













MAINTENANCE DOSE TRACKER














The Injection Tracker makes it easy to keep tabs on when you have your injections and what injection site you used. It's a good idea to take it with you when you see your doctor.

FORTNIGHTLY MAINTENANCE DOSAGE

1 injection:	Date:	Select a different injection site for your next injection:
	DD / MM / YY	LS RS LT RT
	DD / MM / YY	LS RS LT RT
	DD / MM / YY	LS RS LT RT
	DD / MM / YY	LS RS LT RT
	DD / MM / YY	LS RS LT RT
	DD / MM / YY	LS RS LT RT
	DD / MM / YY	LS RS LT RT
	DD / MM / YY	LS RS LT RT
	DD / MM / YY	LS RS LT RT
	DD / MM / YY	LS RS LT RT
	DD / MM / YY	LS RS LT RT
	DD / MM / YY	LS RS LT RT

OR

FOUR-WEEKLY MAINTENANCE DOSAGE

2 injections:	Date:	Select a different injection site for your next injection:
	DD / MM / YY	LS RS LT RT
	DD / MM / YY	LS RS LT RT
	DD / MM / YY	LS RS LT RT
	DD / MM / YY	LS RS LT RT
	DD / MM / YY	LS RS LT RT
	DD / MM / YY	LS RS LT RT
	DD / MM / YY	LS RS LT RT
	DD / MM / YY	LS RS LT RT
	DD / MM / YY	LS RS LT RT
	DD / MM / YY	LS RS LT RT
	DD / MM / YY	LS RS LT RT
	DD / MM / YY	LS RS LT RT
	DD / MM / YY	LS RS LT RT

Injection Site Key:



Left Stomach



Right Stomach



Left Thigh



Right Thigh

This leaflet is specially designed for people who have been prescribed Cimzia®.
Please talk with your doctor or pharmacist for further information about taking Cimzia®.

UCB Australia Pty Ltd, ABN 48 005 799 208, Level 1, 1155 Malvern Road, Malvern, VIC 3144. Telephone (03) 9828 1800.
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