



HOW TO ORDER

1. Your Doctor has prescribed CINGAL® for you
2. Call the customer hotline **1300 852 172**
(Mon - Fri 9am - 5pm AEST)
Have your credit card, Doctor's name and address ready to give to our friendly team
3. CINGAL® will be shipped directly to your Doctor's rooms ready for your next Appointment



A ParagonCare Brand

Distributed in Australia by Surgical Specialties Pty Ltd
1/17 Rodborough Road, Frenchs Forest, NSW, 2086



Manufactured in the USA by Anika Therapeutics, Inc.,
Bedford, MA 01730 U.S.A.

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Bedford, MA 01730 U.S.A.

REFERENCES

1. CINGAL® Instructions for Use
2. Hangody, L et al., 2018, Intraarticular Injection of a Cross-Linked Sodium Hyaluronate Combined with Triamcinolone Hexacetonide (Cingal) to Provide Symptomatic Relief of Osteoarthritis of the Knee: A Randomized, Double-Blind, Placebo-Controlled Multicenter Clinical Trial. DOI: 10.1177/1947603517703732
3. CINGAL® Patient information leaflet

CINGAL®



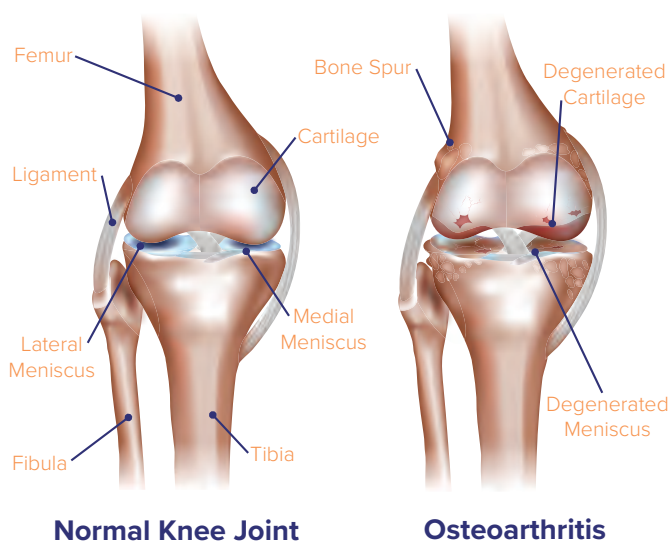
A GUIDE FOR PATIENTS

This brochure has been provided to you by your doctor, as they have determined that CINGAL® is an appropriate treatment option for you. The purpose of this brochure is to further educate yourself about CINGAL® during the course of your treatment.

WHAT IS OSTEOARTHRITIS?

Osteoarthritis is caused by a breakdown of the cartilage that surrounds and protects the bones of the joint. The cartilage acts both as a shock absorber and prevents bones from rubbing against other bones, causing pain, swelling and stiffness.

Two treatment options for managing the pain and discomfort associated with osteoarthritis include corticosteroid and hyaluronic acid injections.



HOW DOES HYALURONIC ACID HELP?

Hyaluronic acid injections help restore the cushioning and lubricating properties of the joint and can relieve pain caused by osteoarthritis through to approximately 6 months.²

HOW DO CORTICOSTEROIDS HELP?

Corticosteroids act as an anti-inflammatory to provide short term relief of pain associated with osteoarthritis.^{1,2}

WHAT IS CINGAL®?

CINGAL is indicated as a viscoelastic supplement or a replacement for synovial fluid in the knee. CINGAL is well suited for rapid and long-term relief of the symptoms of knee joint dysfunctions such as osteoarthritis.³

HOW DOES IT WORK?

The actions of CINGAL are long term relief of symptoms by lubrication and mechanical support supplemented by short-term pain relief provided by triamcinolone hexacetonide.³

HOW IS CINGAL® ADMINISTERED?

CINGAL is injected through a sterile, disposable, hypodermic needle of suitable (18-21) gauge into the selected joint space. The sterile needle should be attached to the CINGAL syringe by a health care professional using health care facility approved aseptic technique.³

WHAT HAPPENS AFTER THE INJECTION?

Mild to moderate swelling, redness and pain are common within the first 48 hours of receiving the injection. It is recommended that you avoid any strenuous or high-impact activities. Strenuous activities that should be avoided include playing tennis, jogging or heavy lifting. Ice your knee if you have any mild pain or swelling near the injection site. Avoid standing on your feet for more than 1 hour at a time during the first 24 - 48 hours following the injection.

HOW LONG WILL IT LAST?

CINGAL is intended to provide long lasting pain relief through 26 weeks for the pain and symptoms associated with knee osteoarthritis.³

ARE THERE ANY SIDE EFFECTS?

Effects associated with Hyaluronic Acid

- » Mild to moderate swelling
- » Discomfort
- » A risk of infection is possible with the procedure of injecting substances into joints

Effects associated with Triamcinolone Hexacetonide - Possible (rare)

The following side effects can occur with repeated injections into the joint:

- » Pain
- » Infection
- » Excess injections into the same site may cause local tissue death
- » Vertigo
- » Cortisol suppression may be observed during the first week after injection. These symptoms may be extreme fatigue, darkening of your skin, low blood pressure, feeling faint, salt craving, low blood sugar, nausea, diarrhea or vomiting, or abdominal pain.
- » The use of medications containing steroids prior to and after implantation may affect recovery. Inform your healthcare professional if you have or are intending to use any substances containing steroids.

PRECAUTIONS

A marked increase in pain accompanied by local swelling, further restriction of joint motion, fever, are suggestive of septic arthritis. Tell your doctor if you notice anything else that is making you feel unwell.