



COLCHICINE

Information leaflet

1. What is colchicine and how does it work?

Colchicine is a medicine extracted from a plant *Colchicum autumnale* (autumn crocus). Colchicine changes the response of the immune system and helps in conditions where a person has too many neutrophils (a type of white blood cell) in the skin.

2. Which skin conditions are treated with colchicine?

Colchicine can be used to treat some skin conditions, including:

- Behçet disease
- Epidermolysis bullosa acquisita
- Recurrent aphthous ulcers
- Cutaneous vasculitis
- Chronic urticaria
- Sweet syndrome

3. What dose of colchicine should be taken?

The dose of colchicine can range between 0.5 mg daily, twice daily to four times a day.

4. When should colchicine not be used?

- Patients with advanced kidney failure (including those on dialysis) should not use long-term colchicine
- In patients with reduced kidney function, the dose of colchicine may be reduced or the dosage interval increased
- Use with caution in patients aged more than 65 years and those with reduced liver function, heart or gastrointestinal disease

5. What are the possible side effects of colchicine?

a. Common

- Mild stomach pain
- Nausea
- Diarrhoea

b. Rare

- Reduced blood cells: anaemia, tendency to bleed, inability to fight infection
- Thinning of hair
- Nerve damage: tingling, reduced sensation, muscle weakness
- Allergic reaction with severe rash
- Poisoning with excessive doses (requires immediate attention): severe abdominal pain, fever, burning sensation in the throat, abdomen and skin, diarrhoea, nausea and vomiting, and collapse

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

Regular blood and/or urine tests will be performed, initially monthly then every 3 months while still on treatment. Women may be asked to take a pregnancy test.

7. What precautions should I take?

- a. Men taking colchicine may develop a reduced sperm count, which may reduce fertility.
- b. Colchicine should not be taken during pregnancy. Women of child-bearing age should use effective contraception whilst taking colchicine. Colchicine is probably best avoided when breastfeeding although its presence in breast milk has not been found to harm the baby.



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c. Avoid certain medications and food while taking colchicine:

- Grapefruit juice
- Drugs to lower cholesterol: statins, fibrates
- Ciclosporin
- Macrolide antibiotics: erythromycin, clarithromycin, telithromycin
- Amiodarone
- Itraconazole and ketoconazole
- Antivirals, e.g. atazanavir, indinavir, ritonavir
- Diltiazem, verapamil, quinidine
- Digoxin



COLCHICINE (秋水仙碱)

Information leaflet

1. 什么是秋水仙碱及其作用原理？

秋水仙碱是一种从秋水仙（*Colchicum autumnale*）植物中提取的药物。秋水仙碱能改变免疫系统的反应，帮助治疗皮肤中含有过多中性粒细胞（白细胞的一种）的人群。

2. 秋水仙碱能治疗哪些皮肤病？

秋水仙碱可用于治疗一些皮肤病，包括：

- 白塞病
- 获得性大疱性表皮松解症
- 复发性口腔溃疡
- 皮肤血管炎
- 慢性荨麻疹
- 斯威特综合症

3. 应该服用多少剂量的秋水仙碱？

秋水仙碱的剂量可以在每天0.5毫克，每天两次到四次之间。

4. 什么时候不应使用秋水仙碱？

- 患有晚期肾功能衰竭（包括那些接受透析的患者）不应长期使用秋水仙碱
- 对于肾功能减退的患者，秋水仙碱的剂量可能会被减少或延长用药间隔
- 对于65岁以上的患者以及肝功能减退、有心脏或胃肠道疾病的患者应谨慎使用

5. 秋水仙碱可能造成的副作用有哪些？

a. 常见

- 轻度腹痛
- 恶心
- 腹泻

b. 罕见

- 血细胞减少：贫血、出血倾向、抗感染能力下降
- 头发变薄
- 神经损伤：刺痛、感觉衰退、肌肉无力
- 严重皮疹的过敏反应
- 过量中毒（需要立即处理）：严重腹痛、发烧、喉咙、腹部和皮肤灼烧感、腹泻、恶心和呕吐、昏倒

6. 如何监测秋水仙碱的副作用？

将进行定期的血液和/或尿液检查，最初每月一次，然后在治疗期间每三个月一次。女性可能会被要求进行妊娠测试。

7. 我应该采取哪些预防措施？

a. 服用秋水仙碱的男性可能会出现精子数量减少，从而影响生育能力。

b. 秋水仙碱不应在怀孕期间服用。育龄女性在服用秋水仙碱期间应采取有效的避孕措施。尽管尚未发现其在母乳中的存在对婴儿有害，但在哺乳期间最好避免使用秋水仙碱。

c. 在服用秋水仙碱期间避免服用某些药物和食物：

- 葡萄柚汁
- 降胆固醇药物：他汀类、贝特类
- 环孢素
- 大环内酯类抗生素：红霉素、克拉霉素、泰利霉素
- 胺碘酮
- 伊曲康唑和酮康唑
- 抗病毒药物，例如阿扎那韦、茚地那韦、利托那韦
- 地尔硫卓、维拉帕米、奎尼丁
- 地高辛