

# Dosing Diary

 **Zymfentra**<sup>™</sup>  
infliximab-dyyb | subcutaneous  
120 mg/mL

Please read the Medication Guide for  
key information on serious side effects.

# Keep track of your injections



This Dosing Diary is a valuable tool designed to empower and support you throughout your treatment journey with ZYMFENTRA™.

## Use this diary to help you:

- Better understand and record your ZYMFENTRA treatments
- Keep track of your injection sites and dates of injection
- Plan for your next injection
- Note any changes in your symptoms or concerns you may want to share with your healthcare provider

**Please read the [Medication Guide](#) for key information on serious side effects.**

## Personal information

Treatment start date

Dose

Preferred injection day

Pharmacy name

Phone number

Provider name

Phone number

Nurse Connector™ name

Phone number

## Regularly review the Instructions for Use

Read and follow the [Instructions for Use](#) that come with your ZYMFENTRA Prefilled Pen before you start using it and each time you get a refill. There may be new information. This information does not take the place of talking to your healthcare provider about your medical condition or treatment.

### When choosing an injection site:

- Rotate the injection site each time you give an injection
- Each new injection site should be 1 inch or more away from the previous site
- **Do not** inject into skin that is within 2 inches of your belly button (navel)
- **Do not** inject into skin that is tender, damaged, bruised, or scarred

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## Injection sites

Refer to these lettered areas when recording your injection sites.

**A B**

Outer area of upper arm  
(caregiver only)

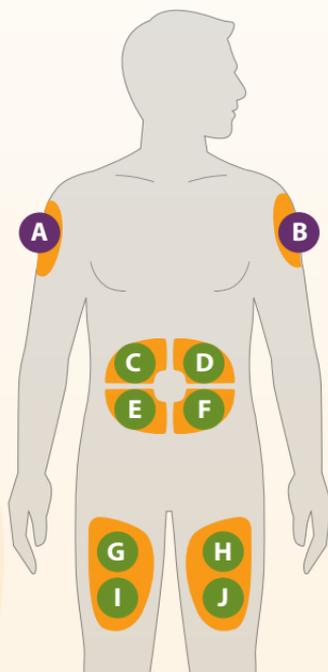
**C D E F**

Stomach area, except for the 2 inches  
around the belly button (navel)

**G H I J**

Front of thighs

-  = Caregiver only
-  = Self-injection and caregiver



For each injection site entry, refer to the [injection site diagram](#). Select the letter that matches the injection site used.

Injection number	Injection site	Injection date	Notes
1	A B C D E F G H I J		
2	A B C D E F G H I J		
3	A B C D E F G H I J		
4	A B C D E F G H I J		
5	A B C D E F G H I J		
6	A B C D E F G H I J		
7	A B C D E F G H I J		
8	A B C D E F G H I J		

For each injection site entry, refer to the [injection site diagram](#). Select the letter that matches the injection site used.

Injection number	Injection site	Injection date	Notes
9	A B C D E F G H I J		
10	A B C D E F G H I J		
11	A B C D E F G H I J		
12	A B C D E F G H I J		
13	A B C D E F G H I J		
14	A B C D E F G H I J		
15	A B C D E F G H I J		
16	A B C D E F G H I J		
17	A B C D E F G H I J		

For each injection site entry, refer to the [injection site diagram](#). Select the letter that matches the injection site used.

Injection number	Injection site	Injection date	Notes
18	A B C D E F G H I J		
19	A B C D E F G H I J		
20	A B C D E F G H I J		
21	A B C D E F G H I J		
22	A B C D E F G H I J		
23	A B C D E F G H I J		
24	A B C D E F G H I J		
25	A B C D E F G H I J		
26	A B C D E F G H I J		

For each injection site entry, refer to the [injection site diagram](#). Select the letter that matches the injection site used.

Injection number	Injection site	Injection date	Notes
27	A B C D E F G H I J		
28	A B C D E F G H I J		
29	A B C D E F G H I J		
30	A B C D E F G H I J		
31	A B C D E F G H I J		
32	A B C D E F G H I J		
33	A B C D E F G H I J		
34	A B C D E F G H I J		
35	A B C D E F G H I J		

For each injection site entry, refer to the [injection site diagram](#). Select the letter that matches the injection site used.

Injection number	Injection site	Injection date	Notes
36	A B C D E F G H I J		
37	A B C D E F G H I J		
38	A B C D E F G H I J		
39	A B C D E F G H I J		
40	A B C D E F G H I J		
41	A B C D E F G H I J		
42	A B C D E F G H I J		
43	A B C D E F G H I J		
44	A B C D E F G H I J		



For each injection site entry, refer to the [injection site diagram](#). Select the letter that matches the injection site used.

Injection number	Injection site	Injection date	Notes
45	A B C D E F G H I J		
46	A B C D E F G H I J		
47	A B C D E F G H I J		
48	A B C D E F G H I J		
49	A B C D E F G H I J		
50	A B C D E F G H I J		
51	A B C D E F G H I J		
52	A B C D E F G H I J		





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**For more information about  
ZYMFENTRA™**

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