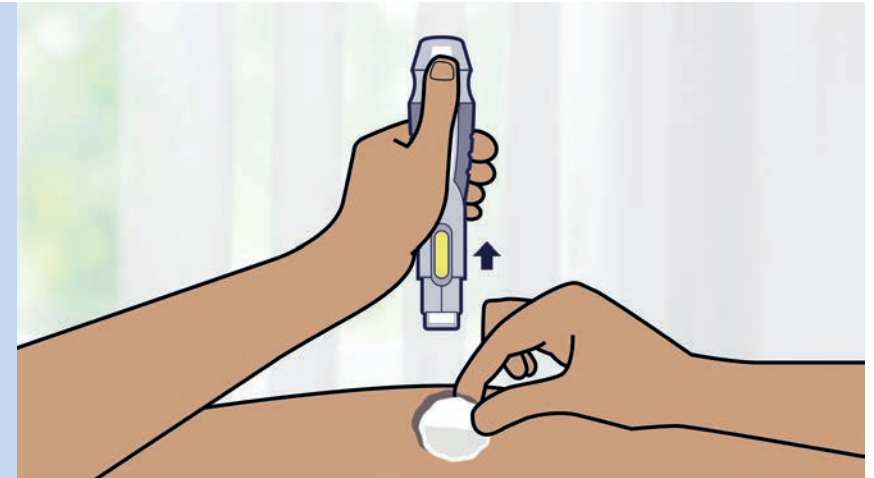
Step 8

When the injection is complete, slowly pull the pen straight away from the skin.

The white needle sleeve will cover the needle tip and make another 'click'.

After completing the injection, place a cotton ball or gauze pad on the skin at the injection site.

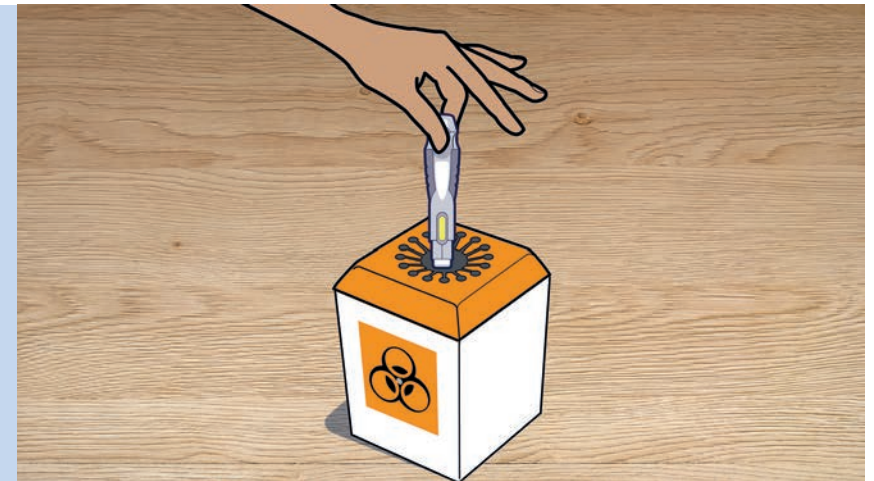
- **Do not** rub the injection site
- Slight bleeding at the injection site is normal



Step 9

Throw away the used pen in a special disposal container straight after use.

- **Do not** throw away the used pen in the household waste
- Your doctor, pharmacist or nurse will tell you how to return the full special disposal container





Pre-filled syringe (150 mg)

How to inject^[PIL]

If you and your doctor have decided you will self-inject, you will first be given training by your doctor, nurse or pharmacist. Before you inject, read the safety information in your Patient Information Leaflet.



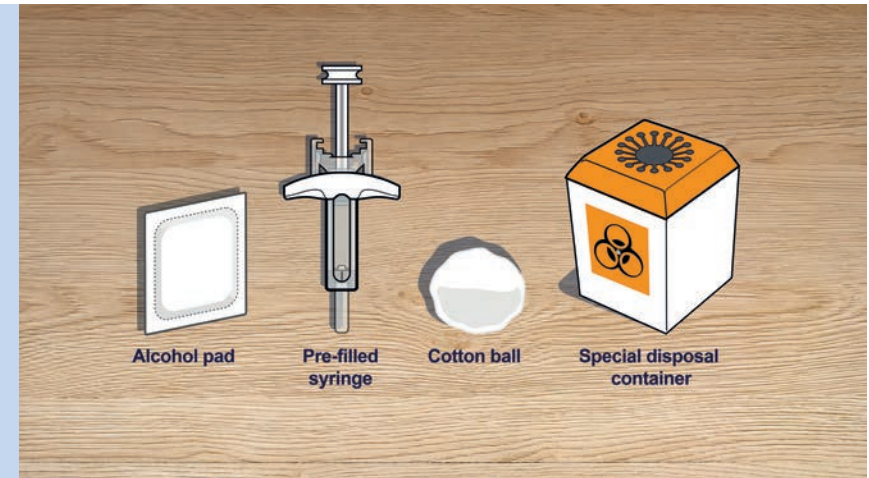
Watch a step-by-step video of how to inject at [\[insert URL for injection training video\]](#).

Step 1

Remove the pre-filled syringe from the cardboard sleeve by holding the finger grip. **Do not** hold or pull plunger rod when removing the pre-filled syringe from the sleeve

Place the following items on a clean, flat surface:

- 1 pre-filled syringe
- 1 alcohol pad (not included in the carton)
- 1 cotton ball or gauze pad (not included in the carton)
- special disposal container (not included in the carton)



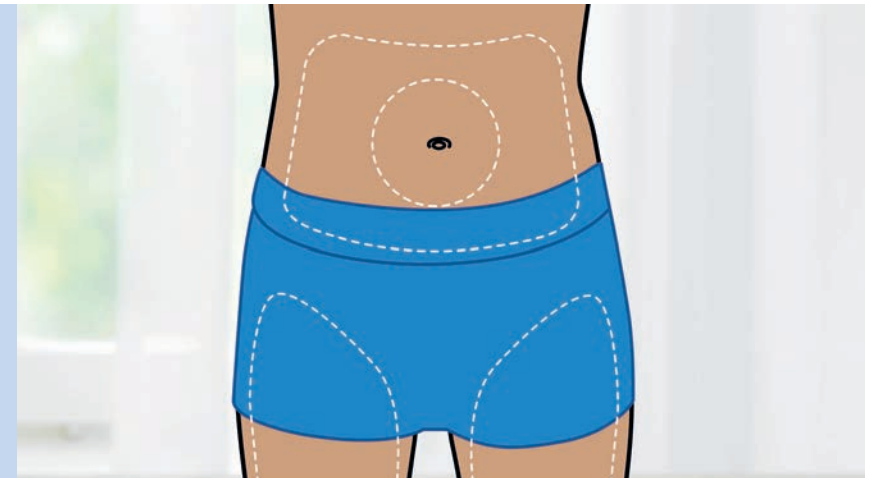
Wash and dry your hands



Step 2

Choose from these 3 areas to inject:

- front of left thigh
- front of right thigh
- your belly (abdomen) at least 5 cm from your belly button (navel)

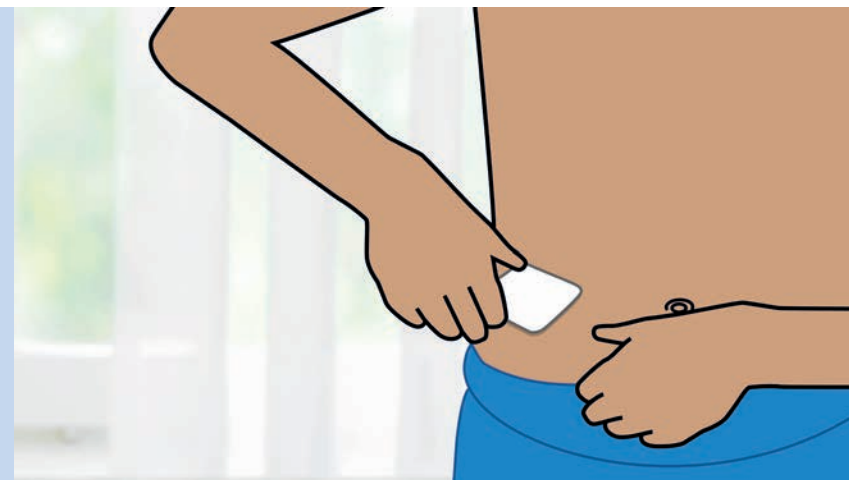


Step 2

Cont

Before the injection, wipe where you will inject in a circular motion with an alcohol pad.

- **Do not** touch or blow on the injection site after it is cleaned. Allow the skin to dry before injecting
- **Do not** inject through clothes
- **Do not** inject into skin that is sore, bruised, red, hard, scarred, or has stretch marks
- **Do not** inject into areas affected by psoriasis

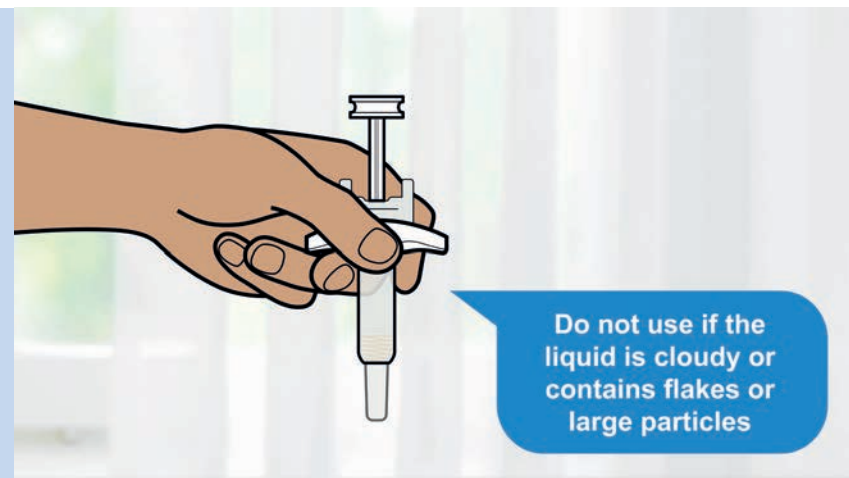


Step 3

Hold the syringe with the covered needle pointing down, as shown.

Check the liquid in the syringe.

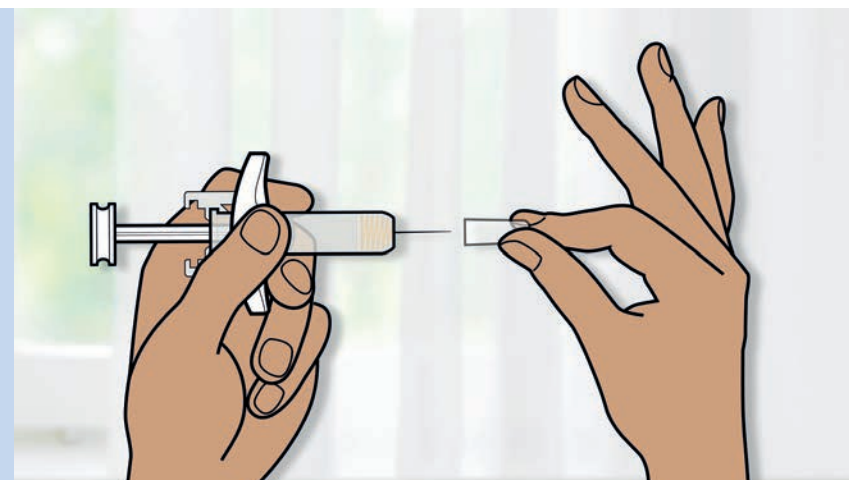
- It is normal to see bubbles in the window
- The liquid should look clear to yellow and may contain tiny white or clear particles
- **Do not** use if the liquid is cloudy or contains flakes or large particles



Step 4

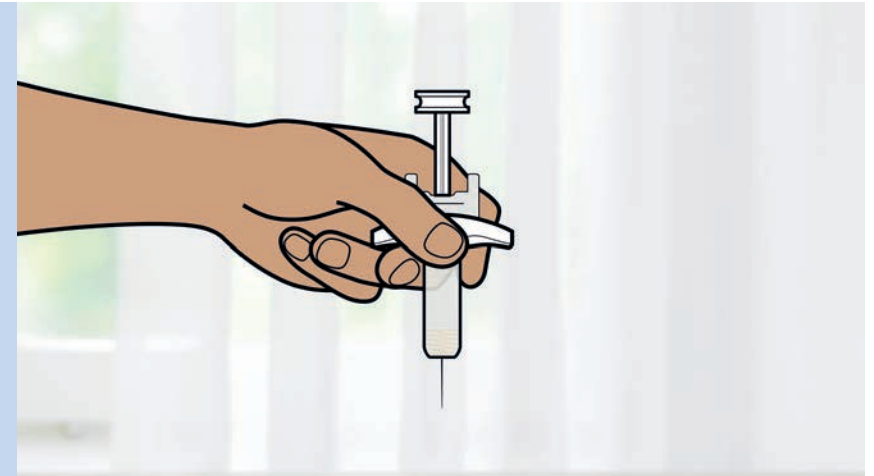
Removing the needle cover:

- Hold the syringe in one hand between the finger grip and needle cover
- With the other hand, gently pull the needle cover straight off
- **Do not** hold or pull the plunger rod when removing the needle cover
- You may see a drop of liquid at the end of the needle. This is normal
- Throw away the needle cover
- **Do not** touch the needle with your fingers or let the needle touch anything



Step 5

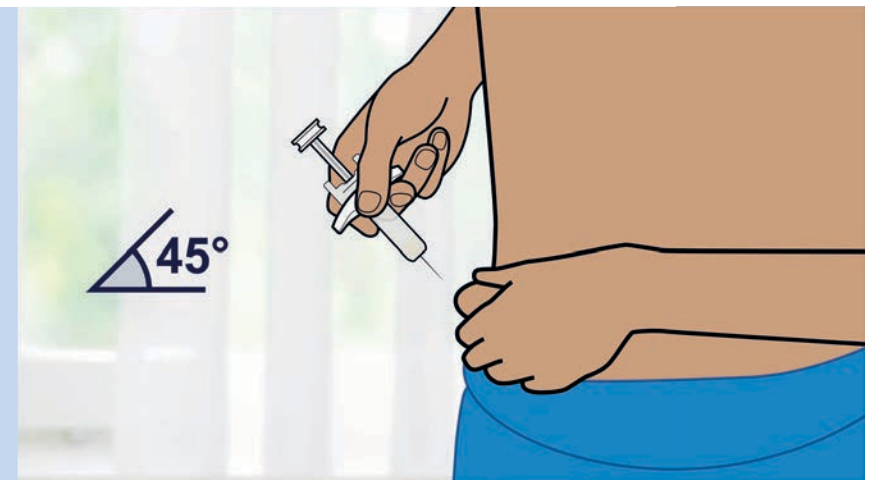
Hold the body of the syringe in one hand between the thumb and index finger, like you would a pencil.



Gently pinch the area of cleaned skin with your other hand and hold it firmly.

Insert the needle all the way into the skin at about a 45-degree angle using a quick, short movement.

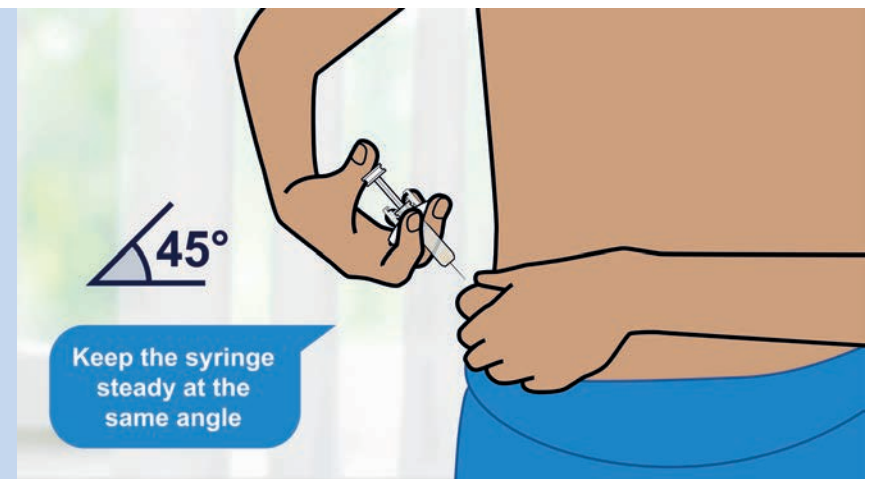
Keep the syringe steady at the same angle.



Step 6

Slowly push the plunger rod all the way in until all of the liquid is injected.

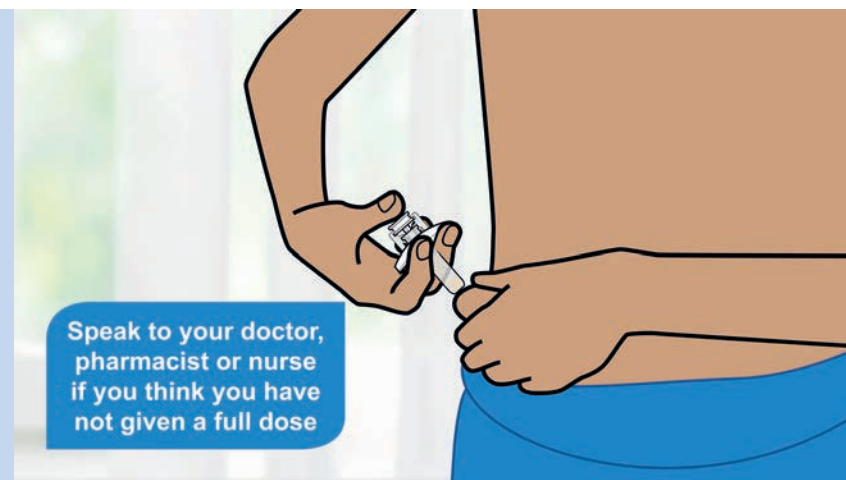
Pull the needle out of the skin while keeping the syringe at the same angle.



Step 6 Cont

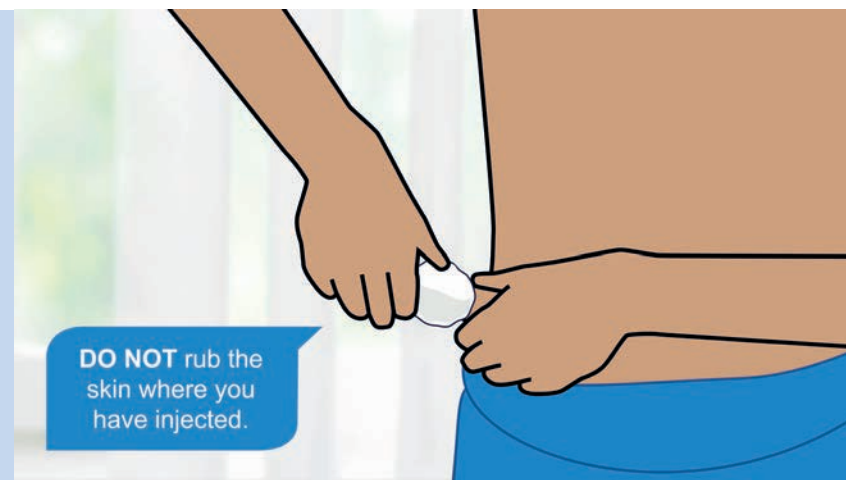
Slowly take your thumb off the plunger rod. The needle will then be covered by the needle guard.

- The needle guard will not activate unless all the liquid is injected
- Speak to your doctor, pharmacist or nurse if you think you have not given a full dose



Press a cotton ball or gauze pad where you have injected and hold for 10 seconds.

Do not rub the skin where you have injected. You may have slight bleeding from where you injected. This is normal.



Step 7

Throw away the used syringe in a special disposal container straight after use.

- **Do not** throw away the used syringe in the household waste
- Your doctor, pharmacist or nurse will tell you how to return the full special disposal container





How to inject^[PIL]

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Watch a step-by-step video of how to inject at [\[insert URL for injection training video\]](#).

Step 1

Place the following items on a clean, flat surface:

- 2 pre-filled syringes
- 2 alcohol pads (not included in the carton)
- 2 cotton balls or gauze pads (not included in the carton)
- special disposal container (not included in the carton)



Wash and dry your hands

Start with one syringe for the first injection.

For a full dose, two injections are required, one after the other.

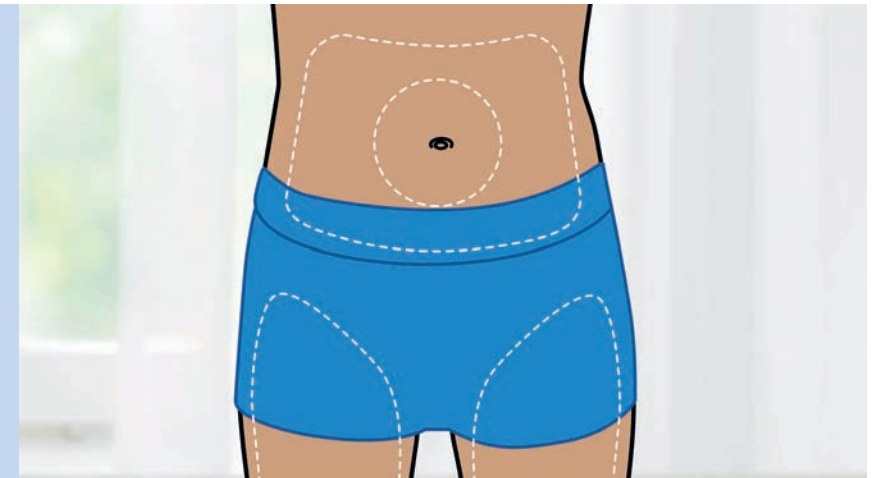


Step 2

Choose from these 3 areas to inject:

- front of left thigh
- front of right thigh
- your belly (abdomen) at least 5 cm from your belly button (navel)

For the second syringe, inject at least 3 cm away from the first injection. Do not inject into the same place.

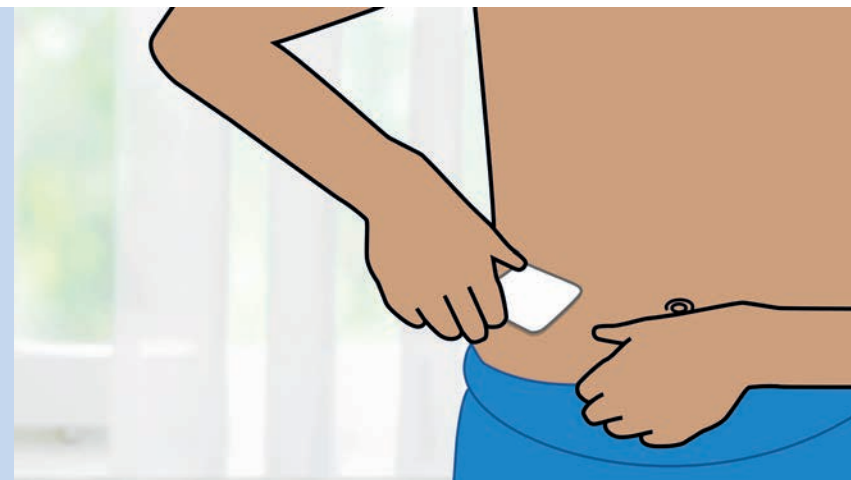


Step 2

Cont

Before the injection, wipe where you will inject in a circular motion with an alcohol pad.

- **Do not** touch or blow on the injection site after it is cleaned. Allow the skin to dry before injecting
- **Do not** inject through clothes
- **Do not** inject into skin that is sore, bruised, red, hard, scarred, or has stretch marks
- **Do not** inject into areas affected by psoriasis

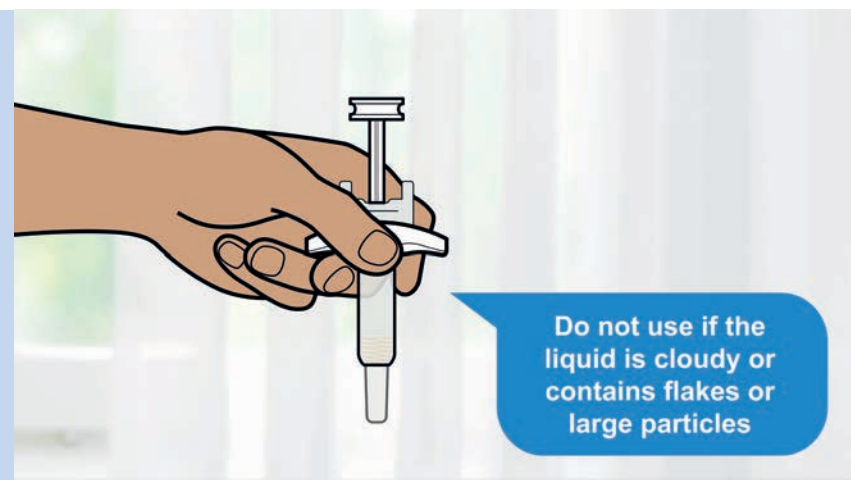


Step 3

Hold the syringe with the covered needle pointing down, as shown.

Check the liquid in the syringe.

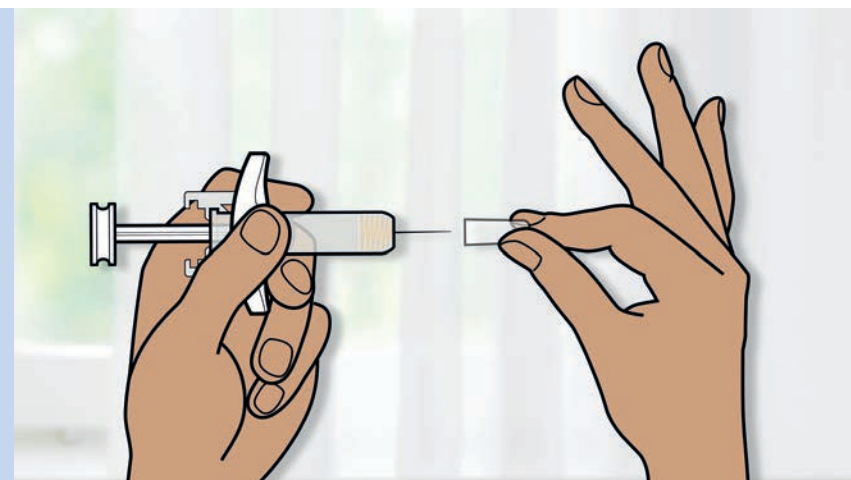
- It is normal to see bubbles in the window
- The liquid should look clear to slightly yellow and may contain tiny white or clear particles
- **Do not** use if the liquid is cloudy or contains flakes or large particles



Step 4

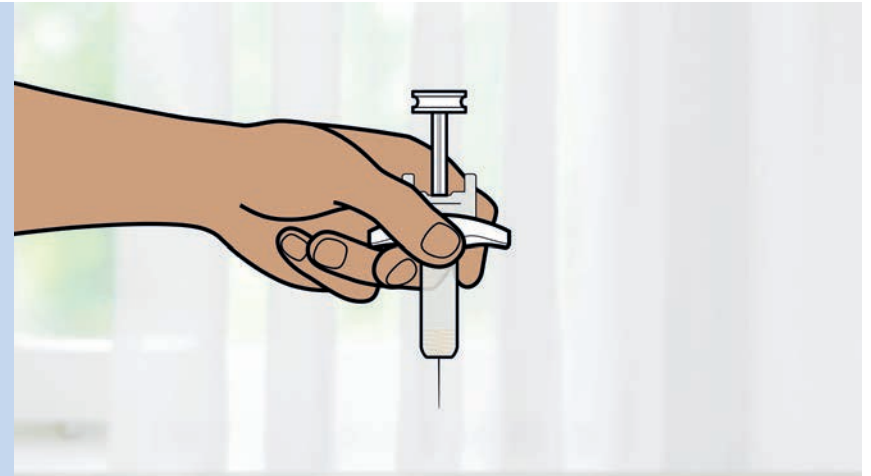
Removing the needle cover:

- Hold the syringe in one hand between the finger grip and needle cover
- With the other hand, gently pull the needle cover straight off
- **Do not** hold or pull the plunger rod when removing the needle cover
- You may see a drop of liquid at the end of the needle. This is normal
- Throw away the needle cover
- **Do not** touch the needle with your fingers or let the needle touch anything



Step 5

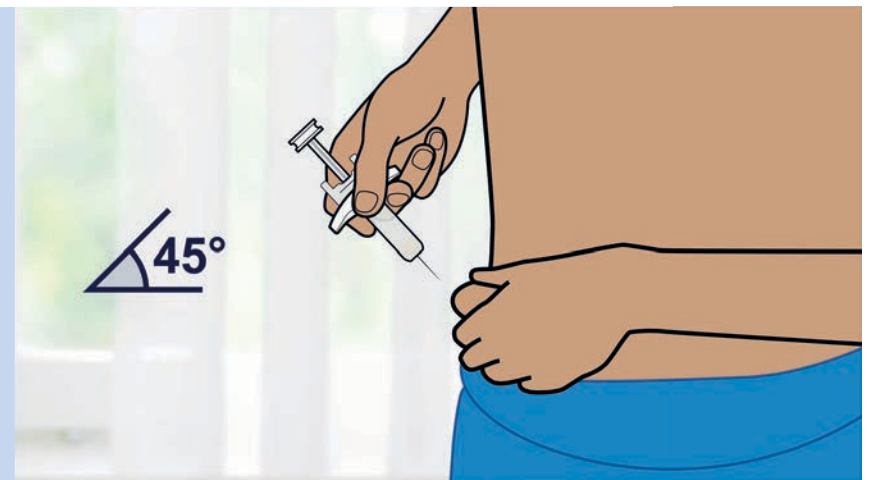
Hold the body of the syringe in one hand between the thumb and index finger, like you would a pencil.



Gently pinch the area of cleaned skin with your other hand and hold it firmly.

Insert the needle all the way into the skin at about a 45-degree angle using a quick, short movement.

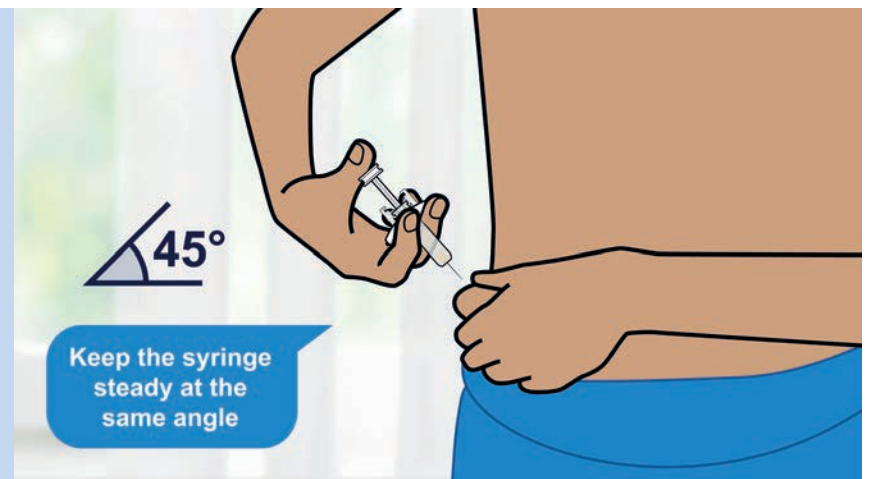
Keep the syringe steady at the same angle.



Step 6

Slowly push the plunger rod all the way in until all of the liquid is injected.

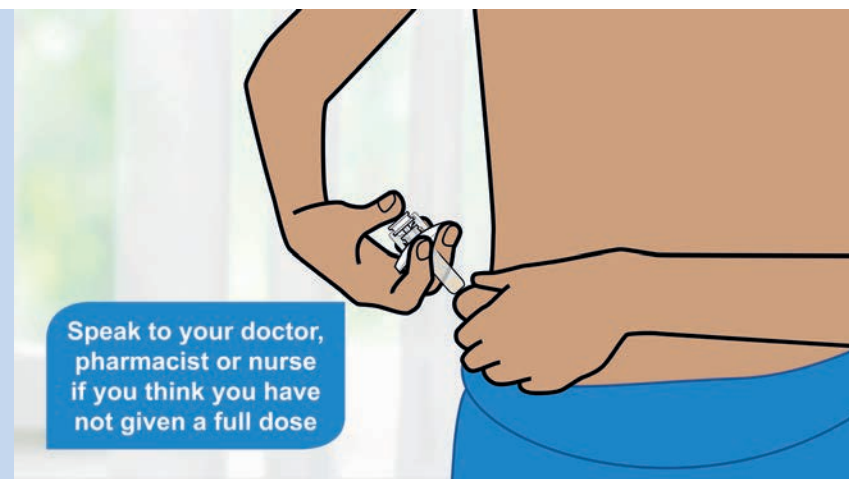
Pull the needle out of the skin while keeping the syringe at the same angle.



Step 6 Cont

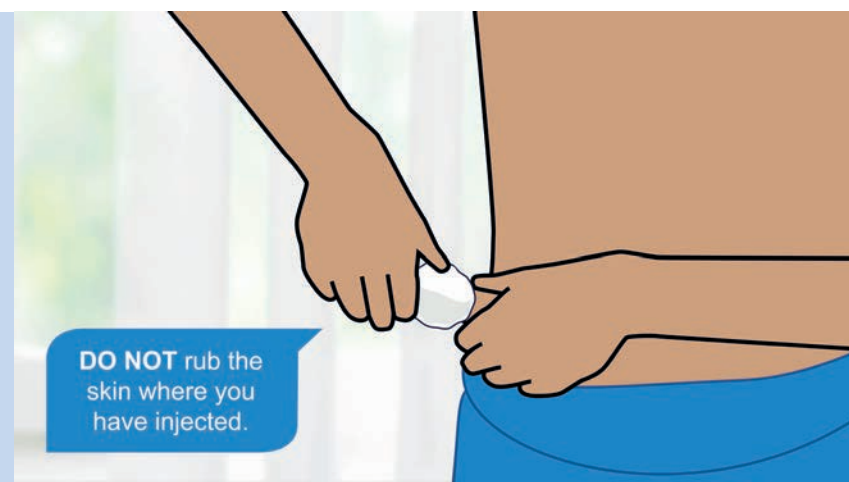
Slowly take your thumb off the plunger rod. The needle will then be covered by the needle guard.

- The needle guard will not activate unless all the liquid is injected
- Speak to your doctor, pharmacist or nurse if you think you have not given a full dose



Press a cotton ball or gauze pad where you have injected and hold for 10 seconds.

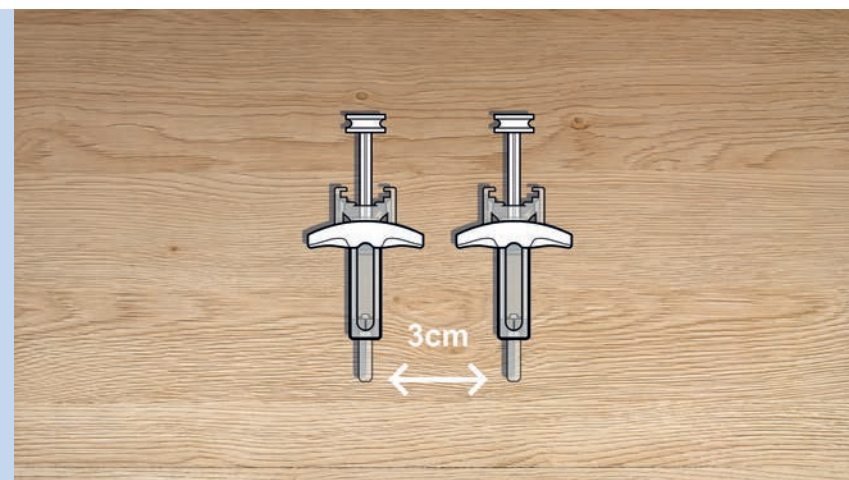
Do not rub the skin where you have injected. You may have slight bleeding from where you injected. This is normal.



Step 7

For a full dose, two injections are required, one after the other.

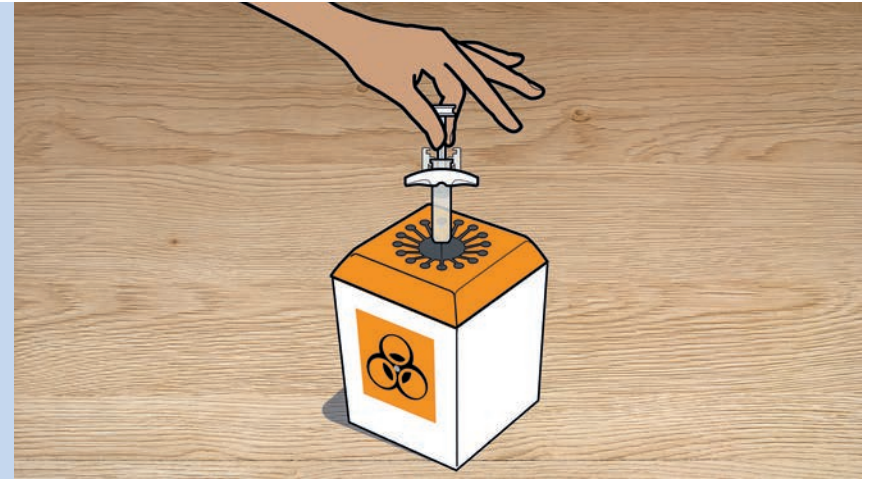
- Repeat Steps 2 through 6 with the second syringe
- Inject the second syringe straight after the first injection but at least 3 cm away from the first injection



Step 8

Throw away used syringes in a special disposal container straight after use.

- **Do not** throw away used syringes in the household waste
- Your doctor, pharmacist or nurse will tell you how to return the full special disposal container



Notes

Use this space to make notes about your treatment, such as contact details or reminders.

How AbbVie Care can support you

AbbVie Care is a personalised patient support programme designed to provide you with tools and resources to help you manage your treatment plan with confidence.



For more information about AbbVie Care, speak to your doctor or visit [\[Insert url\]](#).



QR code

For more information about Skyrizi, scan this QR code with your phone or visit [\[insert URL to Skyrizi.eu\]](#).*

*You can download a QR code reader from the App Store for iPhone or Google Play for Android

[References to be localised per market]

References:

1. Skyrizi Summary of Product Characteristics.
2. Skyrizi Patient Information Leaflet.
3. NHS. Psoriasis Overview. Available at: <https://www.nhs.uk/conditions/psoriasis/>