

ELADYNOS[®]

(abaloparatide) injection



Your guide to using ELADYNOS



This guide is non-promotional and is intended for use in patients who have been prescribed ELADYNOS
Date of preparation: June 2026 ELAD_AU_EN_27262_v1

- ▼ This medicine is subject to additional monitoring in Australia.
After you have received medical advice for any side effects you experience, you can report side effects to the Therapeutic Goods Administration online at www.tga.gov.au/reporting-problems.
By reporting side effects, you can help provide more information on the safety of this medicine.
Always make sure you speak to your doctor or pharmacist before you decide to stop taking any of your medicines.

What is osteoporosis?

Osteoporosis is a health condition that causes your bones to weaken and become fragile, making them more likely to break. This process happens slowly over time, and there are factors that can increase your risk of developing osteoporosis.¹



Age - your bones naturally lose strength as you get older.¹



Menopause - after menopause, levels of estrogen (a hormone involved in bone health) decline meaning bones lose strength faster.¹



History of broken bones - having a previous broken bone can make you more likely to have another in the future.¹



Lifestyle - a lack of exercise, poor diet, certain medications, smoking and high alcohol intake can impact bone health.¹

What is ELADYNOS and what does it do?

ELADYNOS is an anabolic medicine that contains abaloparatide. It works by strengthening your bones, making them less likely to break.^{4,5}

Using ELADYNOS involves:²

- A once-daily injecting using a pre-filled pen
- Administered in the lower part of your abdomen
- For a maximum of 18 months

The first injection should be performed under the guidance of a healthcare professional. **You should use ELADYNOS exactly as the doctor has told you and after you or your caregiver have received training on how to use the ELADYNOS pen.**⁴

How is osteoporosis treated?

The aim of an osteoporosis treatment is to strengthen your bones and reduce the risk of breaking a bone. Different treatments work in different ways to do this:

- Antiresorptive medicines – reduce bone loss by slowing the breakdown of bone in your body¹
- Anabolic medicines – actively stimulate new bone to be formed³

You have been given this leaflet because you have been prescribed ELADYNOS, an anabolic medicine for postmenopausal women with osteoporosis. Check with your doctor if you are unsure about any of this information.²

Things to know before taking ELADYNOS⁴

Before you begin using ELADYNOS, it is important to let your doctor know about any health conditions or medicines you are taking so they can make sure ELADYNOS is the best option for you. You will also have your heart and blood pressure examined.

You should not use ELADYNOS if you:

- Are allergic to abaloparatide or any of the other ingredients
- Are pregnant or breast-feeding
- Are still able to get pregnant
- Have high blood calcium levels
- Have severely reduced kidney function
- Have unexplained high blood levels of the enzyme alkaline phosphatase
- Have had radiation therapy involving your bones
- Have ever been diagnosed with bone cancer or other cancers that have spread to your bones

Things to look out for and tell your doctor before or while using ELADYNOS⁴

Feeling dizzy when standing up - some people get dizzy or have a fast heartbeat after their ELADYNOS injection so make sure to always inject ELADYNOS in a location where you can sit or lie down.	Heart disease or high blood pressure - your doctor might want to monitor you more closely.
Continued nausea, vomiting, constipation, low energy or muscle weakness - these might be signs of too much calcium in your blood.	High calcium levels in your urine or kidney stones - ELADYNOS could make these conditions worse.
If you have any questions about taking ELADYNOS, please ask your doctor or nurse.	

Storing ELADYNOS⁴

- Before first use**
- store in a refrigerator (between 2-8°C) and do not freeze
- After first use**
- store at room temperature (below 25°C)
- Do not store your ELADYNOS pen with the needle attached
- Store ELADYNOS out of the sight and reach of children

Disposing of ELADYNOS⁴

- Dispose of your ELADYNOS pen 30 days after first use, even if it is not completely empty
- Do not use this medicine after the expiry date which is stated on the carton and pen after 'EXP'
- Dispose of your old pen before opening a new one to avoid potential confusion
- Do not throw away medicines or needles via wastewater or household waste – ask your pharmacist or homecare service how to throw away medicines you no longer use

Important safety information⁴

As with all medicines, taking ELADYNOS can sometimes cause side effects. It's important to be aware of what these might be and what action to take.

Some side effects are more common than others. Symptoms to look out for and tell your doctor about are:

Very common

- Increase in calcium levels seen in urine tests
- Dizziness

Common

- Increase in calcium or uric acid levels seen in blood tests
- Headache
- Increased heart rate or palpitations
- Increased blood pressure
- Abdominal pains
- Constipation & diarrhoea
- Nausea & vomiting
- Weakness, tiredness, feeling unwell
- Injection site reactions - bruising, pain or rash
- Pain in bones, joints, feet or back
- Muscle spasms
- Kidney stones
- Itching & rash

Uncommon

- Allergic reactions
- Feeling bloated
- Pain
- Feeling dizzy or lightheaded on standing / sitting up due to drop in blood pressure

Severe allergic reaction

Immediately stop taking ELADYNOS and seek medical attention if you experience swelling of the face or tongue, wheezing and trouble breathing, hives, itching and flushed skin, severe vomiting or diarrhoea, light-headedness or loss of consciousness.⁴

If you use more ELADYNOS than you should

Contact your doctor or pharmacist.

The effects of taking too much ELADYNOS can be nausea, vomiting, dizziness (especially when getting up quickly), faster heartbeat and headache.⁴

Speak to your doctor if you are worried about the side effects of ELADYNOS or if you experience any of these symptoms.

If you forget to use ELADYNOS⁴

If you miss a dose, use it as soon as possible within 12 hours of your scheduled dose. Then inject your next dose at the usual time the next day.⁴ If it's more than 12 hours past your scheduled injection time, skip the missed dose. Then inject your next dose at the usual time the next day. Don't use more than one injection in the same day or a double dose to make up for a forgotten dose.⁴



Getting started with ELADYNOS⁴

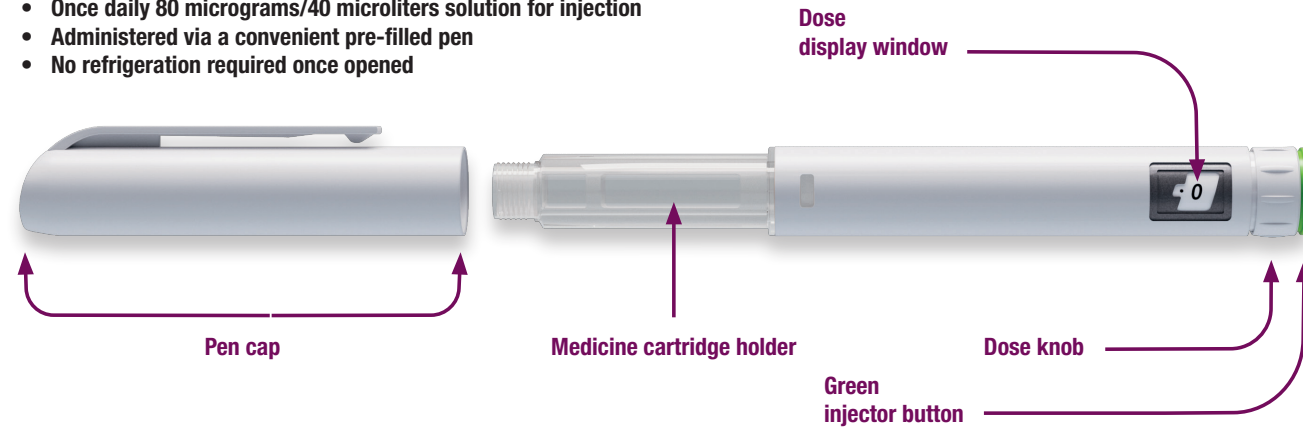
This guide is intended for patients prescribed ELADYNOS to support with the self-administration of the medicine.

If you experience any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet.

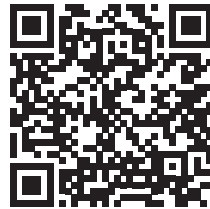
Do not inject ELADYNOS until you or your caregiver receive training from a doctor, nurse or pharmacist on how to use the ELADYNOS pen. Before you use your new pen, please read and follow the instructions carefully

The ELADYNOS pen

- Once daily 80 micrograms/40 microliters solution for injection
- Administered via a convenient pre-filled pen
- No refrigeration required once opened



Scan to watch the
“how to use” video:
Password: bonehealth



Information for using ELADYNOS⁴

Storage information

- **Before first use**, store in a refrigerator (between 2-8 °C) and do not freeze
- Do not store the pen with the needle attached
- **After first use, or once removed from the refrigerator**, store below 25 °C and discard after 30 days

Injecting ELADYNOS

- Do not start the injection procedure until you have read the package leaflet and Instructions for use contained in your ELADYNOS carton thoroughly
- Do not share your ELADYNOS pen or needles with other people as you may transmit a serious infection.
- Never share your ELADYNOS pen, even if the needle has been changed
- Injections should be administered at approximately the same time every day
- Use a new needle for each injection
- Do not inject more than one dose of ELADYNOS in the same day
- Do not use if the solution is cloudy, coloured or containing particles

Disposing of ELADYNOS

- Dispose of your ELADYNOS pen 30 days after first use, even if it is not completely empty
- Dispose of your old pen before opening a new ELADYNOS pen to avoid potential confusion
- Do not throw away medicines or needles via wastewater or household waste. Ask your pharmacist how to dispose of medicines you no longer use

Needles are not included with your Eladyns pen. The correct needles to use with your Eladyns pen are 8 mm, 31-gauge needles.

Supplies needed for each injection:

- 1 needle
- 1 alcohol swab
- 1 cotton ball or gauze pad
- 1 sharps disposal container for needles and Eladyns pen.

Prepare for injection⁴

Steps 1 – 4

Step 1 – Check the ELADYNOS pen

a) Wash your hands

b) Check the pen label to make sure it is the correct medicine



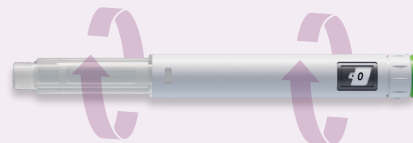
c) Check the expiry date (EXP) on the pen to make sure it has not passed. Note the date of day one to make sure you don't use the pen for more than 30 days



d) Pull off the pen cap from your pen



e) Check that the pen, including the medicine cartridge is not damaged



f) The liquid should be clear, colourless and free of particles – if not, do not use. You may see small air bubbles in the liquid – this is normal

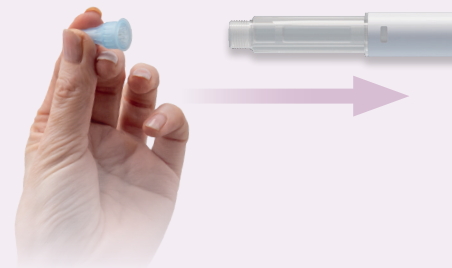


Step 2 – Attach the needle to your ELADYNOS pen

a) Remove the protective paper from a new needle



b) Push the capped needle straight onto the pen and twist until it is secure



c) Make sure the needle is straight so that it doesn't bend when inserting. The pen will not work if the needle is not attached properly. Do not over-tighten as this may make the needle difficult to remove



If the needle becomes bent, see the 'Troubleshooting' section at the end of this leaflet

d) Pull off the outer needle cap from the needle and keep it to use after your injection



e) Carefully pull off the inner needle cap and dispose of it



Prepare for injection⁴

Step 3 – Testing your ELADYNOS pen prior to first injection (day one only)



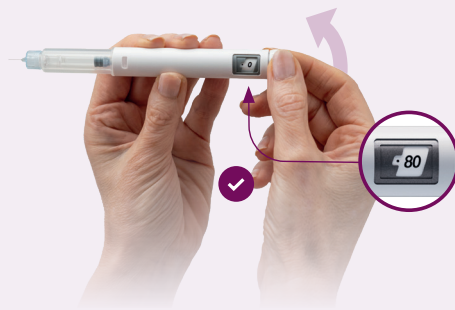
Your pen has enough medicine for 30 days, plus a small amount to test it is working properly on day one

If you test your pen before each injection, you will run out of medicine early

Only perform Step 3 on day one, before your first injection with each pen

On day 2 to 30, go directly to Step 4

- a) Holding the pen as illustrated, turn the dose knob on your pen away from you until it stops. You will see “•80” lined up in the dose display window



- b) Hold the pen with the needle pointing up and press the green injection button until it will not go any further. You should see liquid, as a drop or stream, come from the needle tip



- c) You should see “•0” lined up in the dose display window



If liquid does not come from the needle tip see the ‘Troubleshooting’ section at the end of this leaflet

Step 4 – Set the dose of your ELADYNOS pen

- a) Turn the white knob on your pen until the knob stops and “•80” is lined up in the display window. Your pen is now ready for injection



If you cannot set the pen to “•80” see the ‘Troubleshooting’ section at the end of this leaflet

Administer injection⁴

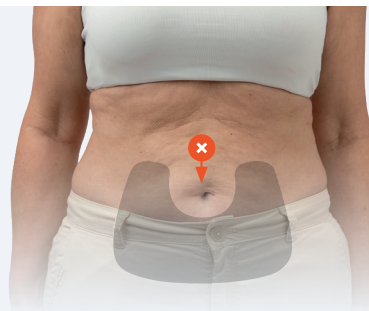
Steps 5 – 6

Step 5 – Choose and clean your injection site



Choosing where to inject

- Injections should be given in the lower abdomen (shown by the shaded area)
- Avoid the 5 cm area around your belly button
- Select a different injection site on your abdomen each day
- Only inject into clear skin – do not inject into areas where the skin is tender, bruised, red, scaly or hard
- Avoid areas with scars or stretch marks



- Wipe the injection site with an alcohol swab and allow it to dry
- Do not touch, fan or blow on the injection site after you have cleaned it. Your doctor, nurse or pharmacist may recommend that you pinch up your skin at the injection site. Once the needle has been inserted, you can release the pinch



Step 6 – Giving your ELADYNOS pen injection

- Insert the needle straight into your skin and do not move the pen after inserting



- Press and HOLD the green button until:
 - “•0” is displayed in the dose display window
 - 10 seconds has passed meaning the full dose has been administered
 - You have withdrawn the pen from your skin

THEN you can release the green button
Do not press the green button without a needle attached



If the green button cannot be pressed down or stops before reaching “•0”, see the ‘Troubleshooting’ section at the end of this leaflet

- Slowly remove the pen from the injection site by pulling the needle straight out



What to do if you experience bleeding



You may have slight bleeding, this is normal

If slight bleeding occurs:

- Press a cotton ball or gauze pad to the injection site
- Cover the area with a small adhesive bandage
- Do not rub the injection site

After injection⁴

Steps 7 – 8

Step 7 – Remove the pen needle

- a) Carefully place the outer needle cap back on the needle. Press down on the cap until it snaps into place and is secure



- b) Unscrew the capped needle by squeezing the cap at the base against the needle. Turn it 8 or more times before gently pulling until the capped needle comes off. Do not push down on the outer needle cap while unscrewing the needle

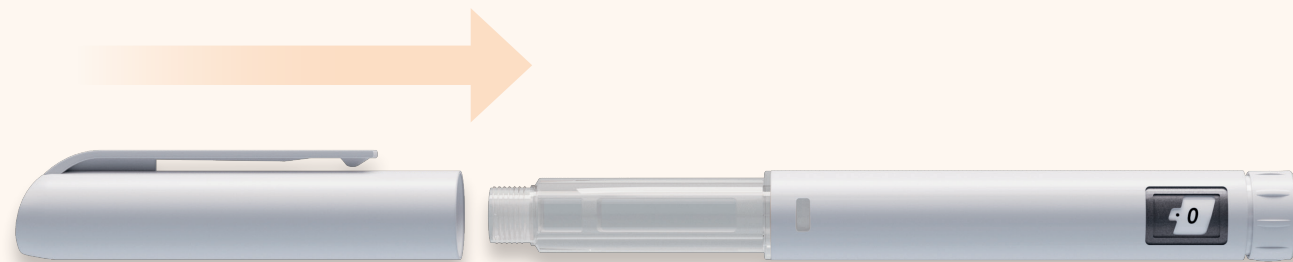


- c) You should see a gap widening between the outer needle cap and the pen as you unscrew the needle



Step 8 – After your injection

- a) Firmly replace the pen cap onto the ELADYNOS pen. Keep the cap on your pen between injections





Troubleshooting⁴

What should I do if the needle is bent?

- Carefully remove the bent needle and attach a new needle to the pen (see Step 2)
- Review the parts of the pen needle:
 - There are two portions of each needle; a visible portion which goes into your skin and a hidden inner needle that goes into the pen's septum
 - The visible portion may look straight but the inner needle can become bent when attaching the needle
 - Be sure to keep the entire pen needle straight when attaching it to the pen to avoid bending the inner needle

What should I do if liquid does not come out the needle tip when testing the pen on day one?

- If you do not see liquid come out of the needle it means the pen setup is not complete; the needle may be blocked, bent or improperly attached
- Attach a new needle to the pen (see Step 2) and repeat the day one test (see Step 3)
- If you still do not see a drop of liquid, contact your doctor, nurse or pharmacist



What should I do if I cannot turn the white knob to set the ELADYNOS pen to “•80”?

- This means there is not enough medicine in the pen to give you a full dose
- You will need to get a new pen

What should I do if the green injection button is difficult to press?

- If the green button is difficult to press or stops before reaching “•0” in the dose display window, the new pen test is not complete; the needle may be blocked, bent or improperly attached
- Attach a new needle to the pen (see Step 2)
- If the green button still cannot be pressed down or stops before “•0” in the dose display window, contact your doctor, nurse or pharmacist

5 things to remember⁴



Do not inject ELADYNOS until you have received appropriate training from your doctor, nurse or pharmacist and you have read the Instructions for use



The ELADYNOS pen contains enough medicine for 30 days



Do not share your ELADYNOS pen or needles with other people



Dispose of your ELADYNOS pen after 30 days even if it is not completely empty



Use a new needle for each injection

Stick this page on your wall or pinboard for daily reminders

If you have any further questions on using ELADYNOS, speak to your doctor, nurse or pharmacist



Lifestyle advice for healthy bones¹



As well as taking any medication you are prescribed, small lifestyle changes can support bone health and reduce your risk of a break.



Eating¹

Aim for a balanced diet with a variety of carbohydrates, protein, fruit, vegetables and dairy. Getting enough calcium and vitamin D is also important.

Calcium - gives bones strength and structure for daily activities e.g. green vegetables, dried fruit, dairy foods.

Vitamin D - helps your body absorb calcium e.g. oily fish, red meat, eggs, sunlight.



Exercise¹

Using your muscles and bones keeps them strong. The best way to do this is with a mixture of:

Weight-bearing exercise

- where your feet and legs support your weight e.g. walking, skipping, jogging, dancing and team sports.⁵

Resistance exercise - improves balance and muscle strength e.g. press-ups, weight training and using gym equipment.

Other things to consider¹

- Quitting smoking
- Reducing your alcohol intake
- Increase your vitamin D intake by spending time in the sun



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References: 1. Healthy Bones Australia. Consumer Guide. Available at: <https://healthybonesaustralia.org.au/wp-content/uploads/2024/12/hba-consumer-guide-04-12-24.pdf>. Accessed June 2026. 2. ELADYNOS[®] Approved Product Information, November 2024. 3. Healthy Bones Australia. Position Statement on the Management of Osteoporosis. Available at: <https://healthybonesaustralia.org.au/wp-content/uploads/2025/11/position-statement-on-the-management-of-osteoporosis-.pdf>. Accessed June 2026. 4. ELADYNOS[®] Consumer Medical Information, November 2024. 5. ELADYNOS[®] Patient Information Leaflet. Theramex Australia Pty Ltd, 60 Margaret Street Sydney NSW 2000, 1800 THERAMEX or 1800 843 726, Email: medinfo.au@theramex.com
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