

PCSK9 Inhibitor Injection Checklist



A PCSK9 inhibitor requires a subcutaneous injection (i.e., a shot that's given into the fat under the skin). Your medicine may come as a pre-filled syringe or a pen device. Either way, it may seem scary or complicated to give yourself shots. But your medicine will work best when it's given the right way and exactly as directed. Many people get and give themselves injections safely, easily and without fear. You can, too.

Use this checklist each time to help inject your medicine the right way:

- ☐ Wash your hands with soap and water.
- ☐ Gather the medicine and all the supplies you need. If your medicine is stored in the refrigerator, remove it from the refrigerator about 30 to 40 minutes before you plan to inject so it can warm up to room temperature.
- ☐ Check the medicine name and expiration date.
- ☐ Prepare the medicine to inject as instructed by your doctor or the Package Insert included with your medicine.
- ☐ Decide where you will give the shot (usually the back of arms, stomach, upper legs). Rotate the site with each injection. Do not inject into areas where the skin is injured, tender, hard, red, hot, or has visible veins, scars or stretch marks.
- ☐ Wash the area with soap and water or wipe it with an alcohol swab. Allow the skin to dry.
- ☐ Carefully take off the cap, making sure the needle doesn't touch anything.
- ☐ Hold the syringe or pen as instructed in the Package Insert. With the other hand, pinch the body area where you will inject your medicine. Pinching gathers up the fatty layer under your skin.
- ☐ Push needle into the pinched skin either straight up and down or at a slight angle, depending on how your doctor instructed.
- ☐ After the needle is in, let go of the skin you were pinching.
- ☐ Inject the medicine as instructed by your doctor and in the Package Insert that may include following these directions:
 - For a pre-filled syringe, inject by gently pushing the pre-filled syringe plunger at a slow and steady pace until the syringe is empty.
 - For a pen device, press the injection button completely (or until it clicks) then wait 10 to 20 seconds before removing the needle from the skin.
- ☐ Quickly pull the needle out and press gently on the site with an alcohol swab or tissue.
- ☐ Throw away any used syringes, empty pen devices and needles after each injection into a sharps container (i.e., a rigid, puncture-proof, leak-proof container). Sharps containers are available at your local pharmacy.
- ☐ Record the date, the site at which the shot was given and whether you had any problems injecting the medicine.

Talk to your doctor if you have any problems injecting your medicine. Your doctor can help you get the injection training you need until you feel comfortable.

Visit **www.CVSSpecialty.com** for more information on PCSK9 inhibitors or injecting your medicine.

This information is not a substitute for medical advice or treatment. Talk to your doctor or health care provider about this information and any health-related questions you have. CVS/caremark assumes no liability whatsoever for the information provided or for any diagnosis or treatment made as a result of this information.

CVS/caremark does not operate the websites/organizations listed here, nor is it responsible for the availability or reliability of their content. These listings do not imply or constitute an endorsement, sponsorship or recommendation by CVS/caremark.

Your privacy is important to us. Our employees are trained regarding the appropriate way to handle your private health information.

©2015 CVS Caremark. All rights reserved.

75-35242b 081015

CVS/specialty™