



# AN INTRODUCTION TO KINERET<sup>®</sup> (anakinra)

Information and tips to help your patient get started

# KINERET<sup>®</sup> (anakinra) AND YOU

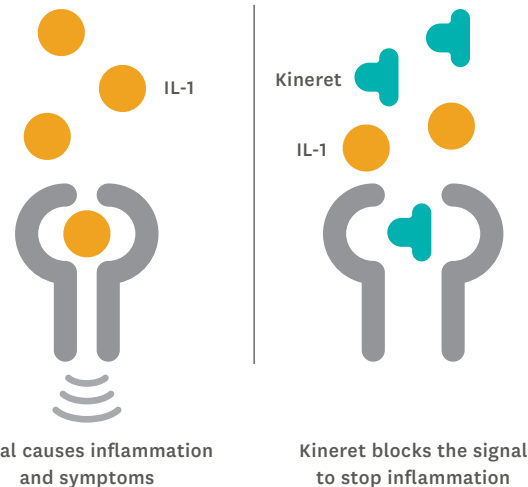
Kineret is the only FDA-approved rheumatoid arthritis (RA) treatment that blocks a protein called interleukin-1 (IL-1).<sup>1</sup> In some patients with RA, inflammation mediated by IL-1 may cause pain, swelling, and damage to joints.<sup>1-3</sup>

RA symptoms that are nonresponsive to multiple biologic therapies may be a sign of inflammation mediated by IL-1.<sup>1,4</sup>

*“Knowing my history of RA symptoms, my rheumatologist chose to start me on Kineret, and I will be forever grateful for her insight.”*

–Megan, RA patient

This represents one patient’s experience. Individual results may vary.



## Getting Started

Kineret may take some time to have an effect. For most people who experienced improvement with Kineret, results were seen within 3 months, but some patients continued to improve between 3 and 6 months after starting treatment.<sup>1</sup> Try not to get discouraged if you don’t see immediate results.

*“I remembered my doctor said it would take a while to potentially start working, so I was glad I continued.... The fact that I was beginning to feel improvement motivated me to continue treatment.”*

–Megan, RA patient

This represents one patient’s experience. Individual results may vary.

Be sure to review the information given to you by your healthcare team, and visit [kineretrx.com](http://kineretrx.com) for resources you might find helpful as you begin treatment.

### INDICATIONS

Kineret<sup>®</sup> is a prescription medicine called an interleukin-1 receptor antagonist (IL-1ra) used to reduce the signs and symptoms, and slow the damage of moderate to severe active rheumatoid arthritis (RA) in people age 18 years and older when 1 or more other drugs for RA have not worked.

### IMPORTANT SAFETY INFORMATION

**Do not take Kineret if you are allergic to:**

- proteins made from bacteria called *E.coli*. Ask your healthcare provider if you are not sure
- anakinra or any of the ingredients in Kineret. See the end of the patient leaflet for a complete list of ingredients in Kineret.

Please see full Important Safety Information on page 7 and full Prescribing Information at [kineretrx.com](http://kineretrx.com).

# THE BASICS: SUPPLY, STORAGE, ADMINISTRATION

## How is Kineret<sup>®</sup> (anakinra) supplied?



» Kineret is supplied in single-use, prefilled, graduated glass syringes<sup>1</sup>



» Each graduated syringe contains 100 mg of Kineret solution<sup>1</sup>



» Kineret is dispensed in a 7-day pack<sup>1</sup>

## How is Kineret stored?



» Kineret is stored in a refrigerator between 36° and 46°F (2° and 8°C)<sup>1</sup>



» Kineret should not be frozen or shaken<sup>1</sup>



» Kineret should be kept in its original carton and away from light<sup>1</sup>

## How is Kineret administered?



» Kineret is injected subcutaneously at around the same time every day<sup>1</sup>

### IMPORTANT SAFETY INFORMATION (cont.)

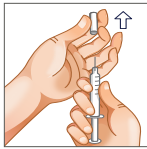
**Before you use Kineret, tell your healthcare provider if you:**

- have an infection, a history of infections that keep coming back, or other problems that can increase your risk of infections

Please see full Important Safety Information on page 7 and full Prescribing Information at [kineretrx.com](http://kineretrx.com).

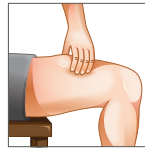
# HOW TO INJECT KINERET<sup>®</sup> (anakinra)

Use these step-by-step injection instructions to teach your patients about the proper administration of Kineret.



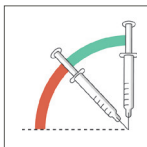
## Step 1 Get ready<sup>1</sup>

- » Set up a clean and flat work space such as a table
- » Take the Kineret prefilled syringe labeled with the correct day of the week out of the refrigerator
  - Check the expiration date
  - Wait for 30 minutes to let the solution come to room temperature
  - Ensure that the liquid in the syringe is clear and colorless (a few small bubbles are not a problem)
- » Gather supplies
  - Alcohol swabs or wipes
  - Dry gauze, tissue, and/or cotton ball
  - Needle clipper or puncture-resistant sharps container
- » Wash hands with soap and warm water



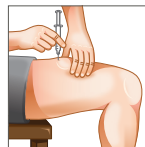
## Step 2 Select injection site<sup>1</sup>

- » Choose an injection site
- » Choose a new site each time Kineret is injected
  - Do not inject into an area that is tender, red, bruised, or hard
  - Avoid areas with scars or stretch marks
  - Do not inject close to a vein that can be seen under the surface of the skin
- » Clean injection site with an alcohol swab and let the area dry



## Step 3 Give the injection<sup>1</sup>

- » Hold the syringe barrel and pull the cover straight off the needle
- » Gently pinch a fold of skin at the cleaned injection site
- » Hold the syringe like a pencil at a 45- to 90-degree angle to the skin
- » Insert the needle into the skin with a quick, dart-like motion
- » Slowly push the plunger all the way down to inject Kineret
- » When the syringe is empty, pull the needle out of the skin while keeping the needle at the same angle



## Step 4 After the injection<sup>1</sup>

- » Place a cotton ball or gauze over the injection site and press for several seconds
  - Don't use an alcohol wipe—it may sting!
- » Clip the needle and throw the syringe in the trash or put the used syringe in a sharps disposal container right away
- » Track the injection site in a diary or on the [Kineret injection tracker](#)

### IMPORTANT SAFETY INFORMATION

**Before you use Kineret, tell your healthcare provider if you:**

- have an allergy to rubber or latex. The inner needle cover on the prefilled syringe contains latex. Do not handle the needle cover if you are allergic to latex

Please see full Important Safety Information on page 7 and full Prescribing Information at [kineretrx.com](http://kineretrx.com).

# INJECTION SITE REACTIONS

## COMMON INJECTION SITE REACTIONS INCLUDE<sup>1</sup>:

During the first month of treatment, you may experience injection site reactions (ISRs). These are common side effects of Kineret<sup>®</sup> (anakinra). Most ISRs are mild, and usually stop about 14 to 28 days after starting treatment.<sup>1,5</sup>

*“Although I had pretty classic injection site reactions starting about two weeks after I began taking Kineret, they tapered off within the first six weeks.”*

–Megan, RA patient

This represents one patient’s experience.  
Individual results may vary.

SWELLING



REDNESS



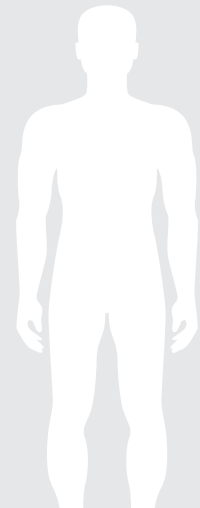
STINGING



ITCHING








BRUISING



## How to address ISRs

Here are some tips:

-  » Wait for 30 minutes to bring Kineret to room temperature<sup>5</sup>
-  » Be sure to rotate injection sites<sup>5</sup>
-  » Cool the injection site with an ice pack for a few minutes before and after injecting<sup>5</sup>
-  » Don't inject into skin that is red, bruised, tender, or hard<sup>1</sup>
-  » Apply hydrocortisone or an antihistamine cream to the injection site<sup>5</sup>
-  » Keep track of injection sites in the [Kineret injection tracker](#)

Other common side effects of Kineret<sup>1</sup>:

- » Rheumatoid arthritis (RA) gets worse with treatment
- » Sore throat or runny nose
- » Headache
- » Nausea
- » Diarrhea
- » Sinus infection
- » Joint pain
- » Feeling like you have the flu
- » Pain in your stomach area

Call your doctor if an ISR bothers you or doesn't go away.<sup>1</sup>

### IMPORTANT SAFETY INFORMATION (cont.)

Before you use Kineret, tell your healthcare provider if you:

- have kidney problem

Please see full Important Safety Information on page 7 and full Prescribing Information at [kineretrx.com](http://kineretrx.com).

# A NETWORK OF SUPPORT

KINERET® On TRACK™ offers patients and healthcare providers continuing support for every step of the Kineret® (anakinra) treatment journey. Consider us your team of experts, ready to assist you and your patients.

## Kineret Case Managers

Kineret Case Managers may be able to guide you through the insurance approval process and help find access solutions.

## Kineret Pharmacy Specialists

Kineret Pharmacy Specialists will deliver your prescription right to your door. The first time. And every time.

## Kineret Trained Nurses

Kineret Trained Nurses can help you understand how to use Kineret, with your healthcare team's direction.

*“KINERET On TRACK allowed me to work with a case manager and get Kineret sent right to my office... overnight, if necessary.... After explaining the terms and conditions that applied, the case manager determined I was eligible to receive co-pay assistance, too.”*

–Megan, RA patient

**This represents one patient's experience. Individual results may vary.**

Visit [kineretrx.com](http://kineretrx.com) to learn more about KINERET On TRACK and take advantage of a wide range of resources, such as:

- » Kineret patient stories
- » Downloadable [injection site tracker](#)
- » Downloadable [treatment guide](#) and [instructions for use](#)



Speak to a KINERET On TRACK expert.

Call **866.547.0644**, 8AM to 8PM EST, Monday through Friday, or visit **KINERETOnTRACK.com** for more information.

## REFERENCES

**1.** Kineret [Prescribing Information]. Stockholm, Sweden: Biovitrum AB; 2016. **2.** Dinarello CA, Simon A, van der Meer JW. Treating inflammation by blocking interleukin-1 in a broad spectrum of diseases. *Nat Rev Drug Discov.* 2012;11(8):633-652. **3.** Contassot E, Beer HD, French LE. Interleukin-1, inflammasomes, autoinflammation and the skin. *Swiss Med Wkly.* 2012;142(w13590). **4.** Dinarello CA. A clinical perspective of IL-1 $\beta$  as the gatekeeper of inflammation. *Eur J Immunol.* 2011;41(5):1203-1217. **5.** Kaiser C, Knight A, Nordström D, et al. Injection-site reactions upon Kineret (anakinra) administration: experiences and explanations. *Rheumatol Int.* 2012;32(2):295-299.

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- anakinra or any of the ingredients in Kineret. See the end of the patient leaflet for a complete list of ingredients in Kineret.

### Before you use Kineret, tell your healthcare provider if you:

- have an infection, a history of infections that keep coming back, or other problems that can increase your risk of infections
- have an allergy to rubber or latex. The inner needle cover on the prefilled syringe contains latex. Do not handle the needle cover if you are allergic to latex
- have kidney problem
- are scheduled to receive any vaccines. People using Kineret should not receive live vaccines
- are pregnant or plan to become pregnant. It is not known if Kineret will harm your unborn baby
- are breastfeeding or plan to breastfeed. It is not known if Kineret passes into your breast milk. You and your healthcare provider should decide if you will use Kineret or breastfeed

**Tell your healthcare provider about all the medicines you take**, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Kineret and other medicines may affect each other and cause serious side effects. Especially tell your healthcare provider if you take certain other medicines that affect your immune system called Tumor Necrosis Factor (TNF) Blockers. Ask your healthcare provider for a list of these medicines if you are not sure.

### Kineret may cause serious side effects, including:

- **serious infections.** Kineret may lower your ability to fight infections. During treatment with Kineret, call your healthcare provider right away if you get an infection, have any sign of an infection including a fever or chills, or have any open sores on your body. You may get an infection if you receive live vaccines while you use Kineret. You should not receive live vaccines while you use Kineret.
- **allergic reactions.** Stop using Kineret and call your healthcare provider or get emergency help right away if you have any of these symptoms of an allergic reaction: swelling of your face, lips, mouth or tongue; trouble breathing; wheezing; severe itching; skin rash, redness, or swelling outside of the injections site area; dizziness or fainting; fast heartbeat or pounding in your chest (tachycardia); or sweating.
- **decreased ability of your body to fight infections (immunosuppression).** It is not known if treatment with medicines that cause immunosuppression, like Kineret, affect your risk of getting cancer.
- **low white blood cell count (neutropenia).** Kineret may cause you to have a lower number of certain white cells (neutrophils). Neutrophils are important in fighting infections. You should have blood tests before starting treatment with Kineret, then monthly for 3 months. After the first 3 months you should have your blood tested every 3 months for up to 1 year.

### The most common side effects of Kineret for RA include:

- Injection site skin reactions, including redness, swelling, bruising, itching, and stinging. Most injection site reactions are mild, happen early during treatment, and last about 14 to 28 days
- rheumatoid arthritis (RA) gets worse with treatment
- sore throat or runny nose
- headache
- nausea
- diarrhea
- sinus infection
- joint pain
- feeling like you have the flu
- pain in your stomach area

Tell your healthcare provider if you have any side effect that bothers you or does not go away. These are not all of the possible side effects of Kineret. For more information ask your healthcare provider or pharmacist.

Please see full Prescribing Information at [kineretrx.com](http://kineretrx.com).