

# How To Make The Most Of Your Biosimilar

Biosimilars are as effective and safe as the reference biologic drug. You can expect the biosimilar to work the same way. **There are lots of things you can do to make the most of your biosimilar treatment.** Talk to your doctor, nurse, or pharmacist if you have questions.



## Injecting the Medication

Your doctor, nurse, or pharmacist can help you make sure that you are using your injection device correctly. If you have a Patient Support Program, you can contact them for help.

- ✓ Take the correct dose of biosimilar as prescribed.
- ✓ Take the biosimilar when you would normally take the reference biologic.
- ✓ Inject the biosimilar into the right spot and a different spot from the one you used last time.
- ✓ Make sure the entire dose is injected.
  - If you use a prefilled syringe, make sure the plunger is pressed all the way down.
  - If you use an autoinjector, make sure:
    - a. to hold the device in place for at least 10 seconds.
    - b. that the viewing window shows the whole amount was injected.
    - c. not to press the button until you are ready to inject.
- ✓ Tell your prescriber or pharmacist if the injection hurts more than usual. They may have helpful suggestions.



## New Medications or Supplements

Some medications and supplements can affect how well your biosimilar works or cause side effects.

- ✓ Tell your prescriber or pharmacist about any new medications or supplements you are taking.



## Medication Storage

Check the paper inside the biosimilar package to see how it should be stored and how long it can be left out of the fridge before you use it.

- ✓ Make sure the biosimilar product has not expired.
- ✓ Always store the biosimilar properly including any time you transport it.
- ✓ If you keep your biosimilar at room temperature, write down when it will expire on the package so you know how long it can safely be used.



## Other Treatments

Each of your medications and treatments are important to help manage your condition.

- ✓ Take your other medications as prescribed.
- ✓ Follow your recommended diet, exercise, physiotherapy programs, etc.

## Who to contact if you have questions:

- Saskatchewan Biosimilars Initiative:  
email [sk.biosimilars@health.gov.sk.ca](mailto:sk.biosimilars@health.gov.sk.ca) or  
call 1.800.667.7581 (306.787.3317 in Regina)
- medSask:  
email [med.sask@usask.ca](mailto:med.sask@usask.ca) or  
call 1.800.665.3784 (306.966.6378 in Saskatoon)