



TILDRAKIZUMAB

Information leaflet

1. What is tildrakizumab and how does it work?

Tildrakizumab is a biologic medicine for psoriasis that works by targeting a chemical messenger known as interleukin-23 (IL-23).

2. What skin conditions are treated with tildrakizumab?

- Psoriasis

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

Some improvement may occur in the first few weeks of treatment, but it can take 7 months to see the full benefit. If no significant improvement occurs, the treatment will be stopped.

4. How do I take tildrakizumab?

Tildrakizumab is given as an injection under the skin, usually at the stomach, thighs or upper outer arms. It is usually given as one injection (100 mg) of tildrakizumab for the first dose and then injected 4 weeks later for the second dose. After this, the injection should be given once every 12 weeks. In some cases, a higher dose of 200 mg may be recommended. Your dermatologist will advise the most suitable for you.

Tildrakizumab must be stored in a refrigerator (between 2 to 8 degrees Celsius). When travelling with this medication, it should be placed in a cool box or cooler bag with ice packs to maintain the recommended temperature. Once removed from the refrigerator and reached room temperature (up to 25 degrees Celsius), it must be used within 30 days or the expiry date on the container, whichever occurs first (do not put back in the fridge).

5. What are the side effects of tildrakizumab?

a. Mild

- Reactions at the injection sites – These are usually mild and include redness, a rash, swelling, itching, or bruising. They usually go away within 3 to 5 days. If the pain, redness or swelling around the injection site does not go away or gets worse, consult your dermatologist
- Cold and flu symptoms, sore throat
- Nausea, diarrhoea
- Headache
- Back pain

b. Potentially severe

- Serious infections – Tildrakizumab may decrease your ability to fight infection. Your doctor will ask you about any current or past infections (particularly tuberculosis), or if you are prone to infections such as cold sores or urinary tract infections. If you develop any symptoms of tuberculosis (e.g. a dry cough that does not go away, weight loss, fever, night sweats), call your doctor. Your doctor will ask if you have/ever had any disease that affects your immune system, such as cancer, human immunodeficiency virus (HIV) infection or viral hepatitis. Please avoid close contact with anyone who has a bad cold, influenza or chest infections and wash your hands frequently during the course of this treatment.
- Allergic reactions

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

a. Before starting treatment

You will have a thorough consultation with your dermatologist including a clinical examination and a number of blood tests will be carried out. Additional investigations may be required depending on your medical history (for example, a chest X-ray or other imaging).

Your dermatologist will go through the checklist below.

- Tuberculosis, or close contact with someone who has had it
- Hepatitis or an HIV infection, or if you think you are at risk of having these
- Infection and vaccination history - if you are scheduled to have any type of vaccination
- If you are scheduled to have major surgery
- If you are pregnant or breastfeeding or are planning a family



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b. During treatment

You will be asked about side effects and have regular blood tests (for example, every 6 months). Please keep your dermatologist and GP informed at all times of changes to your medications, planned procedures and surgery or health problems including:

- If you get an infection, or any symptom or sign of an infection that does not go away, including fever, lethargy, cough, influenza-like symptoms, burning when passing urine, dental problems, night sweats. Your dermatologist may suggest stopping tildrakizumab temporarily.
- If you bruise or bleed very easily, or look very pale
- If you develop signs of a severe allergic reaction, such as a swollen face/tongue, throat tightness or difficulty breathing (known as anaphylaxis), dial 999 for an ambulance immediately and go to the nearest hospital Accident and Emergency Department. Afterwards, ensure the dermatologist has been informed.
- For planned operations or dental surgery, you may be advised to stop taking tildrakizumab prior to the surgery. Please discuss this with your doctor or dentist.

7. What precautions should I take?

a. Do not take live vaccines while on tildrakizumab [e.g. flu vaccine administered through the nose, measles, mumps and rubella (MMR), yellow fever, BCG, rotavirus, oral typhoid and varicella (chickenpox)]. If you require immunisation with a live vaccine, tildrakizumab should be stopped for at least 17 weeks before and until 4 weeks after the vaccination. You should discuss this with your dermatologist.

"Inactivated" (not live) vaccines (e.g. Pneumovax and the annual flu vaccine administered by injection) are safe and recommended.

However, it is important to always check with the healthcare professional when having a vaccination and make them aware that you are on tildrakizumab.

b. Do not take tildrakizumab if you are pregnant or breastfeeding. If you are pregnant or are planning to become pregnant, please discuss this with your dermatologist as they will be able to advise on your individual circumstances.



TILDRAKIZUMAB (替尔卓单抗)

Information leaflet

1. 什么是替尔卓单抗？它是如何起作用的？

替尔卓单抗是一种用于治疗银屑病的生物制剂。它通过阻断一种叫做白细胞介素-23 (IL-23) 的体内化学物质来发挥作用。

2. 替尔卓单抗治疗什么皮肤疾病？

银屑病。

3. 需要多久才能见效？

有些人在开始治疗后的几周就会有所改善，但通常需要 7 个月才能看到最佳效果。如果没有明显改善，医生会停止治疗。

4. 替尔卓单抗怎么用？

替尔卓单抗是皮下注射（打针打在肚子、大腿或上臂外侧）。

- 第一次打 100 毫克，4 周后再打一次。
- 之后每 12 周打一针。
- 有时医生可能会建议更高剂量（200 毫克）。

药物需要冷藏保存（2-8℃）。外出时放在冷藏包里。药物从冰箱取出后，如果在室温（不超过 25℃）下保存，必须在 30 天内或药盒上的有效期之前用完（不能再放回冰箱）。

5. 副作用有哪些？

- 轻微副作用：打针的地方可能会红、痒、肿、痛或淤青；感冒或类似流感症状；喉咙痛；恶心、腹泻；头痛；背痛。
- 严重副作用：严重感染（身体抵抗力下降）；过敏反应（面部或舌头肿、呼吸困难等，需要马上叫救护车）。

6. 治疗期间如何监测？

- 开始前：医生会做体检、抽血、可能需要胸片。会询问是否有结核、乙肝、艾滋、癌症等病史。
- 治疗中：定期抽血（大约每 6 个月）。如有持续发烧、咳嗽、夜间盗汗、尿痛、牙齿问题或容易出血等，要及时告诉医生。手术或拔牙前要和医生商量是否需要停药。

7. 注意事项

- 治疗期间不能打活疫苗（如鼻喷流感疫苗、麻疹、腮腺炎、风疹、黄热、卡介苗、水痘疫苗等）。打这种疫苗前至少停药 17 周，并在打完 4 周后才可以恢复用药。灭活疫苗（如流感针、肺炎疫苗）是安全
- 怀孕或哺乳期不能使用。如果有怀孕计划，请和医生讨论。