

Date: _____

To Whom It May Concern,

This letter is to confirm that _____ is prescribed
Simlandi (adalimumab).



Simlandi is supplied in a carton containing either 1 or 2 pens or 1 or 2 pre-filled syringes and is administered by subcutaneous injection.



Simlandi must be kept in its original carton and refrigerated between 2 and 8°C (36-46°F) until ready to use. **DO NOT FREEZE SIMLANDI.** Keep Simlandi protected from light.



When you are travelling, Simlandi can stay at room temperature for up to 14 days. Once it has come to room temperature, it must be used within 14 days, even if it is put back in the refrigerator. If not used within 14 days, it must be discarded.



Simlandi should be always hand-carried and should not be checked with regular luggage when travelling. According to guidance from the Government of Canada, ice packs used to refrigerate medication are considered an exemption to the 100 mL rule regarding transportation of liquids in carry-on baggage. If needed, you can also ask the flight staff to refrigerate your Simlandi for you.



Simlandi may be passed through x-ray security check.

Physician's name: _____

Physician's signature: _____

Physician's License number: _____

Telephone: _____

Before travelling, feel free to contact JAMP Care at 1-855-310-5102 for additional guidance.