



CHRONIC RHINOSINUSITIS WITH NASAL POLYPOSIS (CRSwNP) and Dupixent

Helpful information for you and those around you

In this guide, you can find out about CRSwNP, how Dupixent aims to treat this condition, and where to get more information and support.

This information is for individuals who have been prescribed Dupixent, and their caregivers.

Dupixent is used with other medicines for the maintenance treatment of chronic rhinosinusitis with nasal polyps (CRSwNP) in adults with uncontrolled CRSwNP whose disease is not controlled with their current CRSwNP medicines.

Health information in this leaflet is provided for general educational purposes only. Your healthcare professional is the single best source of information regarding your health. Please consult your healthcare professional if you have any questions about your health or treatment.

This leaflet does not replace the Patient Information Leaflet, which should be read alongside these materials.

sanofi | REGENERON[®]

© 2026 Sanofi and Regeneron Pharmaceuticals, Inc.
All Rights Reserved. MAT-XU-2600467 (v1.0) | March 2026

You are not alone – 1 in 10 adults in the UK have long-lasting nose and sinus problems

Chronic rhinosinusitis (CRS) is a condition where the inside of your nose and sinuses become swollen and irritated for a at least 3 months or more. Some people with CRS also have nasal polyps – soft growths that form inside the nose.

When someone has both of these problems together, it's called CRSwNP (Chronic Rhinosinusitis with Nasal Polyposis).

CRSwNP is usually found in people between over 40 years old. It tends to happen more often in men than women.

Everyone with CRSwNP is different, but people living with this condition may have:

Common symptoms seen across rhinosinusitis and nasal polyps:



Nasal symptoms

Runny nose, blocked nose, loss of smell, snoring, nosebleeds



Head symptoms

Facial pain or pressure, headache



Eyes and mouth symptoms

Swelling around the eyes, loss of taste

These symptoms can make you feel tired, cause trouble breathing while you sleep, and make daily activities harder.

This is not a full list of all possible symptoms. Talk to your doctor if you're worried about any symptoms you have.

What causes the symptoms of CRSwNP?

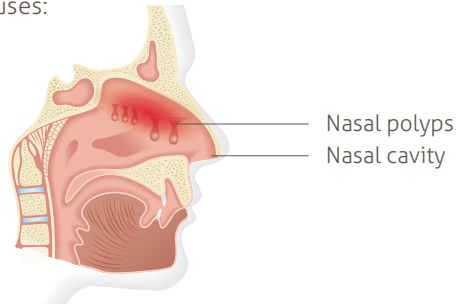
Your body has a defence system that protects you from germs and other things that could make you unwell. In people with CRSwNP, this defence system is too sensitive and overreacts.

Normally, the lining inside your nose and sinuses acts like a protective wall, keeping harmful things out. But in CRSwNP, this wall doesn't work as well as it should.

When the defence system overreacts, it causes:

- The lining of your nose and sinuses to become swollen and irritated
- Soft growths called polyps to form inside your nose

This swelling and these growths are what cause your symptoms.



When symptoms get worse

Most people with serious CRSwNP need to use daily nose sprays, drops, or sometimes tablets to help ease their symptoms.

Some things can trigger your CRSwNP or make your symptoms worse:

Common factors/triggers of chronic rhinosinusitis with nasal polyposis include:



Smoke or
airborne irritants



Dust mites



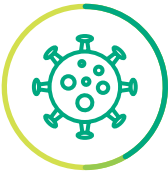
Pet dander



Some
Medicines*



Bacterial infection



Viral infection



Asthma

*Certain medicines (e.g. aspirin) can trigger/worsen symptoms in some people who are sensitive to them.

Write down any changes in your symptoms so you can tell your doctor about them. Your doctor has prescribed Dupixent for you as your symptoms weren't controlled by current medicines or previous surgery.



CRSwNP treatments include

Salt water rinses: Often the first treatment doctors try for people with CRSwNP.

Steroid nose sprays and drops: The main treatment to reduce swelling, cut down mucus, and shrink the growths in your nose. Your doctor will check how well they're working for you.

Steroid tablets: If the nose sprays and drops don't help enough, your doctor may give you steroid tablets to take by mouth.

Surgery: If your symptoms are very bad and steroids don't sufficiently help, you may need an operation to remove the growths. Sometimes people need several operations because the growths can come back after surgery.

Always talk to your doctor if you have questions about your treatment.



Understanding Dupixent for CRSwNP

What is Dupixent?

Dupixent is a biologic medicine – a type of drug made to target specific parts of your body's defence system (immune system). It is used to treat adults with severe CRSwNP when other treatments such as steroid medicines or surgery have not worked well enough. Dupixent works by calming down the inflammation that causes your symptoms.

Understanding inflammation in CRSwNP

In people with serious CRSwNP, the body's defence system can be overactive. This causes inflammation – swelling and irritation inside your nose and sinuses. Two proteins called IL-4 and IL-13 play a big part in causing this inflammation. When there is too much of these proteins, they send signals that trigger inflammation. This can contribute to symptoms of CRSwNP that include:

- Swelling in your nose and sinuses
- Polyps forming
- A blocked nose
- Loss of smell
- Pressure and pain in your face

How can Dupixent help?

Dupixent is given as an injection just under your skin (known as a subcutaneous injection). It works by blocking the actions of IL-4 and IL-13, helping to calm down the inflammation that plays a major role in causing your CRSwNP symptoms.

Dupixent is used as add-on treatment, alongside your other medicines, when your current CRSwNP treatments are not working well enough.

Dupixent can also help to:

- Reduce your need for surgery
- Reduce your need for steroid tablets or injections

Dupixent is an add-on therapy taken alongside your usual CRSwNP medicines



Dupixent can be effective when taken over time, but you may not see the results straight away. Your healthcare team will check how you're doing at each visit to make sure that the medicine is helping you to feel better.

Like with all drugs, some people can experience side effects. It's important that you do not stop taking your treatment without consulting your healthcare team first.

For more information, see your Welcome to Dupixent booklet

Further support

If you are looking for more information on CRSwNP, you may find the following sites useful sources of information and support.*

For people with CRSwNP

NHS: <https://www.nhs.uk/conditions/nasal-polyps>

Sinus UK: <https://www.sinusuk.org>

SmellTaste: <https://www.smelltaste.org.uk/support-and-information-service>

For caregivers of people with CRSwNP

Carers Trust carers.org

Carers UK carersuk.org

*By following the links above, you will be directed to independent third-party websites. Sanofi has no control over the content or availability of third-party sites or resources in this leaflet, and accepts no liability or responsibility for them or for any loss or damage that may arise from your use of them. The existence of a link between this leaflet and any third-party site or resource in no way implies that Sanofi in any way approves of the content of these sites or resources, or any use to which such content may be put.

Further support

Visit our hub for useful information about your Dupixent treatment and explore the support available for you or the person you're caring for.



Scan the QR code or go to dupixentmyway.co.uk



Please refer to the **Patient Information Leaflet** provided with your medication if you require more information, or consult your doctor, nurse or pharmacist for personal medical queries. They can let you know how/when Dupixent should be taken, and how long it should be taken for.

Important information

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 the package leaflet. You can also report side effects directly:

In the UK, via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple app Store.

In Ireland, at www.hpra.ie; email: medsafety@hpra.ie

Alternatively, you can report side effects to Sanofi on:

UK: Tel: 0800 0902 314 or send via email to UK-drugsafety@sanofi.com

IE: Tel: 01 403 5600 or send via email to IEPharmacovigilance@sanofi.com

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

Important information about this treatment

For instructions on how to use Dupixent, as well as information on side effects, visit dupixentmyway.co.uk.

- » **Do not** stop Dupixent (or any of the other medicines your care team has prescribed) without talking to your healthcare professional first.
- » **Read the Patient Information Leaflet** provided with your medication for further details about this treatment.