

CICLOSPORIN

Information leaflet

1. What is ciclosporin and how does it work?

Ciclosporin is a drug produced by a fungus and is used to suppress the immune system.

2. What skin conditions are treated with ciclosporin?

- Psoriasis
- Atopic eczema
- Other types of eczema
- Hidradenitis suppurativa
- Lichen planus
- Pyoderma gangrenosum
- Urticaria
- Vasculitis

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

Although ciclosporin is not a 'cure' for these skin conditions, it can be very effective in controlling these conditions. Where ciclosporin is effective, improvement is usually seen within the first few days or weeks of treatment. The drug will be continued to keep the skin condition under control and the dosage will be reduced in steps to the lowest effective dose to reduce side effects while maintaining control over your skin problem.

4. What dose of ciclosporin should I take?

The dosage of ciclosporin prescribed is usually within the range of 2-5 mg for every kg of body weight per day. Usually, short courses lasting 2-4 months are prescribed but some patients may need a longer course. Your dose may be adjusted if you have pre-existing liver disease.

5. What are the side effects of ciclosporin?

- Long-term (over several months or years)
 - oReduced kidney function
 - oRaised blood pressure
 - oIncreased levels of lipids in the blood (e.g. cholesterol)
- Reduced resistance to severe infections (e.g. tuberculosis or hepatitis)
- Increased risk of cancer
- Less serious side effects
 - oNausea
 - oDiarrhoea
 - oGum overgrowth
 - oTiredness
 - oExcessive hair growth
 - oMild tremor
 - oBurning sensation of hands and feet

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

You will need to have regular blood tests and blood pressure checks. You may be asked to keep a record booklet with these results. Take this booklet with you when you visit any doctor or hospital.

7. What precautions should I take?

- a. Do not take live vaccines (e.g. polio, rubella, yellow fever, chickenpox) within one month before starting ciclosporin, while on ciclosporin and 3 months after stopping.
- b. Avoid certain foods such as grapefruit as the actions of ciclosporin may become unstable.
- c. If you have not had chickenpox and you come into contact with someone with chickenpox or shingles, please inform your doctor immediately as you might need treatment to protect yourself.



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1.d. If you feel unwell with any symptoms of infection, seek medical advice immediately:

- Fever/flu-like illness
- Mouth ulcers
- Tiredness
- Unexplained bruising or gum bleeding
- Nausea
- Vomiting
- Abdominal pain
- Dark urine
- Breathlessness
- Cough

e. Due to increased risk of cancer:

- Take part in cancer screening programmes e.g. for breast, bowel and cervical cancer
- Avoid too much sun and use sunscreen on exposed skin when out of doors to reduce skin cancer risk
- Inform your doctor if you find any new growths on your skin, or if any mole or area of skin grows or changes colour/shape

f. Clean teeth and have dental check-ups to reduce the chance of gum overgrowth

g. Do not take any medications, over-the-counter drugs or supplements without discussing with your doctor or pharmacist. Please inform all doctors and medical professionals treating you that you are taking ciclosporin. Examples of drugs that may interact with ciclosporin include:

- Aspirin and non-steroidal anti-inflammatory drugs (NSAIDs): ibuprofen, diclofenac
- Antibiotics: erythromycin, clarithromycin, trimethoprim, ciprofloxacin, rifampicin, doxycycline
- Antifungals: fluconazole, itraconazole, ketoconazole, amphotericin B
- Treatment for seizures: phenytoin, carbamazepine
- Blood pressure treatments: ACE inhibitors, beta-blockers, calcium channel blockers
- Digoxin
- St John's wort

*This is not a complete list



CICLOSPORIN (环孢素)

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1. 什么是环孢素以及其作用原理？

环孢素是一种由真菌产生的药物，用于抑制免疫系统。

2. 环孢素用于治疗哪些皮肤病？

- 银屑病
- 特应性湿疹
- 其他类型的湿疹
- 化脓性汗腺炎
- 扁平苔藓
- 坏疽性脓皮病
- 荨麻疹
- 血管炎

3. 我需要服用环孢素多久才能见效？

虽然环孢素不能“治愈”这些皮肤病，但它在控制这些病情方面非常有效。在环孢素有效的情况下，通常在治疗的头几天或几周内会看到改善。药物将被持续使用，以便皮肤病情得以控制，并逐步减少到最低有效剂量以减低副作用，同时维持对皮肤问题的控制。

4. 我应该服用多少剂量的环孢素？

通常环孢素的剂量在每天每公斤体重2-5毫克之间。通常处方为持续2-4个月的短期疗程，但有些患者可能需要更长的疗程。如果您有肝脏疾病的病史，您的剂量可能会被调整。

5. 环孢素的副作用是什么？

- 长期（几个月或几年）：
 - 肾功能下降
 - 血压升高
 - 血液中的脂质水平升高（如胆固醇）
 - 对严重感染（如结核或肝炎）的抵抗力下降
 - 癌症风险增加
- 较轻的副作用：
 - 恶心
 - 腹泻
 - 牙龈增生
 - 疲劳
 - 毛发过度生长
 - 轻微震颤
 - 手脚灼热感

6. 我将如何监测环孢素的副作用？

您需要定期进行血液和血压检查。您可能会被要求记录这些结果，并在就诊任何医生或医院时随身携带记录簿。

7. 我应该采取哪些预防措施？

- 在开始环孢素治疗前的一个月内、治疗期间以及停止治疗后的三个月内，不要接种活疫苗（如脊髓灰质炎、风疹、黄热病、水痘）。
- 避免食用某些食物，如葡萄柚，因为它们可能使环孢素的作用不稳定。
- 如果您未曾患过水痘且接触到水痘或带状疱疹患者，请立即告知您的医生，因为您可能需要治疗以保护自己。



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d. 如果您有任何感染症状，请立即寻求医疗建议：

- 发烧/类似流感的症状
- 口腔溃疡
- 疲劳
- 原因不明的瘀伤或牙龈出血
- 恶心
- 呕吐
- 腹痛
- 深色尿液
- 呼吸困难
- 咳嗽

e. 由于癌症风险的增加：

- 参加癌症筛查计划，如乳腺癌、肠癌和子宫颈癌筛查
- 避免过度暴露在阳光照射下，户外活动时使用防晒霜以减少皮肤癌风险
- 如果发现皮肤上有新的生长物，或任何痣或皮肤区域生长或颜色/形状发生改变，请告知您的医生

f. 清洁牙齿并定期进行牙科检查，以减少牙龈增生的机会

g. 在与您的医生或药剂师讨论前，不要服用任何药物、非处方药或保健品。请告知所有治疗您的医生和医护人员您正在服用环孢素。可能与环孢素产生相互作用的药物包括：

- 阿司匹林和非甾体抗炎药（NSAIDs）：布洛芬、双氯芬酸
- 抗生素：红霉素、克拉霉素、甲氧苄啶、环丙沙星、利福平、多西环素
- 抗真菌药：氟康唑、伊曲康唑、酮康唑、两性霉素B
- 抗癫痫药：苯妥英、卡马西平
- 降压药：ACE抑制剂、 β 受体阻滞剂、钙通道阻滞剂
- 地高辛
- 圣约翰草

*这不是一个完整的列表