

Living Well with Diabetes

How to use BYDUREON® BCise™ to take your once-a-week dose

Prepare the device

- Remove BYDUREON BCise from the refrigerator at least 15 minutes before taking your dose.
 - Lay the device flat until it comes to room temperature.
 - The medicine is more comfortable to take when it's at room temperature.
 - You can keep BYDUREON BCise at room temperature (up to 86° F) for up to 4 weeks.
- Check the expiration date on the device. Do NOT use if the device is damaged or after its expiration date.
- Do NOT unlock the autoinjector before mixing the medicine and you are ready to take your dose.

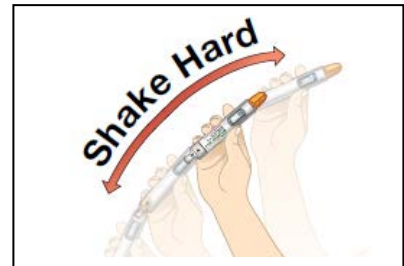


Wash your hands

- Wash your hands with soap and warm water, or use a hand sanitizer.

Mix the medicine

- Using an up-and-down-motion, shake the autoinjector hard for at least 15 seconds.
- Check the mixture by holding the autoinjector up to the light. Look through both sides and the bottom window to make sure the medicine is mixed well.
- The medicine is mixed well if it's evenly cloudy. It's OK if you see some bubbles.
- The medicine is NOT mixed well if it looks uneven, with white medicine on bottom, top, and sides.
- If the medicine is not mixed well, shake for another 15 seconds and check the liquid again.

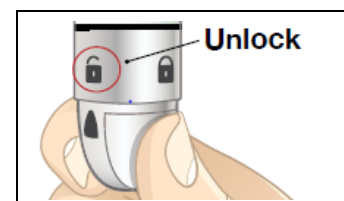


Prepare your device

To make sure you get the correct dose of medicine, follow these steps **right after** you've fully mixed the medicine

Unlock the autoinjector

- Hold the autoinjector straight up, with orange cap pointing toward the ceiling.
- Turn the knob from LOCK to UNLOCK. Turn until you hear a click.

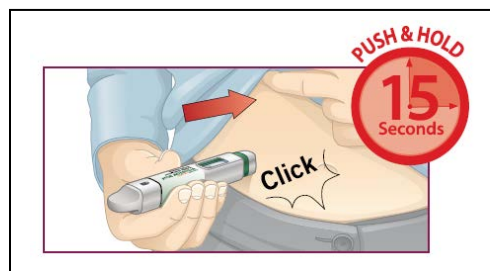


- While still holding the autoinjector straight up, firmly unscrew the orange cap.
 - A green shield will pop up after the cap is removed. DO NOT recap the autoinjector
- Don't unlock the autoinjector until you're ready to take your dose.

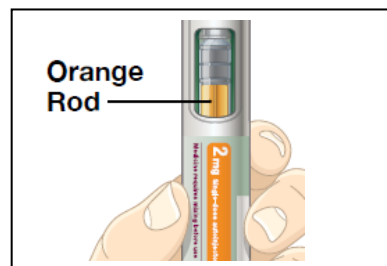


Inject your dose

- Select a site to take your dose. It can be on stomach, thigh, or back of your upper arm.
- Push the device against your skin.
- You will hear a click when the injection begins.
- **IMPORTANT: Hold the device firmly in place for 15 seconds to make sure you get the full dose.**



- After you've received your full dose you will see an orange rod appear in the window of your device.



Safely dispose of your device

- Drop your device into a safety container. You can buy a safety container at a Kaiser Permanente pharmacy for less than \$4.00.
- Keep the safety container in a place that children can't get to it. Don't overfill it. Fill it only as far as the fill line.
- Ask your care team how to dispose of your safety container when it's full.
- Before disposing of the container, be sure to close and lock the lid.