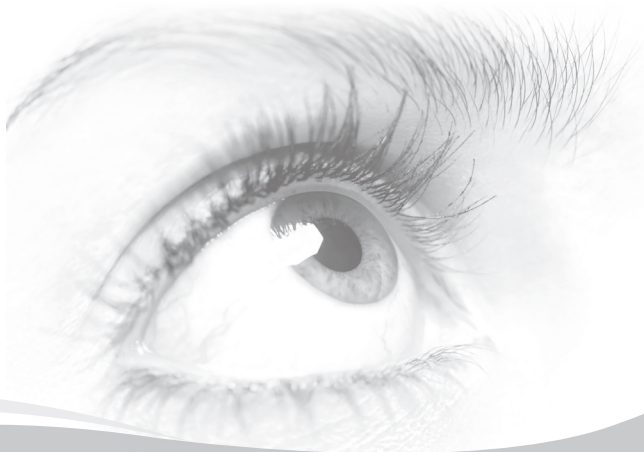


Scottish Uveitis Network



Information about ...

Adalimumab



Ophthalmology Service

Scottish Uveitis National Managed Clinical Network

- What is adalimumab?

Adalimumab is a drug used in the treatment of inflammatory conditions including rheumatoid arthritis and inflammatory bowel disease. In certain inflammatory conditions, including uveitis, a protein called tumour necrosis factor (TNF) is produced. Too much TNF can cause your immune system to attack healthy tissues in your body and produce inflammation. The medicine Adalimumab blocks the action of TNF, reducing the inflammation.

Clinical studies have shown that adalimumab can also control inflammation within the eye.

When should you be careful taking adalimumab?

Be sure to tell your doctor if:

- You have episodes of infection.
- If you come into contact with someone who has chicken pox or shingles, you should contact your GP or the ophthalmology department for advice.
- You are on any other medication.

Can I have vaccinations while I am on adalimumab?

- You should not take live vaccines while on adalimumab.
- Pneumovax and an annual flu vaccine are recommended while on this treatment.
- Please arrange to see your general practitioner each year to discuss this.

How should adalimumab be taken?

- Usually given as 40mg injection every 2 weeks.
- Comes as a preloaded pen device which automatically injects the drug under the skin.
- You, or a helper, will be taught how to give the injection.
- Injections are made under the skin of the abdomen, thighs or upper outer arms.
- You will be provided with sharps bins so that you can dispose of your syringes and needles safely.
- It must be stored in a refrigerator (at 2 - 8°C), but should be taken out for 20 minutes before injecting to reduce the stinging that can sometimes occur with the injection.
- Travelling with Adalimumab, or transporting your treatment, requires a cool box or cool bag with icepacks to maintain these temperatures.

Will I need blood tests?

- You will require blood tests every 4-8 weeks.

What are the possible side effects?

- Reaction at injection site, usually not serious.
- May be an increased risk of infection with this treatment. It is important to inform your doctor if you feel unwell.
- Those with previous tuberculosis or hepatitis are at risk of reactivation.
- Adalimumab should be avoided in patients with multiple sclerosis as it may cause further relapses.
- May be an increased risk of skin cancer with adalimumab.

Therefore you should limit your exposure to sunlight by wearing appropriate protective clothing and using a sunscreen with a high protection factor.

- Lymphoma (cancer of the lymphoid tissues) has been reported but is very rare.
- Rarely may develop drug-induced lupus. Symptoms include rash, fever and joint pain.
- Generally treatment is tolerated well.
- Should you develop any side effects, please contact your GP or ophthalmologist for advice.

Can adalimumab be used when pregnant or breast feeding?

- You should not take adalimumab if you are or think you may be pregnant, unless advised to continue by your doctor, as it could harm an unborn baby.
- Reliable contraception should be used by women taking adalimumab.
- Adalimumab should be stopped at least 5 months before trying for a baby.
- Adalimumab should not be taken when breast feeding.

How long will adalimumab take to work?

- Adalimumab does not work immediately. It may take between 2-12 weeks before you notice any benefit.

May I drink alcohol while taking adalimumab?

- There is no known interaction between alcohol and adalimumab.

If you experience problems, contact your GP or XXXX Hospital:

Contact number: _____

Further information

The Scottish Uveitis National Managed Clinical Network is a nationally supported network to improve and ensure an equality of care for patients with uveitis throughout Scotland.

www.sun.scot.nhs.uk

The Uveitis Information Group (Scotland) is a patient-led charity, based in Scotland, run by volunteers. They provide information, leaflets and fact sheets on uveitis which can be accessed via their site.

Uveitis Information Group

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Website: **www.uveitis.net**

This leaflet has been produced by the Scottish Uveitis National Managed Clinical Network.

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Available on-line at: **www.sun.scot.nhs.uk**

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