



UPADACITINIB

Information leaflet

1. What is upadacitinib and how does it work?

Upadacitinib is a type of drug known as a Janus kinase (JAK) inhibitor. It works by blocking some of the pathways that cause inflammation.

2. What skin conditions are treated with upadacitinib?

- Moderate-to-severe atopic eczema

3. How long will I need to take upadacitinib 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 3 months of treatment. Upadacitinib is an ongoing treatment to control eczema. It is not a cure for atopic eczema.

4. How do I take upadacitinib?

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

The recommended doses of upadacitinib:

- Adults: 15 mg or 30 mg once daily (dose may be increased or decreased depending on response)
- Children aged 12 years and older, people aged 65 years and older: 15 mg once daily

5. What are the side effects of upadacitinib?

a. Serious side effects

- Shingles [common]
- Pneumonia (lung infection): shortness of breath, fever, cough with mucus [common]
- Sepsis (infection in the blood) [uncommon]
- Allergic reaction: rash (hives), trouble breathing, feeling faint or dizzy, swelling of lips/tongue/throat [uncommon]

b. Very common (more than 1 in 10 people)

- Throat and nose infections
- Acne

c. Common (up to 1 in 10 people)

- Non-melanoma skin cancer
- Cold sores (herpes simplex) and genital herpes
- Altered blood tests:
 - oIncreased creatine kinase
 - oHigh levels of cholesterol
 - oLow red blood cells
 - oLow white blood cells
 - oIncreased liver enzymes
- Nausea
- Headache
- Feeling tired and weak
- Weight gain
- Urinary tract infection
- Inflammation of the hair follicles
- Influenza

d. Uncommon (up to 1 in 100 people)

- Oral thrush
- Altered blood tests: high levels of triglycerides (a type of fat)
- Diverticulitis: painful inflammation of small pockets in lining of your intestine



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·Tears in the stomach or intestines (especially patients on NSAIDs or steroids): stomach pain, fever, chills, nausea or vomiting

(NSAID: non-steroidal anti-inflammatory drugs)

e. Rare

- Major cardiovascular problems: heart attack, stroke
- Blood clots in the veins of the legs or lungs and arteries
- ?Cancer

*Risk of serious side effects is greater in:

- 65 years or older
- Increased risk of major cardiovascular problems or cancer
- Smoke or smoked in the past for a long time

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

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 whether you have a history of cancer, blood clots, heart disease or stroke. Blood tests will be performed before starting. Please tell your dermatologist if you are or planning to become pregnant and if you are breastfeeding.

It is recommended to have up-to-date immunisations before starting upadacitinib e.g. pneumonia, influenza, shingles, COVID-19)

b. During treatment

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

7. What precautions should I take?

a. Do not take live vaccines while on upadacitinib (e.g. MMR, tuberculosis/BCG, yellow fever, shingles live vaccine).

b. Do not take upadacitinib if you are pregnant or breastfeeding. Women who can get pregnant must use effective contraception during treatment and for at least 4 weeks after treatment. Do not breastfeed during treatment and for 6 days after your last dose.

c. Avoid:

- Certain antibiotics, antifungals, HIV medications, anti-epileptic medications
- Avoid food or drink containing grapefruit

d. If you develop the following symptoms, stop upadacitinib and get emergency medical help

- Chest pain or tightness (may spread to arms, jaw, neck and back)
- Weakness in arms and legs
- Slurred speech
- Shortness of breath
- Swollen and painful leg

e. Protect from too much exposure to sunlight by wearing suitable clothing (e.g. long sleeves, broad brimmed hat) and using sunscreens with SPF of at least 30. If you detect any new swelling or lumps or changes in your skin which last more than 2 weeks, inform your doctor as soon as possible.



UPADACITINIB (乌帕替尼)

Information leaflet

1. 什么是乌帕替尼及其作用原理？

乌帕替尼是一种称为Janus激酶（JAK）抑制剂的药物。它通过阻断某些导致炎症的途径来发挥作用。

2. 乌帕替尼能治疗哪些皮肤病？

- 中度至重度特应性湿疹

3. 我需要服用乌帕替尼多久才会见效？

许多人在最初几周内会注意到改善，但有些人可能会在治疗的前三个月内逐渐看到成效。乌帕替尼是一种持续用于控制湿疹的治疗方法，并非特应性湿疹的治愈方法。

4. 我该如何服用乌帕替尼？

乌帕替尼是一种每日一次的口服药片，可在任何时间与食物一起或空腹服用。与水将整片药丸吞下。

乌帕替尼的推荐剂量：

- 成人：每日15毫克或30毫克（根据反应可以增加或减少剂量）
- 12岁及以上的儿童，65岁及以上的老年人：每日15毫克

5. 乌帕替尼的副作用有哪些？

a. 严重副作用

- 带状疱疹【常见】
- 肺炎（肺部感染）：呼吸急促、发烧、咳嗽有痰【常见】
- 败血症（血液感染）【不常见】
- 过敏反应：皮疹（荨麻疹）、呼吸困难、感到晕眩或头晕、唇/舌/喉咙肿胀【不常见】

b. 非常常见（超过1/10的人）

- 咽喉和鼻部感染
- 青春痘

c. 常见（多达1/10的人）

- 非黑色素瘤皮肤癌
- 唇疱疹（单纯疱疹）和生殖器疱疹
- 血液检查异常：
 - 肌酸激酶升高
 - 胆固醇水平高
 - 红血球减少
 - 白血球减少
 - 肝酶升高
- 恶心
- 头痛
- 感到疲倦和虚弱
- 体重增加
- 尿路感染
- 毛囊炎
- 流感

d. 不常见（多达1/100的人）

- 口腔念珠菌病
- 血液检查异常：甘油三酯（脂肪的一种）水平高
- 憩室炎：肠道内衬的小囊的疼痛性炎症
- 胃或肠的撕裂（特别是服用非甾体抗炎药或类固醇的患者）：胃痛、发烧、发冷、恶心或呕吐



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e. 罕见

- 重大心血管问题：心脏病发作、中风
- 脚或肺的静脉血栓和动脉血栓
- 癌症

*严重副作用的风险更大于：

- 65岁或以上
- 有更高的重大心血管问题或癌症的风险
- 吸烟或过去长期吸烟

6. 我将如何被监测乌帕替尼的副作用？

a. 在开始治疗前

您的皮肤科医生会询问您是否有任何当前或过去的感染（例如艾滋病毒感染、病毒性肝炎、结核病、频繁的唇疱疹和带状疱疹）以及是否有癌症、血栓、心脏病或中风的病史。在开始治疗前会进行血液检查。如果您正怀孕或计划怀孕以及正在哺乳，请告知您的皮肤科医生。

建议在开始乌帕替尼治疗前进行最新的疫苗接种（例如肺炎、流感、带状疱疹、新冠疫苗）。

b. 在治疗期间

您将需要定期进行血液检查，以检查您的全血计数、肝功能和脂质水平。

7. 我应该采取哪些预防措施？

a. 在服用乌帕替尼期间，不要接种活疫苗（例如麻疹、腮腺炎和风疹、结核/卡介苗、黄热病、带状疱疹活疫苗）。

b. 如果您正怀孕或正在哺乳，不要服用乌帕替尼。能够怀孕的女性在治疗期间以及治疗结束后至少4周内必须使用有效的避孕措施。治疗期间以及最后一剂后6天内不要哺乳。

c. 避免：

- 某些抗生素、抗真菌药物、HIV药物、抗癫痫药物
- 含有葡萄柚的食物或饮料

d. 如果出现以下症状，停止服用乌帕替尼并紧急就医

- 胸痛或紧迫感（可能扩散至手臂、下巴、颈部和背部）
- 手臂和腿部无力
- 语言含糊不清
- 呼吸急促
- 腿部肿胀和疼痛

e. 通过穿着适当的衣物（例如长袖、宽边帽）和使用至少SPF 30的防晒霜来保护自己免受过多的阳光照射。如果您发现任何持续超过2周的新肿胀或肿块或皮肤有变化，请尽快告知您的医生。