



# APREMILAST

## *Information leaflet*

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

Apremilast is an oral medication which works by blocking an enzyme called PDE4 and reducing inflammation in the skin.

### 2. What conditions are treated with apremilast?

- Moderate to severe psoriasis
- Psoriatic arthritis
- Behçet's disease

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

Within the first few weeks, you may have a reduction in itch, pain or discomfort. The greatest reduction in psoriasis severity (redness, thickness and scaling) is usually seen in the first 4 months of treatment.

### 4. How do I take apremilast?

Take the recommended dose twice a day, approximately 12 hours apart. The tablet can be taken with or without food and should be swallowed whole. To reduce stomach and bowel symptoms, an initial lower dose will be given which will be gradually increased over the first two weeks (provided in a special starter pack with clearly labelled instructions) until you reach the dose of 30 mg twice daily.

### 5. What are the side effects of apremilast?

#### a. Common side effects

- Headache
- Diarrhoea
- Nausea
- Respiratory tract infections
- Insomnia
- Fatigue
- Muscle/joint pain

Headache, diarrhoea and nausea usually occur within the first 2 weeks and resolve within 30 days without any special treatment.

#### b. Rare side effects

- Weight loss
- Depression

#### c. May be unsuitable for individuals who are lactose-intolerant

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

There is usually no need for regular blood tests, but your doctor may choose to perform blood tests periodically. Please inform your doctor if you experience any side effects. Your weight will be monitored, and treatment may be stopped if you lose weight unexpectedly.

### 7. What precautions should I take?

- Do not take live vaccines while on apremilast.
- Do not take apremilast if you are pregnant, trying to get pregnant or breastfeeding. Please use an effective method of contraception while taking apremilast.
- Please do not take medications known as 'cytochrome P450 enzyme inducers' with apremilast as they may decrease the effect of apremilast. Examples include rifampicin, phenobarbital, carbamazepine, phenytoin, and St John's wort.
- Please discuss with your doctor or pharmacist before taking any new prescriptions, over the counter medications, supplements or herbal medicines.
- If you experience any change in mood or suicidal thoughts, please inform your doctor.



# APREMILAST (阿普斯特)

Information leaflet

## 1. 什么是阿普斯特？它是如何起效的？

阿普斯特是一种口服药物，其作用机制是阻断一种名为PDE4的酶，从而减轻皮肤炎症。

## 2. 阿普斯特适用于哪些疾病？

- 中度至重度银屑病
- 银屑病关节炎
- 白塞氏病

## 3. 我需要服用阿普斯特多久才能起效？

在最初几周内，您可能会感觉瘙痒、疼痛或不适感有所减轻。银屑病严重程度（发红、增厚和脱屑）的减轻通常在治疗的前4个月内达到最佳。

## 4. 如何服用阿普斯特？

建议每日服用两次，每次间隔约12小时。药片可与食物同服或单独服用，并应整片吞服。为了减轻胃肠道症状，初始剂量较低，并在前两周逐渐增加（以特殊的入门包装提供，并附有清晰的标签说明），直至达到每日两次、每次30毫克的剂量。

## 5. 阿普斯特有哪些副作用？

### a. 常见副作用

- 头痛
- 腹泻
- 恶心
- 呼吸道感染
- 失眠
- 疲劳
- 肌肉/关节疼痛

头痛、腹泻和恶心通常发生在前两周，无需特殊治疗即可在30天内消退。

### b. 罕见副作用

- 体重减轻
- 抑郁

### c. 可能不适用于乳糖不耐症患者

## 6. 如何监测阿普斯特的副作用？

通常无需定期验血，但您的医生可能会选择定期进行验血。如果您出现任何副作用，请告知您的医生。您的体重将受到监测，如果您体重意外下降，治疗可能会停止。

## 7. 我应该采取哪些预防措施？

- 服用阿普斯特期间，请勿接种活疫苗。
- 如果您正在怀孕、备孕或哺乳，请勿服用阿普斯特。服用阿普斯特期间，请使用有效的避孕方法。
- 请勿将被称为“细胞色素P450酶诱导剂”的药物与阿普斯特一起服用，因为它们可能会降低阿普斯特的疗效。例如，利福平、苯巴比妥、卡马西平、苯妥英和圣约翰草。
- 服用任何新的处方药、非处方药、补充剂或草药前，请咨询您的医生或药剂师。
- 如果您出现任何情绪变化或自杀念头，请告知您的医生。