



OMALIZUMAB

Information leaflet

1. What is omalizumab and how does it work?

Omalizumab (Xolair®) is a biologic drug that prevents IgE antibodies from releasing histamine (the chemical that causes hives and makes you itchy).

2. What skin conditions are treated with omalizumab?

Omalizumab is added on to antihistamines for people with severe urticaria (hives) that cannot be controlled with high doses of antihistamine drugs.

3. How do I take omalizumab?

Omalizumab is injected into the fat under the skin (subcutaneous) using either a pre-filled syringe or pen device. For adults and young people ages 12 years and over, 300 mg of omalizumab is given every 4 weeks. After the first dose, you will be monitored for 1-2 hours for any signs of an allergic reaction. After the 2nd and 3rd doses, you will be monitored for 30 minutes.

4. How long will I need to take omalizumab before it has an effect?

Your itch and rash may improve within days but some people take longer to respond. Half of patients receiving omalizumab report improvement after the third dose.

5. What are the side effects of omalizumab?

a. Common and mild side effects

- Headache
- Abdominal pain
- Fever
- Joint pain
- Injection site reactions: bruising, swelling, redness, pain, warmth, stinging, itching

b. Less common side effects

- Flu-like symptoms
- Heart burn
- Nausea
- Diarrhoea
- Worsening hives
- Coughing
- Fainting
- Flushing
- Increased risk of parasite infections (please inform your dermatologist if you are planning to travel abroad or have been in areas with increased risk of parasite infestations)

c. Very rare (often within first 2 hours): anaphylaxis with angioedema (swelling under the skin)

- Itching or rash
- Swelling
- Difficulty breathing or swallowing
- Dizziness or faintness
- Upset stomach
- Blurred vision
- Chest pain
- Fever or chills

6. How will I be monitored during treatment?

You will be observed after the first few injections. No routine blood tests are required. Your dermatologist will ask if the treatment is working before or when you have your 4th dose.

7. What precautions should I take?

- a. Please inform your dermatologist if you are planning a pregnancy or become pregnant.



OMALIZUMAB (奥马珠单抗)

Information leaflet

1. 什么是奥马珠单抗和其作用原理？

奥马珠单抗是一种生物制剂药物，阻止IgE抗体释放组胺（引起荨麻疹和瘙痒的化学物质）。

2. 奥马珠单抗用于治疗哪些皮肤病？

对于无法使用高剂量抗组胺药物控制的严重荨麻疹患者，奥马珠单抗会与抗组胺药物连用。

3. 如何使用奥马珠单抗？

奥马珠单抗通过预灌注注射器或笔式注射器进行皮下注射（注射到皮下脂肪层）。对于成人和 12 岁及以上的年轻人，每 4 周将被注射 300 毫克的奥马珠单抗。注射第一剂后，医生会监测您 1-2 小时，观察是否有任何过敏反应迹象。在注射第二和第三剂后，监测时间为 30 分钟。

4. 使用奥马珠单抗需要多长时间才能见效？

您的瘙痒和皮疹可能在几天内改善，但有些人可能需要更长时间才会有所反应。接受奥马珠单抗治疗的病人中，有一半在第三次注射后得到改善。

5. 奥马珠单抗有哪些副作用？

a. 常见和轻度副作用

- 头痛
- 腹痛
- 发热
- 关节痛
- 注射部位反应：淤青、肿胀、红肿、疼痛、发热、刺痛、瘙痒

b. 不常见的副作用

- 类似流感症状
- 胃灼热
- 恶心
- 腹泻
- 荨麻疹加重
- 咳嗽
- 晕厥
- 潮红
- 寄生虫感染风险增加（如计划出国或曾到寄生虫流行区域，请告知您的皮肤科医生）

c. 非常罕见（通常在头两个小时内）：伴有血管性水肿（皮下组织肿胀）的过敏反应

- 瘙痒或皮疹
- 肿胀
- 呼吸或吞咽困难
- 头晕或昏倒
- 胃部不适
- 视力模糊
- 胸口痛
- 发热或寒战

6. 在治疗期间如何监测？

您在最初几次注射后会被观察。不需要进行常规血液检测。在进行第4次注射之前或时，您的皮肤科医生会询问您治疗的效果。

7. 应采取哪些预防措施？

- a. 如果计划怀孕或已怀孕，请告知您的皮肤科医生。