

## About your medicine

Your doctor has prescribed the following medicine for you:

- Adalimumab (Humira<sup>®</sup>)
- Etanercept (Enbrel<sup>®</sup>)
- Ustekinumab (Stelara<sup>®</sup>)

These are called Biologics.

## What is this medicine used for?

The biologics are used to treat psoriatic diseases act by blocking the action of a specific type of immune cell called T cell, or by blocking proteins in the immune system, such as tumor necrosis factor-alpha (TNF-alpha) or interleukins 12 and 23. These cells and proteins all play a major role in developing psoriasis and psoriatic arthritis.

- Etanercept and adalimumab are tumor necrosis factor-alpha (TNF-alpha) blockers
- Ustekinumab blocks the action of interleukin-12 (IL12) and interleukin 23 (IL23)

Biologics are prescribed for individuals with moderate to severe plaque psoriasis and psoriatic arthritis. They are a viable option for those who have not responded to or have experienced harmful side effects from other psoriasis treatments.

## How should I take this medicine?

The medicine is given as a subcutaneous injection (injection under the skin). Your doctor will decide the right dose of the medicine for you and how often you should receive it.

Biologics may be used alone or in combination with other psoriasis medications or treatments.

## What should I do if I forget a dose?

Inject the missed dose as soon as you remember. If it is almost time for the next dose, skip the missed dose.

Do not double the next dose to make up for the missed dose.

## What possible side effects may it cause?

Certain side effects of this medicine are not unusual and may even disappear during treatment. If any of the following effects persist or are severe, consult your doctor.

- Injection site reactions such as redness, swelling, itching, or pain. These symptoms usually go away within 3 to 5 days.
- Upper respiratory infections
- Headache

Tell your doctor if you notice any of the following:

Side effect(s)	Warning signs
Allergic reactions	severe rash swollen face, hands or feet trouble breathing or swallowing
Signs of infection	fever chills persistent sore throat wounds malaise dental problems burning on urination persistent cough
Signs of nervous system disorders	arm or leg weakness dizziness numbness or tingling double vision

Signs of heart failure	shortness of breath with exertion or upon lying down swelling of feet
Signs of blood problems	fever bruising or bleeding very easily looking pale

## What precautions should I take?

- *For women: Tell your doctor if you are pregnant, plan to become pregnant, or are breast-feeding.*
- *Inform your doctor if you have any allergies and any of the following:*

### Tuberculosis (TB)

- Tell your doctor if you have had TB, if you have recently been near anyone who might have TB.
- Your doctor will examine you for tuberculosis and perform a test to see if you have TB, before you are given the biologic. You doctor may also order a chest X-ray before starting treatment.

### Infections

- Tell your doctor if you have any kind of infection. The medicine may make you less able to fight infections. Some infections could also become serious.
- Tell your doctor if you have any signs of infection, even if it is very minor. Signs may include fever, feeling tired, cough, flu-like symptoms, diarrhoea, dental problems and burning when urinating.
- Tell your doctor if you have an infection that will not go away or keeps coming back.
- Tell your doctor if you have any open cuts or sores – they might get infected.

### Cancer

- The medicine decreases the activity of the immune system. This may increase the risk of cancer. Tell your doctor if you have ever had any type of cancer.

### Vaccinations

- Tell your doctor if you have recently had or are going to have a vaccine.
- Blood tests may be performed to monitor the immune system during therapy with biologics.
- Inform your doctor if you are taking other medication.
- Do not allow anyone else to take this medication.

### **How do I store this medicine?**

- Keep this medicine in a refrigerator where the temperature stays between 2° and 8°C.  
**Do not freeze.**
- Do not shake etanercept or ustekinumab vials. Prolonged vigorous shaking may damage the medicine.
- Dispose of any etanercept solution that you prepared more than 6 hours ago, but have not used.
- Keep this medicine out of reach of children.

### **How do I dispose used syringes and needles?**

- Check with your doctor, nurse or pharmacist for instructions on disposal of the used syringes and needles if you are injecting these medicines at home.
- To prevent any accidental pricks, place all used syringes and needles into a hard case container, cap and close the container before discarding into the trash bin.

*When in doubt, consult your doctor or pharmacist.*  
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