



# RISANKIZUMAB

## Information leaflet

### 1. What is risankizumab and how does it work?

Risankizumab (Skyrizi®) is a biologic medicine which targets a chemical messenger known as a cytokine called interleukin-23 (IL-23). IL-23 is one of the main causes of inflammation in psoriasis. By blocking IL-23, risankizumab can improve symptoms of psoriasis.

### 2. What skin conditions are treated with risankizumab?

- Psoriasis

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

Some improvement may be seen in the first few weeks of treatment, but it can take 4 months to see the full benefit.

### 4. How do I take risankizumab?

Risankizumab is given as an injection under your skin (subcutaneous) using a pre-filled pen device. Injections can be performed on the stomach, thighs or upper outer arms. For the first dose, risankizumab 150 mg is injected and then another 150 mg 4 weeks later. After this, you should continue to inject 150 mg every 12 weeks.

Risankizumab must be stored in a refrigerator between 2 to 8°C. When travelling, risankizumab must be kept in a cool box/bag with icepacks. Once risankizumab has been removed from the refrigerator and has reached room temperature (up to 25°C), it must either be used or discarded.

### 5. What are the possible side effects of risankizumab?

#### a. Mild

- Reaction at the injection site: redness, rash, swelling, itching, bruising
- Cold and flu symptoms, sore throat
- Mild fungal infections, e.g. athlete's foot
- Itching
- Headache
- Tiredness

#### b. Potentially severe

- Serious infections
- Allergic reaction (rare)

### 6. What happens before starting treatment?

You will have a consultation with your dermatologist, including a clinical examination, blood tests and a chest X-ray. You will be asked about:

- Tuberculosis, or close contact with someone who has it
- Hepatitis or HIV infection, or if you think you are at risk
- Infection (e.g. cold sores, urinary tract infections)
- Cancer
- Vaccination history and scheduled vaccinations
- If you are scheduled to have major surgery
- If you are pregnant, planning to become pregnant or breastfeeding

### 7. How will I be monitored while I am taking risankizumab?

You will be asked about side effects and have blood tests from time to time (e.g. every 6 months) at your clinic appointments. Inform your doctor about:

- Changes to medications
- Planned procedures and surgery
- Infection or symptom/sign of infection that does not go away: fever, lethargy, cough, influenza-like symptoms, burning on passing urine, dental problems, night sweats. Your doctor may suggest stopping risankizumab temporarily.
- Bruising, easy bleeding, look pale



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·Signs of severe allergic reaction (anaphylaxis): swollen face/tongue, throat tightness, difficulty breathing. Please dial 999 for an ambulance immediately and go to the nearest hospital Accident and Emergency department. You should inform your dermatologist afterwards.

·Symptoms of tuberculosis, e.g. a persistent dry cough, weight loss, fever, night sweats

## 8. What precautions should I take?

a. Avoid close contact with anyone who has a bad cold, influenza or chest infection.

b. Wash hands frequently while on risankizumab.

c. Discuss with your doctor prior to surgery as you may be advised to stop risankizumab prior to the surgery due to the increased risk of infection afterwards.

d. Avoid pregnancy and breastfeeding. Discuss with your doctor if you are pregnant or planning to become pregnant.

e. Discuss with your doctor if you are planning to travel abroad. Depending on where you are travelling, precautions may be needed against infections.

f. While on risankizumab, you should not be given any 'live' vaccines (e.g. flu vaccine administered through the nose, measles, mumps and rubella (MMR), yellow fever, BCG, rotavirus, oral typhoid, chickenpox and shingles). If you require a live vaccine, risankizumab should be stopped at least 21 weeks before (12 months in the case of shingles vaccine) and until 4 weeks after the vaccination.



# RISANKIZUMAB (利生奇珠单抗)

Information leaflet

## 1. 什么是利生奇珠单抗，它是如何起作用的？

利生奇珠单抗（Skyrizi®）是一种生物制剂药物，用于抑制一种称为白细胞介素-23（IL-23）的细胞因子。IL-23是引起银屑病炎症的主要原因之一。通过阻断IL-23，利生奇珠单抗可以改善银屑病的症状。

## 2. 利生奇珠单抗用于治疗哪些皮肤状况？

- 银屑病

## 3. 在开始见效之前需要服用利生奇珠单抗多长时间？

开始治疗后的前几周可能会有所改善，但通常需要4个月才能完全看到效果。

## 4. 如何使用利生奇珠单抗？

利生奇珠单抗为皮下注射剂，使用预装的笔型装置。可以在腹部、大腿或上臂外侧进行注射。首次剂量为150毫克，然后在4周后再注射150毫克。之后，应每12周注射150毫克。

利生奇珠单抗必须存放在2至8°C的冰箱中。旅行时，利生奇珠单抗必须放在装有冰袋的冷藏盒/袋中。一旦利生奇珠单抗从冰箱取出并达到室温（最高25°C），必须立即使用或丢弃。

## 5. 利生奇珠单抗可能造成的副作用有哪些？

### a. 轻度

- 注射部位反应：发红、皮疹、肿胀、瘙痒、淤青
- 感冒症状、喉咙痛
- 轻度真菌感染，例如足癣
- 瘙痒
- 头痛
- 疲倦

### b. 可能严重的副作用

- 严重感染
- 过敏反应（罕见）

## 6. 在开始治疗之前会发生什么？

您将与皮肤科医生进行面诊，包括临床检查、血液测试和胸部X光检查。您将被询问以下情况：

- 结核病，或与结核病患者有密切接触
- 肝炎或艾滋病毒感染，或者您认为自己处于风险中
- 感染史（例如唇疱疹、尿路感染）
- 癌症
- 接种疫苗史和计划的疫苗接种
- 如果计划进行重大手术
- 如果您正在怀孕、计划怀孕或正在母乳喂养

## 7. 在服用利生奇珠单抗期间，我将如何被检测？

您将定期被询问有关副作用，并在诊所预约时进行定期血液检测（例如每6个月一次）。如有以下情况，请告知您的医生：

- 药物的转换
- 计划的治疗和手术
- 无法消退的感染或感染症状/体征：发热、倦怠、咳嗽、类似流感的症状、排尿时有灼热感、牙科问题、夜间盗汗。您的医生可能建议暂时停止使用利生奇珠单抗。
- 瘀青、易出血、面色苍白
- 严重过敏反应的迹象：面部/舌头肿胀、喉咙紧缩、呼吸困难。请立即拨打999呼叫救护车，并前往最近的医院急诊就医。事后请告知您的皮肤科医生。
- 结核病的症状：例如持续干咳、体重减轻、发烧、夜间盗汗



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## 8. 我应该采取哪些预防措施？

- a. 避免与有严重感冒、流感或胸腔感染的人密切接触。
- b. 在使用利生奇珠单抗期间经常洗手。
- c. 在进行手术前与您的医生讨论，因为医生可能会建议您在手术前停止使用利生奇珠单抗，以减少手术后感染的风险。
- d. 避免怀孕和母乳喂养。如果您正怀孕或计划怀孕，请与您的医生进行讨论。
- e. 如果计划出国旅行，请与您的医生讨论。根据您的旅行目的地，可能需要采取预防措施以防止感染。
- f. 在使用利生奇珠单抗期间，您不应接种任何‘活’疫苗（例如鼻喷流感疫苗、麻疹、腮腺炎和风疹（MMR）、黄热病、卡介苗、轮状病毒、口服伤寒疫苗、水痘和带状疱疹疫苗）。如果您需要接种活疫苗，需在接种前至少**21**周停止使用利生奇珠单抗（带状疱疹疫苗需停止**12**个月），并在接种后**4**周内不得使用利生奇珠单抗。