



# 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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### 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 or click the QR code to view the digital hub page [dupixentmyway.co.uk](https://dupixentmyway.co.uk)



## 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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# What is Dupixent?

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

Dupixent is an advanced therapy, called a **biologic**, that is used to treat long-term inflammatory conditions, 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.

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

## What are biologic medicines?

Biologics are medicines made from **living sources** such as cells and bacteria.

Some types of medicines focus on relieving symptoms, however biologics work by targeting the **root cause** of the disease.

As biologics address the deeper mechanisms that contribute to inflammation and other symptoms, they provide more effective and long-lasting relief.

## 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?

By targeting certain proteins in your body that cause inflammation, like IL-4 and IL-13, Dupixent helps **reduce inflammation**.

Less inflammation in your body can mean **fewer symptoms** and can lead to you **feeling better over time**.

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



Scan or click the QR code to view the digital hub page [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 in 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 or COPD: Dupixent is **not** a rescue medicine and should not be used to treat a sudden asthma or COPD 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 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 as these 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.

## 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

Tell your doctor or pharmacist:

- if you (or the person you are caring for) have recently had or are due to have a vaccination.
- 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 asthma and are taking asthma medicines. Do not change or stop these without talking to your/their doctor. These medicines (especially ones called corticosteroids) must be stopped gradually. This must be done under the direct supervision of your doctor and are dependent on the response to Dupixent.
- if your symptoms remain uncontrolled or worsen during treatment with Dupixent. You should also talk to your doctor before you stop 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 week** and you miss a dose of Dupixent:

- give the Dupixent injection as soon as possible and start a new every week dose schedule from the time you remember to take your Dupixent injection.

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 take 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 Dupixent. 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 means Dupixent can be considered '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.

**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.**

# 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)
- Pinworms
- Joint pain
- Eye redness and itching
- An increase in a certain kind of white blood cell (eosinophils)

### Uncommon side effects (may affect up to 1 in 100 people):

- Swelling of the face, lips, mouth, throat or tongue
- Inflammation of the eye surface, sometimes with blurred vision
- Facial rash or redness
- Eye dryness\*
- Eyelid itching, redness, or swelling\*

### Rare side effects (may affect up to 1 in 1,000 people):

- Serious allergic reactions
- Ulcers on the outer clear layer of the eye, sometimes with blurred vision\*\*

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

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

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.

\* These eye side effects were common in patients with atopic dermatitis

\*\* This side effect was uncommon in patients with atopic dermatitis

## 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.

To view short Dupixent demonstration videos, click or scan the QR code or visit [dupixentmyway.co.uk](https://dupixentmyway.co.uk) and go to "How Dupixent is taken".



Scan or click the QR code to view the digital hub page



### 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.



Scan or click the QR code to view the digital hub page



### 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.



Scan or click the QR code to view the digital hub page



### About Dupixent

Learn more about the conditions Dupixent can be prescribed for and how this treatment works.



Scan or click the QR code to view the digital hub page



### Potential side effects

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



Scan or click the QR code to view the digital hub page



### Have any more questions?

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



Scan or click the QR code to view the digital hub page

You can also learn more about your inflammatory condition for which Dupixent has been prescribed for in your Starter Pack.

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

# My notes

Keep note of any useful information.

A series of 25 horizontal dotted lines provided for taking notes.

## My appointments

Keep track of any upcoming medical appointments.

Date	Description

## Dupixent injection days

Keep track of which days Dupixent has been given, including where you injected (this is called the **injection site**). You should change the injection site for each injection.

Date	Where you injected









## **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 get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this booklet or the package leaflet. You can also report side effects directly via the national reporting systems.

### **In the UK:**

Please report suspected adverse drug reactions (ADRs) through the national MHRA Yellow Card scheme, via the Yellow Card website: [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard), the free Yellow Card app (available in Apple App Store or Google Play Store), or alternatively, you can call 0800 731 6789 for free, Monday to Friday between 9am and 5pm.

### **In Ireland:**

Suspected side effects should be reported to the Health Products Regulatory Authority (HPRA) at [www.hpra.ie](http://www.hpra.ie)

You can also report side effects directly to Sanofi on [IEPharmacovigilance@sanofi.com](mailto:IEPharmacovigilance@sanofi.com) or +353 1 403 5600.

Adverse drug reactions (ADRs) should also be reported to Sanofi:  
Tel: 0800 0902314  
Email: [uk-drugsafety@sanofi.com](mailto:uk-drugsafety@sanofi.com).

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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