



BARICITINIB

Information leaflet

1. What is baricitinib and how does it work?

Baricitinib is a type of drug known as a Janus kinase (JAK) inhibitor. It works by blocking the activity of pathways of inflammation and suppresses the immune system.

2. What skin conditions are treated with baricitinib?

- Moderate-to-severe atopic eczema
- Alopecia areata

3. How long will I need to take baricitinib before it has an effect?

Many people will notice an improvement within the first few weeks but some may see more gradual improvement over the first 6 months of treatment for atopic eczema and 9 months for alopecia areata.

4. How do I take baricitinib?

Baricitinib is a tablet taken by mouth once daily with or without food and at any time of the day.

a. Atopic eczema

The recommended dose is 4 mg once daily. If you are 75 years or older, have kidney problems or a history of long-standing or recurrent infections (e.g. pneumonia), a lower dose of 2 mg once daily may be considered. People who have their eczema well-controlled with the 4 mg daily dose may also consider reducing their dose to 2 mg once daily.

b. Alopecia areata

The recommended dose is 2 mg once daily. If response to treatment is not adequate, the dose may be increased to 4 mg once daily. For patients with nearly complete or complete scalp hair loss, the doctor may consider starting treatment with 4 mg once daily and reducing the dose to 2 mg once daily when an adequate response has been achieved.

5. What are the side effects of baricitinib?

a. Common side effects

- Herpes simplex infection (cold sores, genital herpes)
- Shingles
- Nose, throat or chest infections
- Vomiting or diarrhoea (gastroenteritis)
- Urinary tract infections
- High levels of cholesterol

b. Rare side effects

- Low numbers of a type of white blood cells (neutrophils)
- Blood clots in the blood vessels of the lungs (pulmonary embolism) or legs (deep vein thrombosis)

6. How will I be monitored for the side effects of baricitinib?

a. Before starting treatment

Your dermatologist will ask if you have any current or past infections (e.g. HIV infection, viral hepatitis, tuberculosis, frequent cold sores, and shingles) and blood tests for some of these will be performed before starting. Please tell your dermatologist if you are or planning to become pregnant and if you are breastfeeding.

You should also let your dermatologist know of the medicines you are taking, including over-the-counter supplements or herbal treatments.

b. Before and during treatment

You will have regular blood test monitoring before starting treatment and after starting treatment to check your full blood count, liver function and lipid profile.



BARICITINIB

Information leaflet

7. What precautions should I take?

- a. Do not take live vaccines while on baricitinib (e.g. polio, rubella, yellow fever).
- b. Do not take baricitinib if you are pregnant or breastfeeding. Women of childbearing potential must use effective contraception during treatment and for at least 1 week after treatment.
- c. If you are taking a medication called probenecid (for gout), you should take baricitinib 2 mg once a day as probenecid may increase your blood levels of baricitinib.



BARICITINIB (巴瑞替尼)

Information leaflet

1. 巴瑞替尼是什么以及它如何起作用？

巴瑞替尼是一种被称为Janus激酶（JAK）抑制剂的药物。它以阻断炎症通路和抑制免疫系统来发挥作用。

2. 巴瑞替尼治疗哪些皮肤疾病？

- 中度至重度的特应性湿疹
- 斑秃（‘鬼剃头’）

3. 我需要服用巴瑞替尼多久才会见效？

许多人会在最初几周内注意到改善，但有些人可能会在治疗特应性湿疹的前6个月和治疗斑秃的前9个月逐渐看到改善。

4. 我该如何服用巴瑞替尼？

巴瑞替尼是一种每日口服一次的片剂，可以随餐或不随餐服用，任何时间均可。

a. 特应性湿疹

推荐剂量为每日4毫克。如果您75岁或以上、有肾脏问题或有长期或反复感染（如肺炎）的病史，可考虑使用较低的剂量，即每日2毫克。那些通过每日4毫克剂量控制良好湿疹的人也可以考虑将剂量减少至每日2毫克。

b. 斑秃

推荐剂量为每日2毫克。如果对治疗反应不充分，剂量可增加至每日4毫克。对于几乎完全或完全脱发的患者，医生可能会考虑以每日4毫克的剂量开始治疗，并在达到足够反应后将剂量减少至每日2毫克。

5. 巴瑞替尼的副作用是什么？

a. 常见副作用

- 单纯疱疹感染（唇疱疹、生殖器疱疹）
- 带状疱疹
- 鼻、喉或胸腔感染
- 呕吐或腹泻（胃肠炎）
- 尿路感染
- 高胆固醇

b. 罕见副作用

- 一种白细胞（中性粒细胞）数量减少
- 肺部（肺栓塞）或腿部（深静脉血栓）血管中出现血栓

6. 如何监测巴瑞替尼的副作用？

a. 开始治疗前

您的皮肤科医生会询问您是否有任何当前或过去的感染（如HIV/人类免疫缺陷病毒感染、病毒性肝炎、结核病、频繁唇疱疹和带状疱疹），并在开始治疗前进行一些血液检查。如果您正怀孕或计划怀孕以及正在进行哺乳，请告诉您的皮肤科医生。

您还应告诉您的皮肤科医生您正在服用的药物，包括非处方补品或草药治疗。

b. 治疗前和治疗期间

您将在开始治疗前和治疗后定期进行血液检查，以检查您的全血细胞计数、肝功能和血脂检查。

7. 我应该采取哪些预防措施？

a. 不要在服用巴瑞替尼期间接种活疫苗（如脊髓灰质炎、风疹、黄热病）。

b. 如果您正怀孕或哺乳，不要服用巴瑞替尼。育龄妇女必须在治疗期间和治疗后至少1周内使用有效的避孕措施。

c. 如果您正在服用一种叫做丙磺舒（治疗痛风）的药物，您应服用每日2毫克的巴瑞替尼，因为丙磺舒可能会增加您体内巴瑞替尼的浓度。