



# Welcome to Dupixent

This guide is for patients who have been prescribed Dupixent, and their caregivers.

**This handbook is not intended to be a substitute for medical advice.** This should provide additional support that complements the advice from your healthcare professional. It does not replace the patient information leaflet, which should be read alongside these materials.

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## Let's get to know Dupixent better

Welcome to a new step in your treatment.

You may have a few questions about this medication, so we have created this handbook to help you feel confident and prepared about what to expect.

We know that living with or caring for someone with a long-term health condition is not always easy, but we're on this journey together.

This handbook, along with the rest of your Starter Pack, should provide you with more information about this treatment.

Warmly,  
The Dupixent MyWay Support Team

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### Visit the Dupixent MyWay digital hub

Access in-depth information about your treatment, including how it works, how to inject, practical information, FAQs, and more.

 Scan the QR code or go to [dupixentmyway.co.uk](https://dupixentmyway.co.uk)



# What is Dupixent?

## Dupixent is a medicine that aims to reduce inflammation.

It's used to treat long-term inflammatory conditions such as atopic dermatitis, asthma, and prurigo nodularis, in patients who are eligible for this treatment.

Your care team will tell you how and when Dupixent should be taken, how long it should be taken for, and whether any other medicines need to be taken too. Following their instructions is important.

## What is inflammation?

Inflammation is the body's natural response to damage caused by things like bacteria, harmful substances or high temperatures. It's usually a useful way for our body to react to a change and to help us recover.

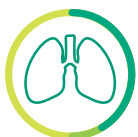
However, health problems can occur if there's too much inflammation, or if this response is active when it doesn't need to be. Inflammation over a long time can contribute to health conditions and their symptoms.

This includes:



### skin conditions, like atopic dermatitis or prurigo nodularis

There may be inflammation under the skin (that you can't see), which can cause symptoms like redness, soreness and an intense itch.



### lung conditions, like asthma

There may be inflammation in the tubes that carry air in and out of the lungs, which can make them very sensitive. They may temporarily narrow, which can cause breathing difficulties.

In these conditions, the **immune system** may play a role in keeping inflammation overly active.

## How does Dupixent work?

Dupixent aims to block the actions that lead to inflammation.



### Calming the fire

It may be helpful to think of inflammation as a **fire**, where the immune cells provide **fuel** that keep the fire burning.

Dupixent acts like a **firefighter** – it aims to dampen down the fire. It can do this by calming certain immune cells down and making them less active than before.

## What could this result in?



### In atopic dermatitis or prurigo nodularis

Reducing inflammation under the skin can **reduce** symptoms like **itch**. It can also result in **improved condition of the skin** and **overall quality of life**.



### In asthma

Reducing inflammation in the airways can help stop them from narrowing. In some people, Dupixent can help **prevent severe asthma attacks** (exacerbations) and can **improve breathing**.

Learn more about your condition in your Dupixent Starter Pack.

Want more detail on how this treatment works?

Go to the **Dupixent MyWay** digital hub to learn how this treatment aims to control underlying inflammation

**i** Scan the QR code or go to [dupixentmyway.co.uk](https://dupixentmyway.co.uk)



## Will the treatment work right away?

Medicines, especially those for long-term conditions, can take a while before they achieve results.

Dupixent isn't intended to work instantly. For this reason, it's important that you (or the person you're caring for) continue to take this treatment as prescribed, even if improvements are not seen right away. If you have any concerns about your treatment, please speak to your healthcare professional.

## Should Dupixent be continued if it's working?

This treatment aims to keep inflammation dampened.

Dupixent is usually a long-term treatment. This means that taking it continuously over time, as prescribed, can allow it to work (or to continue to work if you've seen results).

Stopping Dupixent could mean it stops working. Symptoms that had previously gone away could potentially return.

## Will everyone see results?

Dupixent can be effective when taken over time. However, some people may not respond well enough to the treatment, or they may find that the treatment isn't for them.

Your care team can help with this. They will look at how well the treatment is working during planned follow-ups. They can also answer any questions or concerns and will let you know how long this treatment needs to be taken for.

- » **Do not** stop taking Dupixent (or any of the other medicines your care team has prescribed, if any) without talking to your care team first.
- » If you have any further questions about the use of this medicine or what to expect, ask your doctor, pharmacist or nurse.

# Before taking this treatment

## What you need to know before using Dupixent

Do not use Dupixent if you (or the person you are caring for) are allergic to dupilumab or any of the other ingredients of this medicine. If you think you or the person in your care may be allergic, or you're not sure, ask your doctor, pharmacist or nurse for advice before using this medicine.

## Warnings and precautions

Talk to your doctor, pharmacist or nurse before using Dupixent.

For people with asthma: Dupixent is **not** a rescue medicine and should not be used to treat a sudden asthma attack.

## Allergic reactions

- » Rarely, Dupixent can cause serious side effects, including allergic (hypersensitivity) reactions and anaphylactic reactions and angioedema. These reactions can occur from minutes until 7 days after taking Dupixent. You must look out for signs of these conditions (i.e. breathing problems, swelling of the face, lips, mouth, throat or tongue, fainting, dizziness, feeling lightheaded (low blood pressure), fever, general ill feeling, swollen lymph nodes, hives, itching, joint pain, skin rash) while taking Dupixent.
- » Stop using Dupixent and tell your doctor or get medical help immediately if you notice any signs of an allergic reaction.

## Eosinophilic conditions

- Rarely, patients taking an asthma medicine may develop inflammation of blood vessels or lungs due to an increase of certain white blood cells (eosinophilia).
- It is not known whether this is caused by Dupixent. This usually, but not always, happens in people who also take a steroid medicine which is being stopped or for which the dose is being lowered.
- Tell your doctor immediately if you develop a combination of symptoms such as a flu-like illness, pins and needles or numbness of arms or legs, worsening of lung symptoms, and/or rash.

## Parasitic (intestinal parasites) infection

- Dupixent may weaken people's ability to fight off infections caused by parasites. If you or the person you are caring for already have a parasitic infection it should be treated before starting treatment with Dupixent.
- Check with your doctor if you have diarrhoea, gas, upset stomach, greasy stools, and dehydration which could be a sign of a parasitic infection.
- If you or the person you are caring for lives in a region where these infections are common or if you/they are travelling to such a region check with your doctor.

## Asthma

If you (or the person you're caring for) have asthma and are taking asthma medicines, do not change or stop this asthma medicine without talking to your doctor. You should also talk to your doctor before stopping Dupixent, or if asthma remains uncontrolled or worsens during treatment with Dupixent.

## Eye problems

Talk to your doctor promptly if you (or the person you are caring for) have any new or worsening eye problems. These may include watering, itching, redness and swelling, eye dryness, a feeling of gritty eyes or a sensation of a foreign body in the eye. If you/they experience sudden changes in vision or significant eye pain that does not settle, speak to your doctor straight away.

## Other medicines and Dupixent

Tell your doctor or pharmacist:

- if you (or the person you are caring for) are using, have recently used or might use any other medicines
- if you (or the person you are caring for) have recently had or are due to have a vaccination

## Other medicines for asthma

Do not stop or reduce any asthma medicines, unless instructed by your doctor:

- These medicines (especially ones called corticosteroids) must be stopped gradually.
- This must be done under the direct supervision of your doctor and dependent on the response to Dupixent.

## If you forget to use Dupixent

If you have forgotten to inject a dose of Dupixent, talk to your doctor, pharmacist or nurse.

In addition:

If your dose schedule is **every other week** and you miss a dose of Dupixent:

- give the Dupixent injection within 7 days from the missed dose, then continue with your original schedule.
- if the missed dose is not given within 7 days, wait until the next scheduled dose to give your Dupixent injection.

If your dose schedule is **every 4 weeks** and you miss a dose of Dupixent:

- give the Dupixent injection within 7 days from the missed dose, then continue with your original schedule.
- if the missed dose is not given within 7 days, start a new every 4-week dose schedule from the time you remember to take your Dupixent injection.

## Pregnancy and breast-feeding

- » If you (or the person you are caring for) are pregnant, may be pregnant, or are planning to have a baby, ask your doctor for advice before using this medicine. The effects of this medicine in pregnant women are not known; therefore, it is preferable to avoid the use of Dupixent in pregnancy unless your doctor advises to use it.
- » If you (or the person you are caring for) are breast-feeding or are planning to breast-feed, talk to your doctor before using this medicine. The person receiving Dupixent and their doctor should decide whether to breast-feed or use Dupixent. They should not do both.

## Driving and using machines

Dupixent is unlikely to influence the ability to drive and use machines.

## Dupixent contains sodium

This medicine contains less than 1 mmol sodium (23 mg) per 300 mg dose, that is to say essentially 'sodium free'.

## Let other healthcare professionals know that you (or the person you're caring for) have been prescribed Dupixent

It is important that other healthcare professionals are aware of all the medicines that their patients are taking, including Dupixent. This allows them to make more informed decisions about their care.

In the case that you (or the person you're caring for) are admitted to hospital or might have surgery, let your care team know about Dupixent.

## Potential side effects

Some people taking Dupixent may experience side effects. It is important to know what to expect and watch out for.

### What are the possible side effects?

#### Common side effects (may affect up to 1 in 10 people):

- » Injection site reactions
- » Eye infection
- » Cold sores (on lips and skin)
- » Joint pain
- » Eye redness and itching
- » An increase in a certain kind of white blood cell (eosinophils)

Dupixent can also cause **serious side effects**, including **rare allergic reaction**. The signs of allergic reaction may include:

- » Swelling of the face, lips, mouth, throat or tongue
- » Fainting, dizziness, feeling lightheaded
- » Fever, general ill feeling
- » Swollen lymph nodes
- » Hives
- » Itching
- » Joint pain
- » Skin rash
- » Breathing problems

If you (or the person you're caring for) develops an allergic reaction while taking Dupixent, stop using Dupixent and talk to your doctor right away.

Talk to a healthcare professional about any side effects if they happen. This includes possible side effects not listed in this handbook.

**Please refer to the Patient Information Leaflet in the pack for further safety information.**

**This handbook is not intended to be a substitute for medical advice and does not include all information about Dupixent.**

# Dupixent MyWay

## Visit the Dupixent MyWay digital hub for more information and support



### Taking Dupixent

Dupixent is given by an **injection under the skin**. It can only be given by someone who has been trained on how to inject it properly.

Visit the site to watch instruction videos on how to inject this medicine and to set up injection reminders.



### Travelling with Dupixent

It is important to keep treatment in mind when planning a trip so Dupixent can continue being taken exactly as directed by your healthcare professional. Please contact your healthcare professional before travelling.



### Storage

Dupixent must be stored in a refrigerator (2°C–8°C) in its original carton to protect it from light. It's important to follow the full instructions on storing Dupixent correctly.



### About Dupixent

Learn more about **atopic dermatitis, prurigo nodularis or asthma** (depending on which condition Dupixent has been prescribed to you or the person you're caring for) and how this treatment works.



### Potential side effects

View **important information** about side effects and what you need to know before starting this medicine.



### Have any more questions?

Get answers to **FAQs** about your condition and its treatment.



You can also learn about atopic dermatitis, prurigo nodularis or asthma (depending on which condition Dupixent has been prescribed for) in your Starter Pack.

Please also refer to the **Patient Information Leaflet** if you require more information.









## **This handbook is not intended to be a substitute for medical advice**

This should provide additional support that complements the advice from your healthcare professional. It does not replace the patient information leaflet, which should be read alongside these materials.

### **Reporting of side effects**

If you experience any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this booklet or the Patient Information Leaflet. You can also report side effects directly via the national reporting systems below:

#### **In the UK:**

Through the national MHRA Yellow Card scheme reporting system:  
[www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard)

#### **In Ireland:**

Website: [www.hpra.ie](http://www.hpra.ie)  
Email: [medsafety@hpra.ie](mailto:medsafety@hpra.ie)  
Tel: +353 1 6764971

#### **Alternatively, contact Sanofi on:**

Sanofi, 410 Thames Valley Park Drive,  
Reading, Berkshire, RG6 1PT  
+44 (0)800 0902314 (UK)  
+353 1 403 5600 (Ireland)

By reporting side effects, you can help provide more information on the safety of this medicine.

Although every effort is made to ensure the accuracy of the information in this handbook, you should consult your healthcare professional for specific personal advice about health or care. Sanofi cannot accept any liability for any reliance you place on general advice in this handbook.

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