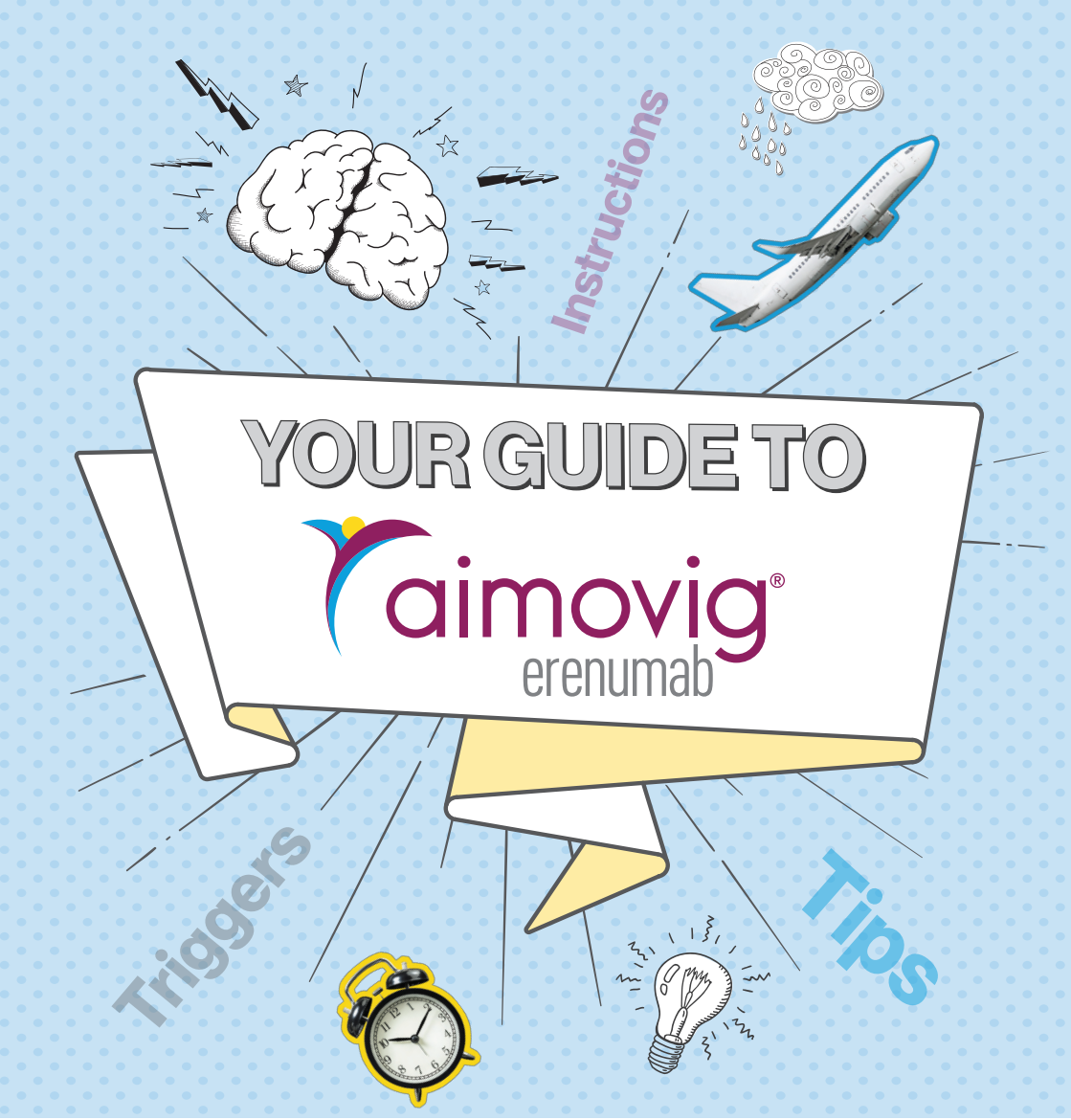


For patients who have been prescribed Aimovig®

If you get any side effects, talk to your doctor, pharmacist or nurse. By reporting side effects, you can help provide more information on the safety of this medicine. You can report side effects directly to HPRA Pharmacovigilance, at www.hpra.ie. Side effects could also be reported to Novartis preferably via www.novartis.com/report, by emailing drugsafety.dublin@novartis.com or by calling 01 2080 612.

NOVARTIS

Welcome to your Aimovig® booklet

This booklet contains everything you need to get started with Aimovig® and to get the most out of your treatment.



This booklet contains:

1. **Information** on Aimovig® including what you need to know before taking Aimovig®, how to use Aimovig®, and the storage and disposal of Aimovig®
2. **Instructions for Use** of the Aimovig® prefilled pen
3. **Information and advice** for travelling with Aimovig®
4. **A Migraine Diary** for you to track and record your migraine attacks

The information contained in this booklet does not offer or intend to offer personalised medical diagnosis or patient-specific treatment advice, which you should seek at all times from your doctor.

For further information on Aimovig®, please refer to the Patient Information Leaflet and Instructions for Use contained within your Aimovig® pack.

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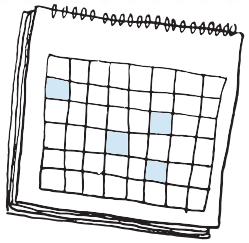
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About This Medicine

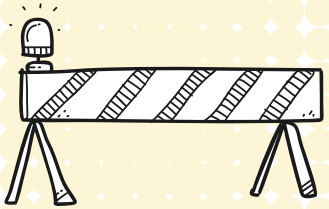
What is Aimovig®?



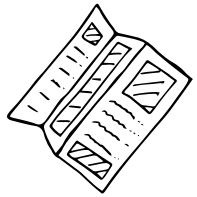
- Aimovig® is used to prevent migraine in adults who have at least 4 migraine days per month.
- This medicine contains the active substance erenumab. It belongs to a group of medicines called monoclonal antibodies.

What is CGRP?

- CGRP stands for calcitonin gene-related peptide and it has been linked to migraine.
- Aimovig® works by binding to CGRP receptors, blocking CGRP from having its effects.



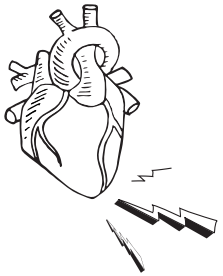
What you need to know before starting this medicine



- Do not use this medicine if you are allergic to erenumab or any of the other ingredients of this medicine listed in the Patient Information Leaflet contained inside your pack of Aimovig®.
- Talk to your doctor or get emergency medical help immediately if you get any symptoms of a serious allergic reaction, such as rash or swelling usually of the face, mouth, tongue, or throat; or difficulty breathing. Serious allergic reactions can happen within minutes, but some may happen more than one week after using this medicine.



- Contact a doctor if you get constipation and seek medical help immediately if you develop constipation with severe or constant belly (abdominal) pain and vomiting, swelling of abdomen or bloating. Constipation is a common side effect and can occur when treated with this medicine. It is usually mild or moderate in intensity. However, some patients using this medicine have had constipation with serious complications and have been hospitalised. Some cases have required surgery.



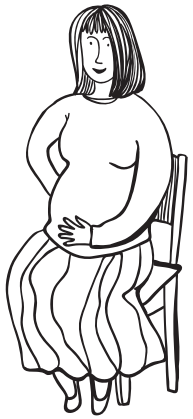
- Do not use this medicine if you suffer from a cardiovascular disease. This medicine has not been studied in patients with major cardiovascular diseases.
- Tell your doctor or pharmacist if you are using, have recently used or might use any other medicines.
- Do not give this medicine to children or adolescents.
- This medicine is unlikely to affect your ability to drive and use machines.





Pregnancy and Breast-feeding

- If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor for advice before using this medicine. Your doctor will decide whether you should stop using this medicine during pregnancy.
- Monoclonal antibodies like this medicine are known to pass into breast milk during the first few days after birth, but after this first period this medicine can be used. Talk to your doctor about using this medicine while breast-feeding in order to help you decide whether you should stop breast-feeding or stop using this medicine.





How to use this medicine

This medicine is given as an injection under your skin (known as a subcutaneous injection).

Your doctor or nurse will give you or your caregiver training on how to prepare and inject this medicine. Do not try to inject this medicine until this training has been given. To recap on your training and for detailed instructions on how to use the Aimovig® prefilled pen please refer to page 13 of this booklet.

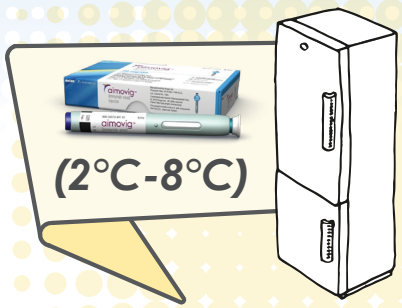
Do not use this medicine after the expiry date. The expiry date refers to the last day of that month.

Aimovig® Dose

- Use Aimovig® exactly as prescribed by your doctor.
- If your doctor prescribes the 70 mg dose you should have one injection once every 4 weeks.
- If your doctor prescribes the 140 mg dose you should have either one injection of Aimovig® 140 mg or two injections of Aimovig® 70 mg once every 4 weeks.
- If you are having two injections of Aimovig® 70 mg, the second injection must be given immediately after the first one at a different injection site. Make sure that you inject the entire contents of both pens.
- Aimovig® pens are for single use only.



How to store this medicine



- Keep the Aimovig® prefilled pen in the outer carton in order to protect from light. Store in a refrigerator (2°C-8°C). Do not freeze.
- If this medicine has been taken out of the refrigerator and has reached room temperature, (up to 25°C) it must be used within 7 days.
- Do not put this medicine back in the refrigerator once it has been removed.
- Do not use this medicine if you notice that the solution contains particles, is cloudy or is distinctly yellow.
- Keep this medicine out of the sight and reach of children.

If you forget to use this medicine

If you forget an Aimovig® dose, take it as soon as possible after you remember.

Then contact your doctor, who will tell you when you should schedule your next dose. Follow the new schedule exactly as your doctor has told you.



Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them. Most of these side effects are mild to moderate.

Common: may affect up to 1 in 10 people

- allergic reactions such as rash, swelling, hives or difficulty breathing (see page 6)
- constipation (see page 6)
- itching
- muscle spasms
- injection site reactions, such as pain, redness and swelling where the injection is given



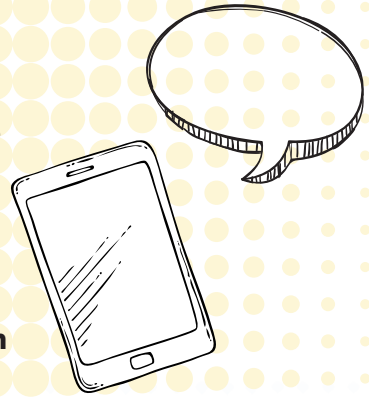
Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This will allow quick identification of new safety information.

You can help by reporting any side effects you may get to:

HPRA Pharmacovigilance at www.hpra.ie
or to

Novartis
www.novartis.com/report
Tel: +353 1 208 0612
or email: drugsafety.dublin@novartis.com



How to dispose of this medicine



- Do not throw away any medicines via wastewater or household waste.
- A sharps bin can be obtained from your local primary healthcare centre. The pre-filled pens need to be disposed of correctly.



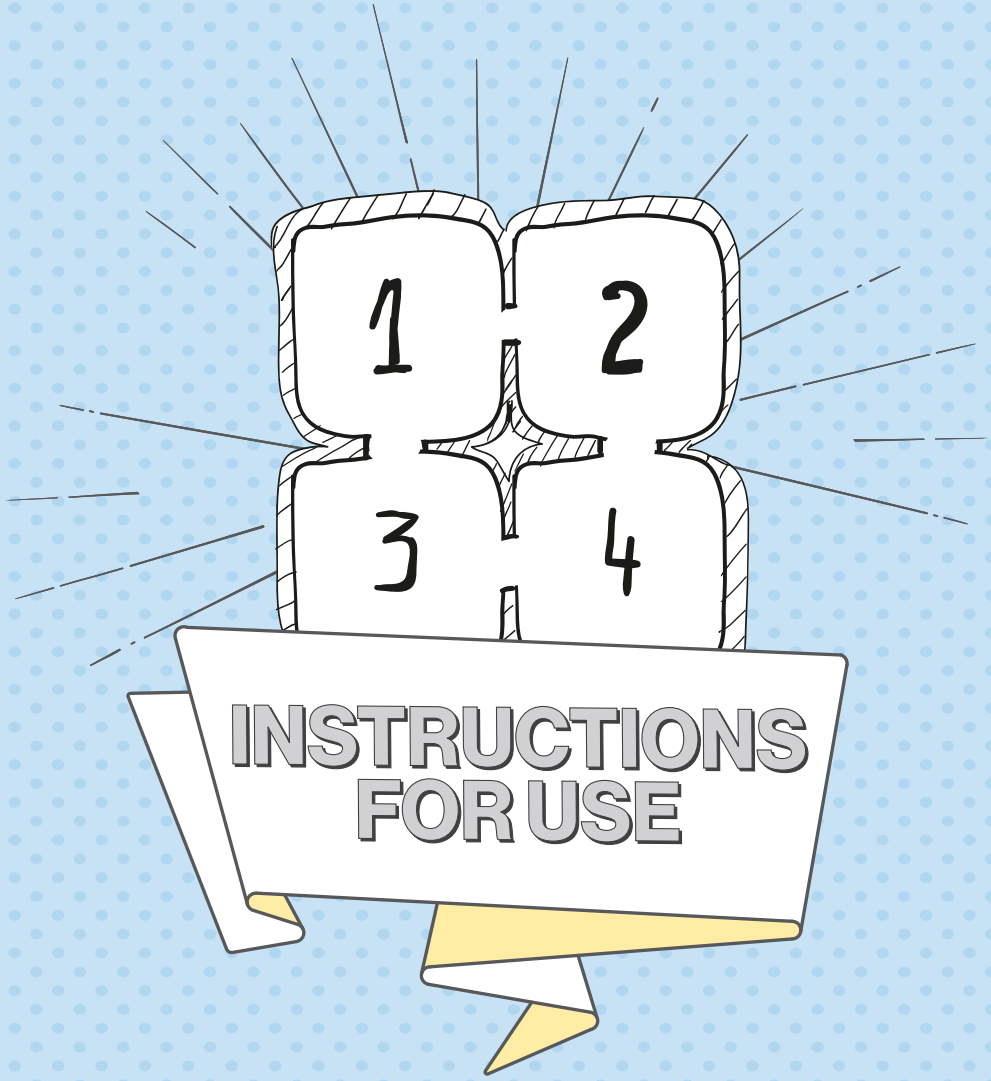
If you use more of this medicine than you should

If you have more of this medicine than you should or if the dose has been given earlier than it should have been, tell your doctor.

If you stop using this medicine



Do not stop using this medicine without talking to your doctor first. Your symptoms may return if you stop the treatment.

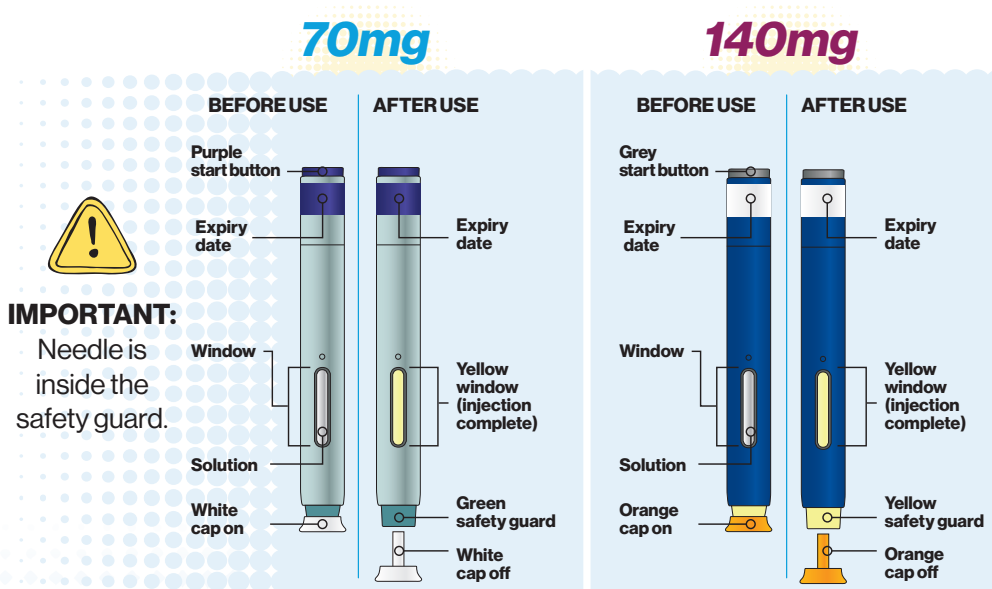


Instructions for Use of this prefilled pen

An Aimovig® Training Video has been created to assist you with your self injection training. Scan the QR code or follow the link to watch the Injection Training video.

www.novartis.com/ie-en/patients-and-caregivers/patient-resources

Illustration of the prefilled pens



IMPORTANT: Needle is inside the safety guard.

Step 1: Preparation

A **Carefully lift the prefilled pen out of the carton. Do not shake.**

To avoid discomfort at the site of injection, leave the prefilled pen at room temperature for at least 30 minutes before injecting.



IMPORTANT: DO NOT try to warm the prefilled pen by using a heat source such as hot water or microwave.

B **Inspect the prefilled pen. Make sure the solution you see in the window is clear and colourless to light yellow.**

IMPORTANT:

- **DO NOT** use the prefilled pen if any part of it appears cracked or broken.
- **DO NOT** use the prefilled pen if it has been dropped.
- **DO NOT** use the prefilled pen if the cap is missing or is not securely attached.

C **Gather all materials needed for the injection.**

Wash your hands thoroughly with soap and water.

On a clean, well lit work surface, place the:

- New prefilled pen
- Alcohol wipes
- Cotton balls or gauze pads
- Adhesive plasters
- Sharps disposal container

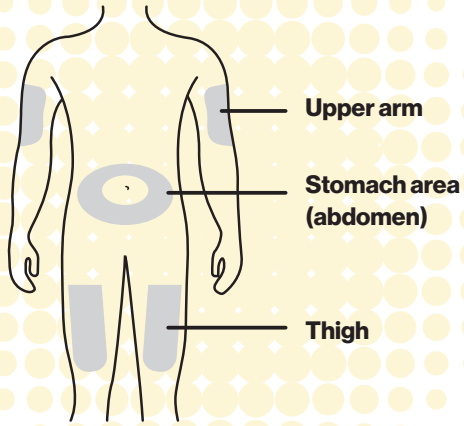


D

Prepare and clean the injection site.

You can use any of the following injection sites:

- Thigh
- Stomach area (abdomen) (except for a 5 cm area around the navel)
- Outer area of upper arm (only if someone else is giving you the injection)



Clean the injection site with an alcohol wipe and let the skin dry.

Choose a different site each time you give yourself an injection.

If you need to use the same injection site, just make sure it is not the same spot on that site you used last time.

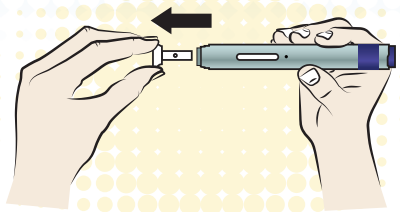
IMPORTANT:

- After you have cleaned the area, **DO NOT** touch it again before injecting.
- **DO NOT** choose an area where the skin is tender, bruised, red, or hard. Avoid injecting into areas with scars or stretch marks.

Step 2: Get ready

E

Pull the cap straight off, only when you are ready to inject. The injection must be administered within 5 minutes.



It is normal to see a drop of liquid at the end of the needle or safety guard.

IMPORTANT:

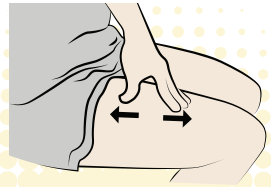
- **DO NOT** leave the cap off for more than 5 minutes. This can dry out the medicine.
- **DO NOT** twist or bend the cap.
- **DO NOT** put the cap back onto the prefilled pen once it has been removed.
- **DO NOT** put your fingers into the safety guard.

F

Stretch or pinch the injection site to create a firm surface.

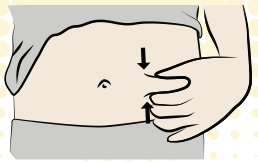
Stretch method

Stretch skin firmly by moving your thumb and fingers in opposite directions, creating an area about 5 cm wide.



Pinch method

Pinch skin firmly between your thumb and fingers, creating an area about 5 cm wide.



IMPORTANT: Keep skin stretched or pinched while injecting.

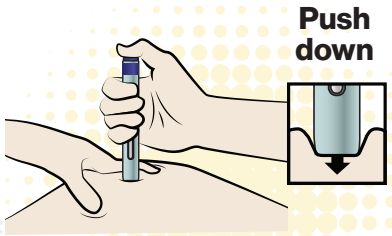
Step 3: Inject

G **Keep holding the stretch or pinch. With the cap off, place the prefilled pen on the skin at an angle of 90 degrees.**



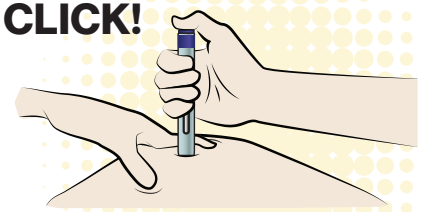
IMPORTANT: DO NOT touch the start button yet.

H **Firmly push the prefilled pen down onto the skin until it stops moving.**



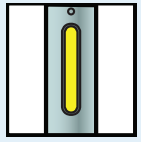
IMPORTANT: You must push all the way down but do not touch the start button until you are ready to inject.

I **Press the start button. You will hear a click.**



J **Remove your thumb from the button, but keep pushing down on the skin. The injection could take about 15 seconds.**



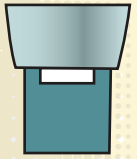


When the injection is completed, the window will turn yellow and you may hear a second click.

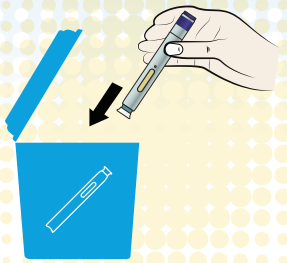


IMPORTANT:

- After you remove the prefilled pen from the skin, the needle will automatically be covered by the safety guard.
- When you remove the prefilled pen, if the window has not turned yellow, or if it looks like the medicine is still injecting, this means you have not received a full dose. Contact your doctor immediately.



Step 4: Finish



K **Discard the used pen and the cap.**
Put the used pen in a sharps disposal container immediately after use.

IMPORTANT:

- **DO NOT** reuse the prefilled pen.
- **DO NOT** recycle the prefilled pen or sharps disposal container, or throw them into household waste.
- Always keep the sharps disposal container out of the reach of children.



L **Examine the injection site.**
If there is any blood on the skin, press a cotton ball or gauze pad onto the injection site. **DO NOT** rub the injection site. Apply an adhesive plaster if needed.

IMPORTANT: If your dose is 140 mg and you are using two Aimovig® 70 mg pens, repeat steps 1(D) to 4 with the second pen to inject your full dose.

Travelling with Aimovig®

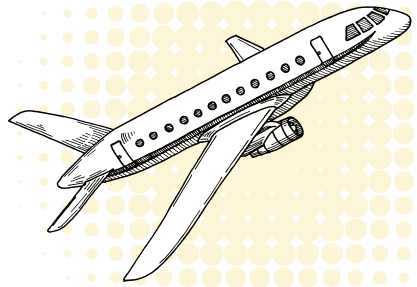
If you are planning to travel, speak to your doctor, nurse or pharmacist in advance to make sure you have enough Aimovig® for the duration of your trip.

Before you travel, make sure you have everything you need to give your injection, such as alcohol wipes, cotton balls or gauze pads, and adhesive plasters.

Aimovig® should be stored in a refrigerator (2°C–8°C). If needed, it can be kept at room temperature (up to 25°C) for up to 7 days. Depending on the length of your journey, you may need a cool gel pack and access to a refrigerator at your destination.

When travelling, keep Aimovig® in its original packaging. You may also wish to carry a copy of your prescription, if available, in case it is requested.

Tips for flying with Aimovig®:



- Always carry Aimovig® in your hand luggage. The temperature in checked baggage can vary and may cause the medicine to freeze.
- Prefilled pens can be carried safely in the aircraft cabin.
- When going through airport security, inform staff that you are carrying injectable medication.
- Plan ahead to ensure you take enough Aimovig® with you so you do not miss a scheduled dose.

Hints and Tips for taking this medicine

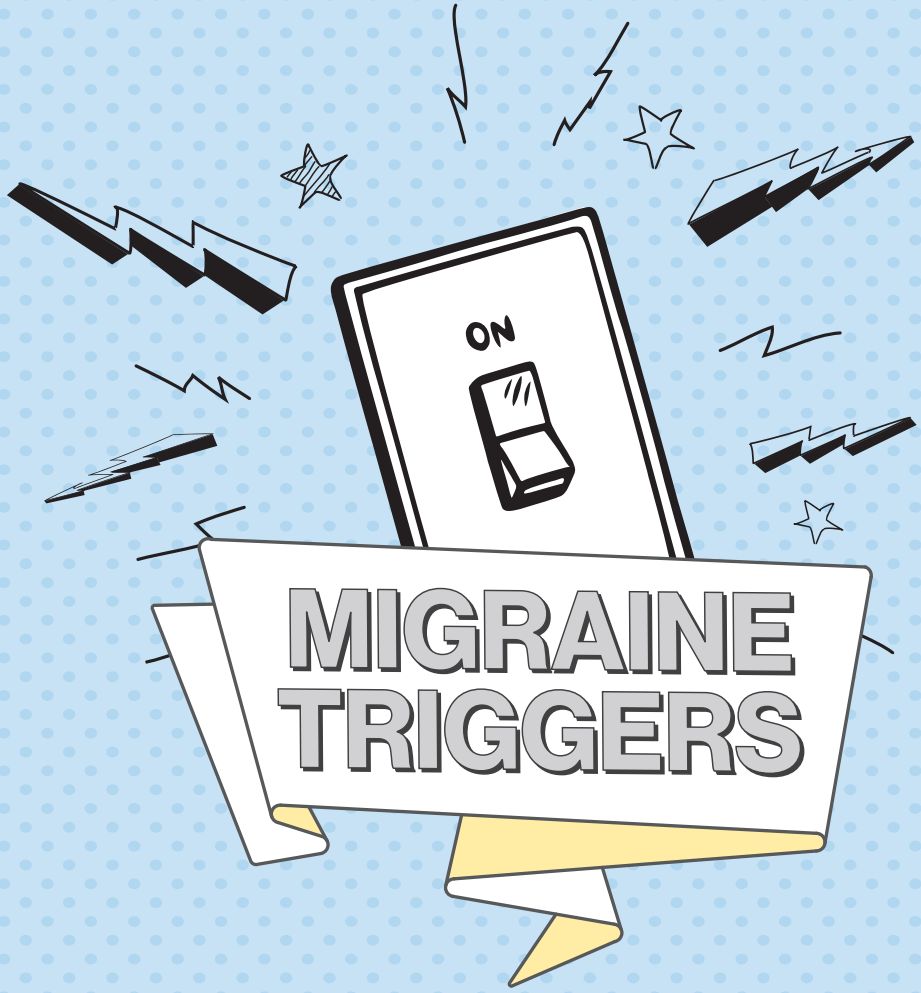
Getting used to a new treatment routine can be tricky, especially as this medicine is administered every 4 weeks. That's why we have put together a few helpful hints and tips for taking this medicine, to help you stay on track with your migraine treatment.



- Set an alarm in your phone to remind you to take your this medicine every 4 weeks.
- For more information and patient support, please read this booklet carefully.
- Make sure you read the Patient Information Leaflet contained inside your Aimovig® pack.
- If you have any questions on this medicine or remembering to take your treatment, be sure to talk to your doctor or nurse.



www.novartis.com/ie-en/patients-and-caregivers/patient-resources

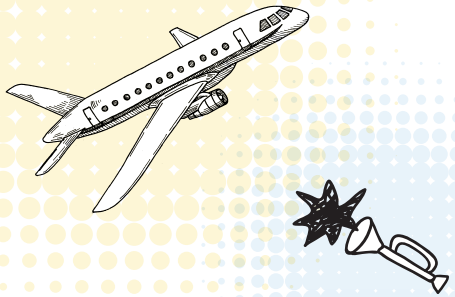


Migraine Triggers

Triggers alone do not cause migraines however they can help to bring on a migraine attack. They vary from person to person so knowing your triggers can help to reduce the instances of your migraines.[1]

The following are known common triggers for migraine:[1]

- Hunger/Dehydration
- Missed/Delayed meals
- Caffeine
- Nitrates – such as dark chocolate, processed and cured meats, red wine, certain cheeses
- Lack of/Excess sleep
- Fatigue/Jetlag
- Extended computer screen use
- Hormonal fluctuations
- Sensory overload
- Loud noise
- Strong smells
- Strong/Flickering light
- Stress/Anxiety

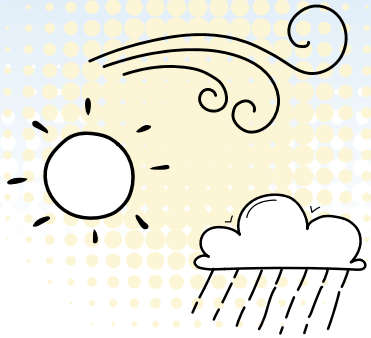


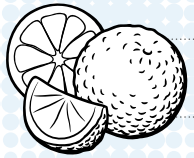




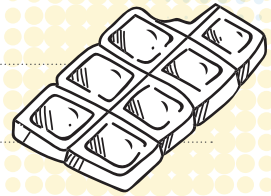
1. https://migraine.ie/living-with-migraine/migraine-men/triggers/. Accessed October 2026.

You can use this page to write down and record your triggers.





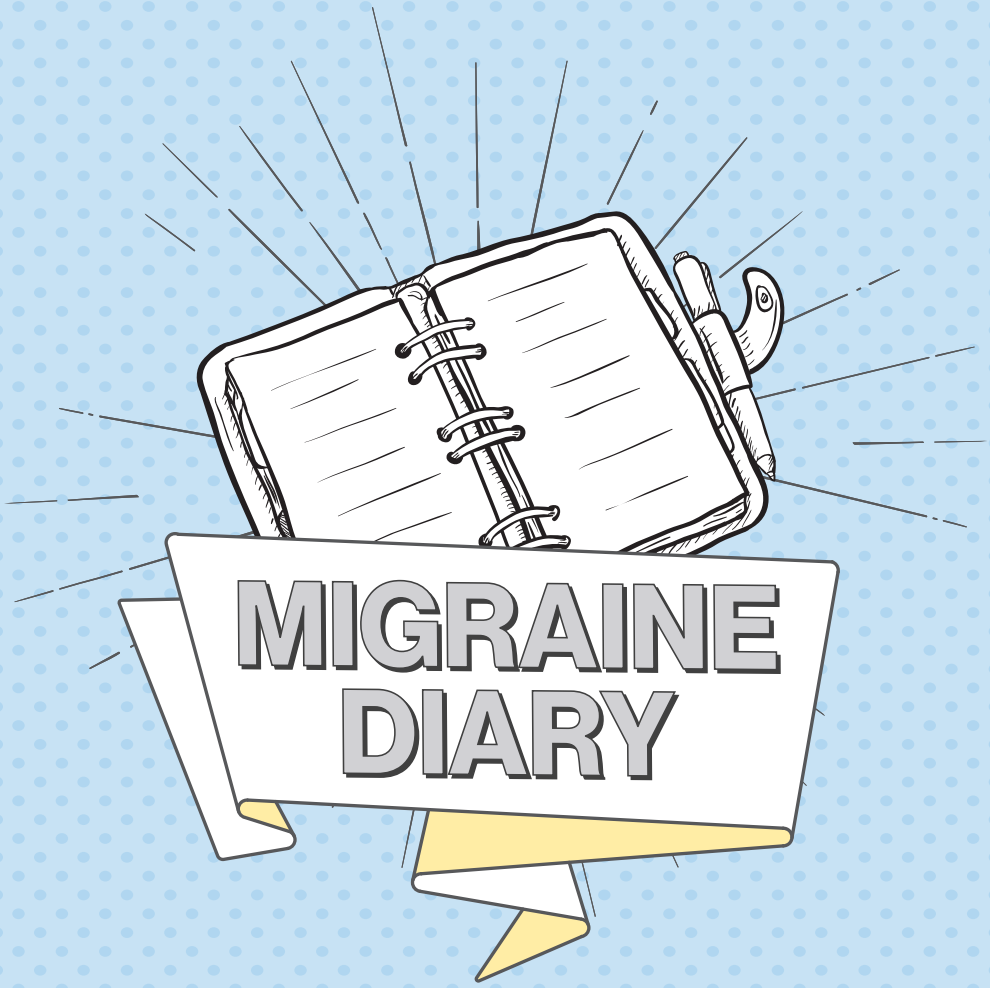




Migraine Diary

- The Migraine Diary is an important tool in managing your migraine attacks. You should bring your migraine diary with you to your doctor so that you can show them the frequency, duration and severity of your migraine attacks. This will demonstrate to your doctor the impact that migraine has upon your life.
- A migraine diary can also help you to establish certain patterns in your attacks and may enable you to take action to prevent or better manage them.
- There are a number of options for keeping a diary. You can use a paper based migraine diary (like the one on page 28 of this booklet) or you can use an electronic migraine diary such as **Migraine Buddy** (see page 30 of this booklet).
- No matter which format you use, it is important that you accurately record your attacks every time you have a migraine, maintain your diary as carefully as possible and bring it with you to all of your doctors' appointments.

Whenever you visit your doctor bring your migraine diary.

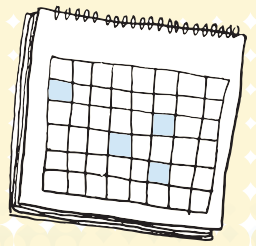


Migraine Diary 20___

DATE	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												
11												
12												
13												
14												
15												
16												
17												
18												
19												
20												
21												
22												
23												
24												
25												
26												
27												
28												
29												
30												
31												
Total no. of headache/ migraine days												
Total no. of crystal clear days												

Instructions:

- Please mark with a **'H'** a day where you have a headache.
- Mark with an **'M'** for a day where you have a migraine.
- Mark **"How severe it was"** by writing in the grade for severity at its worst. Grade 1 would be a very slight headache and grade 10 would be the worst ever headache.
- Mark the **duration** in hours of your headache (eg. 3 for three hours).
- Mark **'0'** for a day without a headache, migraine or symptoms (i.e. a crystal clear day).
- Women should also mark in their period days with a highlighter.
- For example **'H/4/6'** means a headache at grade 4 severity for 6 hours.



Migraine Buddy

Migraine Buddy is a digital migraine diary that you can download free of charge on your mobile phone or tablet.

It is available for download on the App Store and Google Play Store.

It offers an intuitive interface with an easy-to-use questionnaire for you to track and manage migraine attacks.

https://apps.apple.com/ie/app/migraine-buddy/id975074413



Download now

Download on the App Store

GET IT ON Google Play

Novartis is a preferred partner of Healint Pte, which independently developed, owns and operates Migraine Buddy.

Notes

Notes



NOVARTIS

October 2026 | IE11809300

References: Aimovig patient information leaflet.
Available from www.medicines.ie accessed October 2026.