

Biologic Self-Injection Checklist

1. Is patient suitable for self-injection?	<ul style="list-style-type: none"> • Able to follow instructions • Adherent to medications • Has fridge at home for proper medication storage • Not afraid of needles • Patient willing to do self-injection or has a competent caregiver
2. Medication storage and precautions	<ul style="list-style-type: none"> • Store in refrigerator (2-8°C); do not freeze. • Do not expose to heat • Do not shake • Store injection in original packaging to protect from light
3. Preparation	<ul style="list-style-type: none"> • Conducive environment for injection (clean, comfortable and safe) • Equipment: alcohol swabs, plasters, sharps-proof disposable container
4. Before injection	<ul style="list-style-type: none"> • Check that it is the correct medication • Check expiry date • Thaw medication at room temperature (see Table below) • Prepare site of injection
5. After injection	<ul style="list-style-type: none"> • Dispose needle in sharps-proof container • Record in biologic dosing tracker (either electronic or physical copy)

Common sites of injection:

- Abdomen (3 finger breadths away from belly button)
- Front of thigh

To rotate site of injection if possible

If you discover any faulty/defective injections, **DO NOT DISCARD** them. Please report the issue immediately for further instruction by contacting us at 6326 5361.

Dose Frequency And Thaw Duration For Specific Biologics

Biologic	Dose frequency	Thaw Duration (at room temperature)
Omalizumab (Anti-IgE)	4-weekly	20 minutes
Benralizumab (Anti-IL5 receptor)	4-weekly or 8-weekly	30 minutes
Mepolizumab (Anti-IL5)	4-weekly	30 minutes
Dupilumab (Anti-IL4 receptor)	2-weekly	45 minutes
Tezepelumab (Anti-TSLP)	4-weekly	60 minutes

Travelling with Biologics

For transporting of medication within Singapore (e.g. to-and-from hospital), we advise using a cooler bag with gel or ice packs.

Tips when travelling with biologics:

- Notify your doctor and ensure you have enough supply of medication for the whole trip
- Travelers can contact their airline to check whether there is access to a fridge to store medication in-flight, or alternatively, whether the airline can provide cool bricks or ice
- Biologics (and all medications) should be stored & transported in the original packaging, including the original box, and clearly labelled with the patients name and contact information (carry-on baggage)
- Pack alcohol swabs, band-aids/cotton balls, and a small sharps container in checked baggage