

WHAT YOU NEED TO KNOW ABOUT YOUR TREATMENT

This information will guide you during your treatment with ILUMETRI®▼ (tildrakizumab), which has been prescribed to help treat your psoriasis.

▼This medicine is subject to additional monitoring. This will allow quick identification of new safety information. You can help by reporting any side effects you may get. See www.mhra.gov.uk/yellowcard for how to report side effects.

This booklet has been developed and funded by Almirall and is intended for patients who have been prescribed ILUMETRI®.

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WHAT IS ILUMETRI®?

ILUMETRI® is used to treat **moderate-to-severe plaque psoriasis** in adults. It contains the active ingredient tildrakizumab, which belongs to a group of medicines called interleukin (IL) inhibitors.

This medicine works by blocking the activity of a protein called **IL-23**, which is involved in normal inflammatory and immune responses and is present at higher levels in diseases such as psoriasis.

ILUMETRI® helps to reduce the **area and severity** of psoriasis for patients like you.

ILUMETRI® is given by **injection**. The pre-filled syringe contains the **recommended dose of 100 mg** in a 1 mL solution. In some patients with certain characteristics, 200 mg (2 x 100 mg/mL injections) may work more effectively. Your doctor will decide on your dose and how long you need to take ILUMETRI® for.

DELIVERY OF ILUMETRI®

As part of the **homecare service**, your ILUMETRI® dose will be delivered shortly before you are due to take it. You will be contacted to arrange a date and time frame for the delivery. A nurse will then visit your home at a convenient time to administer the dose.

Eventually your doctor or nurse may decide that you can inject your ILUMETRI® dose yourself, but only when you have had **sufficient training**, and they are satisfied that you are completely comfortable.



If you are unsure about any aspect of taking ILUMETRI® or using the homecare service, refer to the package leaflet that came with your medicine or talk to your doctor or nurse.

STORING ILUMETRI®

Store ILUMETRI® **in the fridge** (2–8°C) and **do not freeze it.**

The dose should be taken out of the fridge **30 minutes** before it is due to be administered. The liquid in the syringe should be clear to slightly opalescent and colourless to slightly yellow.

After removing ILUMETRI® from the fridge:



Write the date in the space provided on the carton. Keep the syringe **inside the carton** to protect it from the light until you use it



Store it **below 25°C** and **do not** put it back in the fridge again



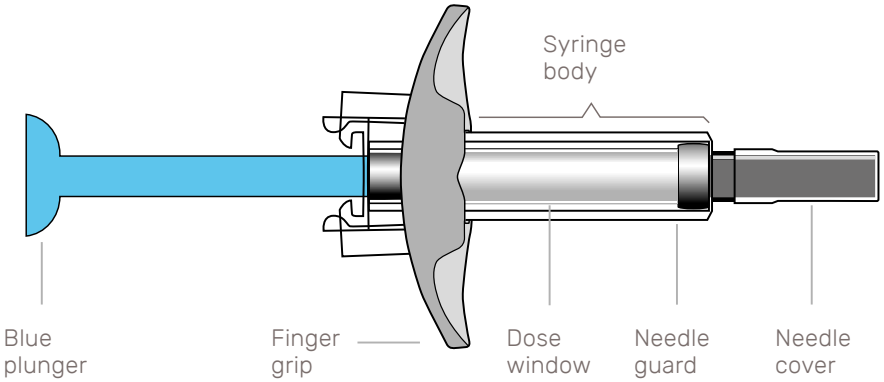
ILUMETRI® can be kept at room temperature for **up to 30 days** before use

Do not use your ILUMETRI® pre-filled syringe:

- After the **expiration date** on the carton (the last day of the month)
- After more than 30 days of storage at room temperature
- If the liquid contains **visible particles**, is **cloudy** or is distinctly **brown**

HOW TO TAKE ILUMETRI®

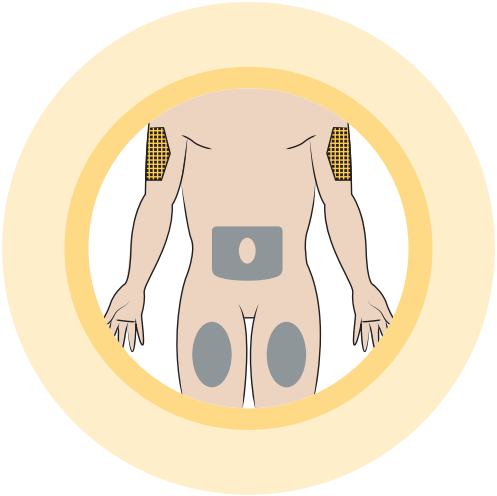
PARTS OF YOUR ILUMETRI® PRE-FILLED SYRINGE



Do not pull off the needle cover until you are ready to inject the medicine.

ILUMETRI® INJECTION SITES

Injections should be made at a site with **clear skin** and easy access, such as your abdomen, thighs or, as long as someone else is injecting you, your upper arm.

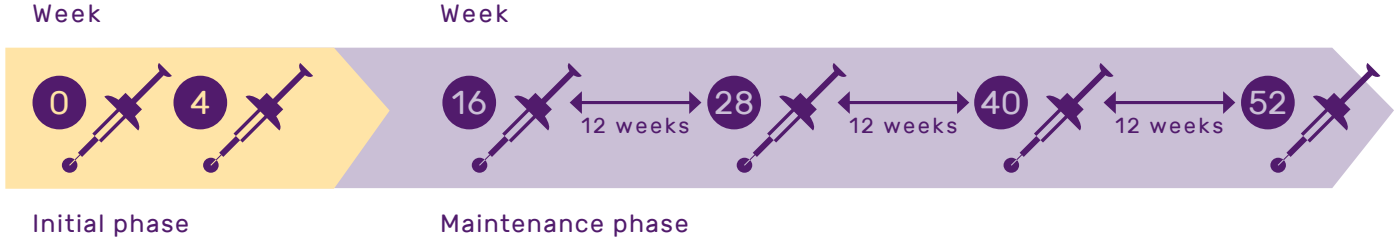


Injection site when administered by a nurse

Injection site when self-administered

ILUMETRI® DOSING SCHEDULE

After your first ILUMETRI® injection, the next dose is due 4 weeks later and then you will have a dose **every 12 weeks** after that. This means that after the first two doses, you will only need to have **four doses per year** for the 100mg dose.



POSSIBLE SIDE EFFECTS

YOU MAY EXPERIENCE SOME SIDE EFFECTS DURING TREATMENT, ALTHOUGH NOT EVERYONE GETS THEM

These are the **most common** side effects:

- Upper respiratory infections (symptoms include nasal congestion, runny nose, sneezing, cough)
- Gastroenteritis (symptoms include vomiting and/or diarrhoea)
- Nausea
- Diarrhoea
- Injection-site pain
- Back pain
- Headache

Serious side effects:

- As with all medicines of this class, **if you notice swelling of the face, lips or throat and/or breathing difficulties, contact your doctor immediately.**

- Please refer to your package leaflet for further information about possible side effects. If you get any side effects, including any not found in the leaflet, talk to your doctor, pharmacist or nurse.

You can also report side effects directly via the Yellow Card Scheme at: **www.mhra.gov.uk/yellowcard** or search for MHRA Yellow Card in the Google Play or Apple App Store.



By reporting side effects you can help provide more information on the safety of this medicine.

FREQUENTLY ASKED QUESTIONS

HOW LONG WILL ILUMETRI® TAKE TO WORK?

Everyone responds to treatment slightly differently, but you should start to see improvements in the area and severity of psoriasis after your second dose. If you experience small improvements within 28 weeks, your symptoms may improve further with continued treatment. However, if there is no improvement after 28 weeks, you should talk to your doctor about reassessing your treatment.

IS IT OK TO TAKE ILUMETRI® AT THE SAME TIME AS OTHER MEDICINES?

Tell your doctor and nurse which other medicines you are taking, so they can make sure that ILUMETRI® is suitable for you.

CAN I TAKE ILUMETRI® WHILE I'M PREGNANT OR BREASTFEEDING?

It is preferable to avoid the use of ILUMETRI® during pregnancy or breastfeeding. Talk to your doctor if you are planning to become pregnant while you are on treatment.

WHAT HAPPENS IF I MISS A DOSE?

If you are using the homecare service, it is unlikely you will miss a dose. However, if you miss your ILUMETRI® dose, arrange to take the dose as soon as possible and then resume dosing at the scheduled intervals. Do **not** take a double dose to make up for a missed dose.

CAN I TRAVEL WHILE TAKING ILUMETRI®?

After the first two doses you will only have four doses per year if the recommended 100mg is prescribed, but if you are due a dose while you are travelling, let your nurse and/or homecare provider know as soon as possible. If you have been taking ILUMETRI® for some time and your doctor or nurse has said you can inject yourself, you should be able to take your treatment with you (stored at room temperature (up to 25ºC) for no longer than 30 days) and have your dose on the correct day.

CAN I HAVE VACCINATIONS WHILE TAKING ILUMETRI®?

You should not have any live vaccinations while you are taking ILUMETRI® and for at least 4 weeks before starting or 17 weeks after stopping treatment. Talk to your doctor if you need to have any vaccinations before or during treatment with ILUMETRI®.

MY CONTACTS

DOCTOR

Name:

Phone number:

Email:

NURSE

Name:

Phone number:

Email:

HOMECARE PROVIDER

Name:

Phone number:

Email:

For more detailed information about ILUMETRI®, please refer to the full package leaflet found in the carton with your medicine or visit **www.medicines.org.uk/emc** or **https://www.ema.europa.eu/en/documents/product-information/ilumetri-epar-product-information_en.pdf**

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Feb 2021 | IE-ILU-2100002