

Helpful information to support your treatment with Nucala (mepolizumab)

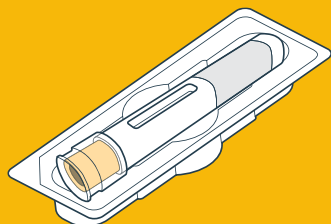
This booklet is for people with chronic obstructive pulmonary disease (COPD), or their caregivers, who have been prescribed the Nucala 100mg pre-filled pen or pre-filled syringe.



This booklet is intended to support your treatment and does not replace the Patient Information Leaflet (PIL) provided with your medicine. Please read the PIL carefully for full information, including side effects and instructions for use. This booklet was developed and funded by GSK.

Let's get started

Beginning a new treatment can feel like a big change. You may be wondering how Nucala works, how to use it, or how it will fit into your day-to-day routine. This guide provides information to support your understanding of COPD and how your medicine works.



Here's what's inside this booklet

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Why have I been prescribed Nucala?

You have been prescribed Nucala as an add-on treatment because you have chronic obstructive pulmonary disease (COPD), a long-term lung condition that can make it harder to breathe. Symptoms can include shortness of breath, cough, chest discomfort and coughing up mucus.

Tests show you have a high number of eosinophils in your blood. Eosinophils (pronounced ee-oh-sin-oh-fills) are a type of white blood cell.

In some people with COPD, higher levels of eosinophils are linked to increased inflammation in the airways. This can make breathing more difficult and increase the risk of COPD flare-ups/exacerbations.

Nucala can help to reduce this type of inflammation.



How does Nucala work?

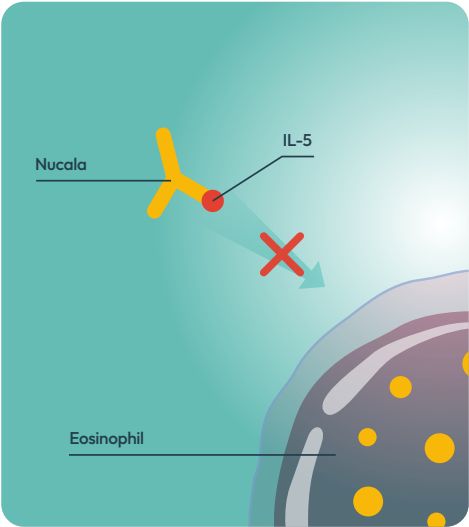
Nucala is a biologic medicine, meaning it is made from living cells and is designed to target a specific part of the immune system.

It works by targeting a specific protein called interleukin-5 (pronounced in-ter-loo-kin five), or IL-5 for short. IL-5 plays an important role in helping eosinophils grow and survive in the body.

By blocking IL-5, Nucala helps reduce the number of eosinophils in the blood. With fewer eosinophils, there may be less inflammation in the airways, which may help reduce COPD flare-ups.

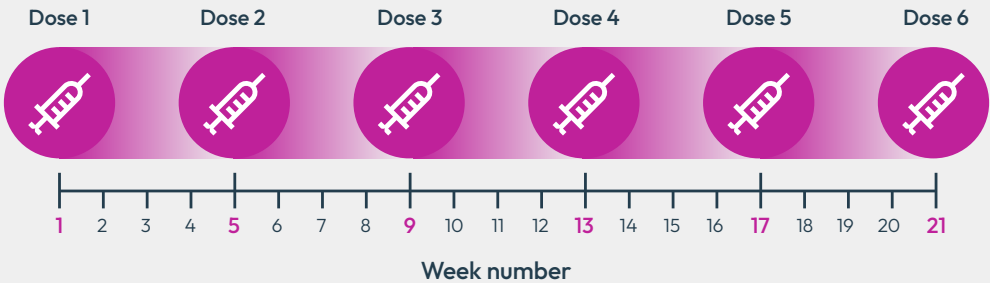


Nucala must not be used to treat acute COPD exacerbations.



How often will I take Nucala?

Nucala is given once every four weeks – that’s every 28 days, rather than once a month. The diagram below shows an example of when you’ll take each dose.



What about my other medications?

It’s important to continue taking your existing COPD medications once you have started Nucala. Any changes to your treatment will be managed and supervised by your doctor, nurse, or pharmacist, so do not stop or change any of your medications unless they advise you to.

Are there any side effects?

Like with all medicines, Nucala can cause side effects, although not everybody gets them. These are usually mild to moderate but can occasionally be serious.

Allergic reactions

Some people may experience allergic or allergic-like reactions; these reactions may be common and can affect up to 1 in 10 people. Usually, they occur within minutes to hours after the injection, but symptoms can start up to several days later. These can include:



Chest tightness, cough, or difficulty breathing



Fainting, dizziness, or feeling lightheaded



Swollen eyelids, face, lips, tongue or mouth



Hives or rash



You should seek medical attention immediately if you think you may be having a reaction. If you may have had a similar reaction to any injection or medicine, tell your doctor, nurse, or pharmacist before you are given Nucala.

Other side effects

Very common: may affect more than 1 in 10 people	Rare: may affect up to 1 in 1,000 people
• Headache	• Severe allergic reactions (anaphylaxis)
Common: may affect up to 1 in 10 people	
• Chest infection (symptoms may include cough and fever) • Urinary tract infection (painful or frequent urination, fever, lower back pain or blood in the urine) • Herpes zoster (shingles) • Injection-site reaction (pain, redness, swelling, itching, or burning where the injection was given)	• Fever • Sore throat • Back pain • Joint pain • Stuffy nose • Eczema (itchy red patches on the skin) • Upper stomach / abdominal pain



Tell your doctor, nurse, or pharmacist immediately if you get any of these symptoms

Be sure to report your side effects

If you notice any side effects, let your doctor, nurse, or pharmacist know. This includes anything not mentioned in this booklet. You can also report any side effects through the Yellow Card Scheme, which helps to improve the safety of this medicine. You can do this at www.mhra.gov.uk/yellowcard or through the MHRA Yellow Card app in the Google Play or Apple App Store. For further information on side effects, please read the patient information leaflet that comes with your medicine.

What should I do when I receive my Nucala delivery?



Please make sure that you make a note of your chosen delivery day and timeslot and are available to receive your medicine during this time.



When your medicine arrives, please make sure that the correct medicine has been delivered to you by checking that it says Nucala on the box.



Do not inject Nucala before you or your caregiver has received training on how to use it.

Store Nucala properly

Keep the box containing Nucala in the fridge (not the freezer) at 2°C–8°C. The unopened box can be stored at room temperature (up to 30°C) for up to 7 days, when protected from light. After this time, you'll need to dispose of the medication safely (see Step 7). Keep this medicine out of the sight and reach of children.

How should I prepare to inject with Nucala?

Your doctor, nurse, or pharmacist will tell you if you or your caregiver can inject Nucala, and make sure you have the right training to do this. If you aren't self-injecting with the pre-filled pen, you can skip the following instructions.

Carry out pre-injection checks

Make sure you have these items within reach:



Nucala pre-filled pen



Alcohol swab



Cotton ball/gauze



Sharps disposal bin

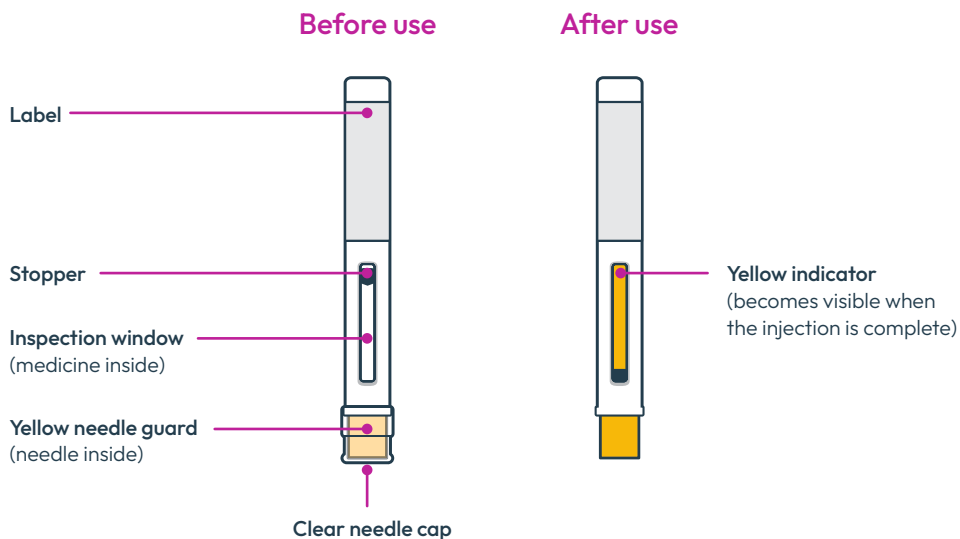
The pre-filled pen must be used only once and then discarded

- **Do not** share your Nucala pre-filled pen with another person
- **Do not** shake the pen
- **Do not** use the pen if dropped onto a hard surface
- **Do not** use the pen if it appears damaged
- **Do not** remove the needle cap until just before your injection



Do not use Nucala after the expiry date, which is stated on the label and carton after EXP. Store in the original package in order to protect from light.

Get to know your pre-filled Nucala pen



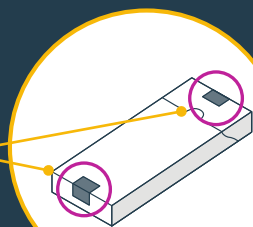
How do I self-inject Nucala?

1. Remove the pen from the box

- Take the box out of the fridge and check the security seals are not broken
- Remove the tray from the box and peel back the film cover from the tray
- Hold the middle of the pen and take it out of the tray carefully
- Place the pen on a clean, flat surface, at room temperature, away from direct sunlight and out of the reach of children
 - Do not** use the pen if the security seal on the carton is broken.
 - Do not** remove the needle cap at this stage.

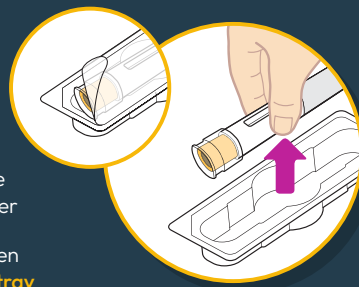
Security seals

Make sure the security seals are not broken



Peel off the plastic cover

Take the pen out of the tray



2. Inspect the pen and wait 30 minutes before use

- Check the expiry date on the label of the pen and do not use it if the date has passed
- Look in the inspection window to check that the liquid is clear (free from cloudiness or particles) and colourless to pale yellow to pale brown - it's normal to see one or more air bubbles
- Wait **30 minutes** (and no more than 8 hours) before use
 - **Do not** use if the expiry date has passed.
 - **Do not** remove the needle cap during this step.
 - **Do not** use the pen if left out of the carton for more than 8 hours.
 - **Do not** warm the pen in a microwave, hot water, or direct sunlight.
 - **Do not** inject if the solution looks cloudy or discoloured, or has particles.

Check the
expiry date

Check the
medicine



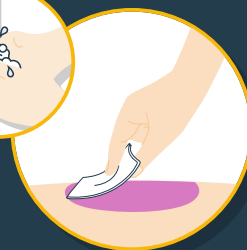
Wait **30 minutes**

3. Choose and clean your injection site

- You can inject Nucala into your thighs or abdomen
- If someone else gives you the injection, they can also use your upper arm
- If you need more than one injection to complete your dose, then leave at least 5 cm between each injection site
 - **Do not** inject where your skin is bruised, tender, red or hard
 - **Do not** inject within 5 cm of your navel (belly button)
- Wash your hands with soap and water
- Clean your injection site by wiping the skin with an alcohol wipe and allowing the skin to air dry
 - **Do not** touch your injection site again until you have finished your injection

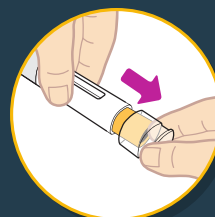
Inject yourself in
thighs or abdomen

Alternatively, another
person can inject in
your upper arm,
thighs or abdomen



4. Remove the clear needle cap

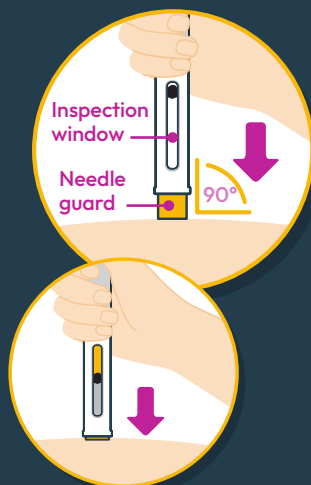
- Remove the clear needle cap from the pen by firmly pulling it straight off
 - **Do not** touch the yellow needle guard with your fingers. This could activate the pen too soon and may cause a needle injury
 - After removal, **do not** put the needle cap back onto the pen, as it may accidentally start the injection
- Don't worry if you see a drop of liquid at the end of the needle; this is normal
- Inject straight after removing the needle cap, and always **within 5 minutes**



Pull off the
clear needle cap

5. Start your injection

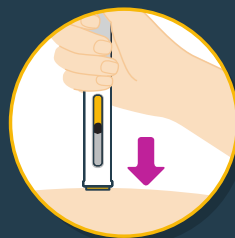
- Hold the pen with its inspection window facing towards you, so you can see it, and with the yellow needle guard facing down
- Place the pen straight onto your injection site with the yellow needle guard flat against the surface of your skin, as shown
- To start the injection, push the pen down all the way and keep it held down against your skin. The yellow needle guard will slide up into the pen
- You should hear the 1st “click” to tell you your injection has started
- The yellow indicator will move down through the inspection window as you receive your dose
 - Do not** lift the pen from your skin at this stage, as you might not get your full dose of medicine. Your injection may take up to **15 seconds** to complete
 - Do not** use the pen if the yellow needle guard doesn’t slide up as described. Dispose of it (see Step 7), and start again with a new pen



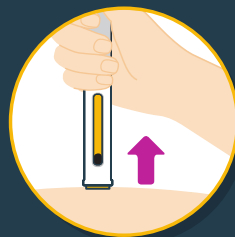
Press down, you should hear the 1st “Click”

6. Hold the pen in place to complete your injection

- Keep the pen held down until you hear the 2nd “click”, and the stopper and yellow indicator have stopped moving and fill the inspection window
 - Continue to hold the pen in place while you **count to 5**. Then lift the pen away from your skin
- !** If you do **not** hear the 2nd “click”:
- Check the inspection window is filled with the yellow indicator
 - If you are not sure, hold the pen down for another **15 seconds** to make sure the injection is complete
 - Do not** lift the pen until you’re sure the injection is complete
- You may notice a small drop of blood at the injection site. This is normal. Press a cotton wool ball or gauze on the area for a few moments if necessary
 - Do not** rub your injection site



2nd “Click”



Continue to hold down as you **count to 5**, then lift off

7. Dispose of the used pen

- Dispose of the used pen and needle cap according to local requirements. If you need any advice, you can ask your doctor, nurse, or pharmacist
- Make sure that you keep used pens and needle caps out of the sight and reach of children

Annual dosing schedule

Dose 1 	Batch number: 	Injection date: 	Injection site:
Dose 2 	Batch number: 	Injection date: 	Injection site:
Dose 3 	Batch number: 	Injection date: 	Injection site:
Dose 4 	Batch number: 	Injection date: 	Injection site:
Dose 5 	Batch number: 	Injection date: 	Injection site:
Dose 6 	Batch number: 	Injection date: 	Injection site:
Dose 7 	Batch number: 	Injection date: 	Injection site:
Dose 8 	Batch number: 	Injection date: 	Injection site:
Dose 9 	Batch number: 	Injection date: 	Injection site:
Dose 10 	Batch number: 	Injection date: 	Injection site:
Dose 11 	Batch number: 	Injection date: 	Injection site:
Dose 12 	Batch number: 	Injection date: 	Injection site:
Dose 13 	Batch number: 	Injection date: 	Injection site:

Additional notes

You can use this space to note questions for your doctor, nurse, or pharmacist, changes in symptoms, or anything else you'd like to record.

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Find information and support for your Nucala treatment

Visit aplacetobreathe.co.uk/nucala, a dedicated website for people living with chronic obstructive pulmonary disease (COPD) who have been prescribed Nucala, or those caring for them.

Frequently asked questions (FAQs)

Whom should I contact if I need help with my injection?

Your doctor, nurse, or pharmacist can help to address any questions or concerns you or your caregiver have about your injection.

Should I continue taking my other medicines while I'm taking Nucala?

Yes. Nucala is an add-on treatment, intended to be used in addition to your existing COPD medicines, not instead of them. Do not suddenly stop or change any of your medicines unless your doctor, nurse, or pharmacist tells you to.

What should I do if I'm taking a trip somewhere?

Nucala should be stored in a fridge at 2–8°C. However, it can be stored at room temperature (up to 30°C) for no more than 7 days when kept in the original carton and protected from light. This might be useful if you have to travel with your Nucala. However, please remember that if you take your medicine out of its carton, it should be used within 8 hours.

When should I stop taking Nucala?

Do not stop Nucala injections unless your doctor, nurse, or pharmacist advises you to. Interrupting or stopping the treatment with Nucala may cause your symptoms and attacks to come back. If your symptoms get worse while receiving injections of Nucala, call your doctor, nurse, or pharmacist.

What if the medicine looks cloudy, discoloured, or has particles, the expiration date has passed, or the pen looks damaged?

Don't use this dose of Nucala. Contact your doctor, nurse, or pharmacist team to report the issue with the treatment.

What if I do not hear the second 'click' or think I did not receive the full dose?

Check whether the inspection window is filled with the yellow indicator. If you are unsure, keep the pen pressed down for another 15 seconds. If you lift the pen too early or still think you may not have received your full dose, contact your doctor, nurse, or pharmacist for advice.

Is the injection painful?

You may feel some pain or discomfort at the injection site. Letting the Nucala pre-filled pen reach room temperature for 30 minutes (no more than 8 hours) before injection may help with the pain.



What if I miss a dose?

You or your caregiver can inject the missed dose as soon as you remember. If it is already time for your next dose, skip the missed dose and take your next dose as planned. If you are unsure what to do, ask your doctor, nurse, or pharmacist.

What should I do if I inject too much Nucala?

If you think you have injected too much Nucala, contact your doctor, nurse, or pharmacist for advice.

How do I safely dispose of my Nucala pen or syringe?

Put your used pen, syringe, or needle cap into an approved sharps bin straight after use. Keep the sharps bin out of the sight and reach of children.



Anything you're not sure about?

If you have any concerns or unanswered questions, please reach out to your doctor, nurse, or pharmacist.

Contact details for your healthcare team

Name:

Practice/hospital name:

Phone number:

Email (if applicable):

Details can be edited by clinicians, patients and their caregivers