



## Travelling with HUMIRA

**It is very important to keep your condition and its treatment in mind when you travel. Next time you are planning a trip, remember to review these handy tips on how to travel with HUMIRA.**

**Remember you must always take your HUMIRA as directed, even when you travel.**



### Getting organized

- ✓ Make sure you have an adequate supply of HUMIRA to last your entire trip. Carry an extra prescription of HUMIRA in case of damage to or loss of your medication
- ✓ Advise your travel agent of any special needs or mobility issues before booking:
  - You can request seats with more legroom, that are closer to washrooms, or are adapted to families
  - You can request lodging with elevators, rooms on ground floors, or specially adapted rooms
  - You should request a room with a refrigerator for properly storing your HUMIRA
- ✓ Review foreign policies when travelling with medications with your airline or travel agent. Some countries require passengers to declare medications in their possession upon arrival
- ✓ Talk to your travel agent or airline to arrange refrigeration when you travel for long durations or in warm countries
- ✓ Download and complete the HUMIRA travel letter from the AbbVie Care web site. This handy letter has important information for the airline regarding HUMIRA's format, storage and transport, and can be shown to officials at the airport when you travel with HUMIRA

**Download the HUMIRA travel letter**

### Stay on course by using a calendar app on your phone

Many apps are available to help you keep track of your injections on your mobile device, so you have the information accessible at your fingertips. Download an app from the App Store® or Google Play™, or use the calendar app that's already on your phone. These will allow you to set reminders and notifications, so you don't forget an injection.





## While you're travelling

- It's important to store your HUMIRA properly. Store HUMIRA between 2°C and 8°C (in a refrigerator) in the original carton until ready to use. Refrigerated HUMIRA remains stable until the expiration date printed on the device
- Do not freeze HUMIRA and do not use if frozen
- HUMIRA must be protected from light
- For short trips (e.g., by car), transport HUMIRA Pen or pre-filled syringe in your cooler bag. Remember to include the cold gel packs to help maintain the proper temperature
- When needed or for longer trips (e.g., by plane), HUMIRA can be stored at room temperature (up to 25°C) for a single maximum period of 14 days. Once taken out of the refrigerator, HUMIRA must be used within 14 days, even if it is put back in the refrigerator. If you do not use it within 14 days, you must discard HUMIRA
- Once you get to your destination, you may have the convenience of using the minibar in your hotel room
  - Bring a thermometer with you to make sure the minibar temperature is between 2°C and 8°C. If in doubt, ask the hotel staff if they can arrange refrigeration for you
  - Store your HUMIRA away from the freezer section and avoid direct contact with ice



## Pack smart, travel light

- ✓ An important part of being organized when travelling is packing your luggage properly
- ✓ Choose the right luggage: solid, lightweight with wheels and a proper handle or shoulder strap. Four-wheeled luggage is ideal
- ✓ Always pack heavier items at the bottom and centre of the bag, never on top
- ✓ Consider several smaller, lighter bags as opposed to a single, heavy bag
- ✓ When it's appropriate, save your travel documents on a memory stick to avoid numerous paper copies
- ✓ Take into account your specific travel plans and modes of travel:
  - Contact your carriers with any questions about the size or weight of your luggage
  - Ask about refrigeration options for proper storage of your HUMIRA
  - Ask about meals and if snacks are offered
  - Pack an inflatable neck pillow for long travel segments
  - Carry all medications and indispensable items, including a full change of clothes, in your carry-on, so it is easily accessible at all times
  - Keep a sharps disposal container accessible while travelling. HUMIRA should never be disposed of in the hotel or airline trash



## Important items to pack on your next trip

- ✓ Your HUMIRA therapy:
  - HUMIRA Pens or pre-filled syringes (check with airline first regarding regulations concerning syringes)
  - Sharps disposal container
  - HUMIRA travel bag (or cooler bag)
  - Cold gel packs
  - Alcohol pads/swabs
  - Cotton balls
- ✓ HUMIRA travel letter
- ✓ Other prescription medications



### Don't have a cooler bag or cold gel packs? Need a new Sharps disposal container?

Call AbbVie Care at **1-866-8HUMIRA** (1-866-848-6472);  
9 AM to 5 PM, Monday through Friday.

**Don't forget, AbbVie Care is here for you, every step of the way.**

### AbbVie Care Support Program

Do not hesitate to call us if you have any questions!

#### Stay connected

Remember, AbbVie Care is only a click or call away.



**1-866-8HUMIRA** (1-866-848-6472);  
9 AM to 5 PM, Monday through Friday



**humira.abbviecare.ca**

Remember: do not use HUMIRA beyond the expiration date. If, for any reason, you feel unsure about using HUMIRA, contact the doctor who prescribed it. Always keep HUMIRA and all other medicines out of reach of children.

All registered trademarks are the property of their respective owners.



© AbbVie Corporation  
CA-HUM-210127A – October 2021



abbvie.ca

