

# Injection Calendar

## Easily track your injections with Cortrophin Gel

Prior to injecting yourself or someone else, it's important that you receive training from your healthcare provider. This discussion will include deciding which injection areas may be best for you or the person you're injecting. Use this calendar to keep track of your treatment schedule by following the steps below.

1. Choose calendar month and type of injection
2. Fill in day numbers (dates)
3. Circle the injection zone (A to F) for each day
4. For zones A and E, indicate which area (1 to 4) was used
5. Add any reminders or notes, such as the time of the injection

Apr

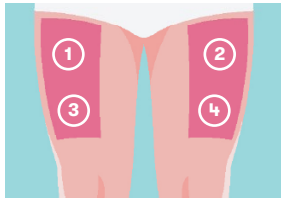
Under the skin (subcutaneous)

	Mon	Tues	Wed
	4	5	6
D E F	A B C D E F	A B C D E F	A B C D E F
4	1 2 3 4	1 2 3 4	1 2 3 4

(example)

### Appropriate areas for subcutaneous (under the skin) injection

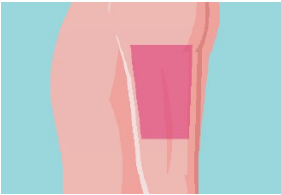
**A** Upper thigh



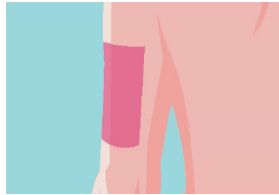
**B** Abdomen



**C** Side of the upper arm

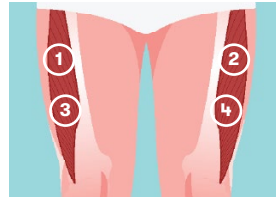


**D** Back of the upper arm

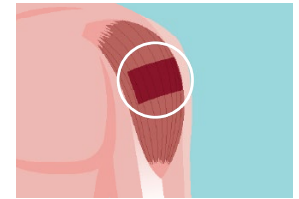


### Appropriate areas for intramuscular (into the muscle) injection

**E** Upper-outer thigh muscle



**F** Upper-arm muscle



**You may inject into the same area multiple times a week, but make sure you rotate the injection site in that area each time, keeping at least 1 inch between sites.**

For more information about how to inject Cortrophin Gel and when to discard by, visit [Cortrophin.com/using-cortrophin-gel](https://www.cortrophin.com/using-cortrophin-gel)

You will also need to make sure you have drawn up the right amount of medicine in your syringe. This chart can help remind you how much medicine you'll need based on what your doctor prescribed.

These are not all the possible doses of Cortrophin Gel. If you need to calculate additional doses, every 20-unit increment results in a 0.25 mL increase or decrease in injection amount. For example, 100 units = 1.25 mL.

#### Cortrophin Gel Dose Conversion Chart

Units	Injection Amount (mL)
120 units	1.5 mL
80 units	1 mL
40 units	0.5 mL
25 units	0.3125 mL

If you have any questions about your dose of Cortrophin Gel, ask your healthcare provider for guidance.

## What is Purified Cortrophin Gel?

Purified Cortrophin Gel is a prescription medicine that is injected under the skin or into the muscle. It is used for:

- Short-term add-on therapy to help manage acute episodes or flares in rheumatoid arthritis, including juvenile rheumatoid arthritis; psoriatic arthritis; ankylosing spondylitis; and acute gouty arthritis.
- Treatment for flares or as maintenance therapy in select cases of systemic lupus erythematosus and systemic dermatomyositis (polymyositis).
- Treatment for severe skin reactions (Stevens-Johnson syndrome) and severe psoriasis.
- Treatment for atopic dermatitis (eczema) and serum sickness.
- Treatment for severe acute and chronic allergic and inflammatory conditions affecting different parts of the eye. This can include the front part of the eye such as the cornea and iris, or the back part of the eye such as the optic nerve and retina.
- Treatment for people with symptoms of sarcoidosis.
- Reduction of protein in the urine of people with nephrotic syndrome of the idiopathic type (unknown origin) without uremia (accumulation of urea in the blood due to malfunctioning kidneys) or due to lupus.
- Acute attacks or flares of multiple sclerosis.

## Important Safety Information

**DO NOT** use Cortrophin Gel if you have any of the following conditions:

- A skin condition called scleroderma
- Bone density loss or osteoporosis
- Fungal infections
- Ocular herpes simplex (an eye infection)
- A recent surgery
- Stomach ulcers or a history of stomach ulcers
- Heart failure
- High blood pressure
- Allergies to pig-derived proteins
- Adrenal glands that do not make enough of the hormone cortisol (primary adrenocortical insufficiency) or
- An adrenal cortex that makes too much of the hormones cortisol and aldosterone (adrenocortical hyperfunction)

Tell your doctor if you:

- Have or have had any other health problems
- Are taking any prescription or over-the-counter medicines, including aspirin, vitamins, and herbal or dietary supplements
- Have any allergies
- Are about to receive any vaccine

- Are pregnant or plan to become pregnant. Cortrophin Gel may harm your unborn baby.
- Are breastfeeding or plan to breastfeed. It is not known if Cortrophin Gel passes into your breast milk and if it can harm your baby.

## What important information do I need to know about Cortrophin Gel?

Be sure to take Cortrophin Gel exactly as your doctor has directed. Always inject Cortrophin Gel under the skin or into the muscle. **Do not inject Cortrophin Gel directly into the vein.**

- You may be more likely to get infections. Contact your doctor at the first sign of an infection or fever.
- Your body may not produce enough natural cortisol after you stop taking Cortrophin Gel long term. This is called adrenal insufficiency. Your doctor may try to reduce your dosage gradually or prescribe a steroid medicine to protect you until the adrenal gland recovers.
- You might develop high blood pressure, retain too much salt and water, or have low blood potassium levels. As a result of this, your doctor may recommend some changes to your diet, such as eating less salt or taking certain supplements.
- Corticotropin therapy may hide symptoms of other diseases. This can make it more difficult for your doctor to make a diagnosis if something else is going on.
- Taking Cortrophin Gel can make you feel irritable or depressed. You may also have mood swings or trouble sleeping.
- You might develop certain eye conditions, such as cataracts, glaucoma, or optic nerve damage.
- You may develop allergies to Cortrophin Gel. These allergies may be severe. Signs of an allergic reaction include dizziness, nausea and vomiting, skin reactions (rash or itching), swelling of the face, tongue, lips or throat, and trouble breathing.
- The effects of Cortrophin Gel may be intensified if you have an underactive thyroid or cirrhosis of the liver.




































Side effects of Cortrophin Gel include fluid or salt retention; weight gain; muscle weakness; osteoporosis, stomach ulcers with possible bleeding; injection site reactions; impaired wound healing; high blood pressure; convulsions; headache; development of Cushingoid state (a hormonal condition often characterized by facial puffiness and weight gain); suppression of growth in children; and allergic reactions that may be severe.

**These are not all of the possible side effects of Cortrophin Gel. Call your doctor or pharmacist for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088 or [www.fda.gov/medwatch](http://www.fda.gov/medwatch).**

Please see full [Prescribing Information](#).

**Month:** Jan Feb Mar Apr May June July Aug Sept Oct Nov Dec  
 (circle one)

**Type of Injection:**  Under the skin (subcutaneous)  Into the muscle (intramuscular)  
 (as instructed by your healthcare provider)

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
 _____ _____	 _____ _____	 _____ _____	 _____ _____	 _____ _____	 _____ _____	 _____ _____
 _____ _____	 _____ _____	 _____ _____	 _____ _____	 _____ _____	 _____ _____	 _____ _____
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Use this space to record any additional notes or reminders you have for yourself or your doctor.

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