

Nintedanib

Please note the information in this leaflet is provided as additional information for you. It is important that you also read the information sheet that is provided with your medication.

Nintedanib (Ofev®)

You have been prescribed nintedanib (Ofev®) as part of treatment for your lung condition. Nintedanib comes as 150 mg brown and 100 mg peach, soft capsules.

How is it taken?

The capsules are swallowed whole with food and a glass of water. They should not be crushed. Do not take any capsules which are past their expiration date.

How often should it be taken?

You should take one 150 mg capsule in the morning, and another 150 mg capsule in the evening, approximately 12 hours apart.

What to do if you miss a dose?

Do not worry if you miss a dose, take the next dose with your next meal at the normal time. Do not try to make the dose up by taking an extra dose.

What should be avoided or added when taking nintedanib?

Always take nintedanib with food and a drink of water. You should avoid taking other medicines which may impact on the effectiveness of nintedanib. These include ketoconazole, erythromycin, cyclosporine, rifampicin, carbamazepine, phenytoin and St. John's Wort. There may also be an increased risk of bleeding if you take blood thinning medicines like warfarin,

NOACs or high-dose aspirin. We will check the other medicines you are taking before prescribing nintedanib, but please let us know if you start taking anything different, including over the counter medicines. Remind your GP that you are taking nintedanib when they are reviewing your medications or if they need to prescribe you anything new.

What are the benefits?

Nintedanib helps slow the progression of fibrosis, which means the deterioration in your lung function may not be as quick as if you were not taking nintedanib. It has also been shown to reduce the frequency of acute exacerbations of respiratory symptoms, such as increased breathlessness and cough.

Why do I need regular blood tests whilst on nintedanib?

Nintedanib may affect the enzymes in your liver so it is important that this is monitored with regular blood tests to make sure your liver function is not affected. Your blood count and kidney function should also be checked to make sure these are stable too. **We recommend checking your blood before starting and then one blood test a month for 3 to 6 months, then one blood test every 3 months.** We have provided a space at the end of this leaflet for you to record your blood results (please ask your GP for the details so that you can fill in the table).

It is your responsibility to contact your GP practice and ensure that you have appointments for these tests.

What are the side effects?

Everyone is different so different patients may get different side effects, but there are several important side-effects you should be aware of:

- Digestive system problems like diarrhoea (the most common side effect), nausea and vomiting. Let us know if you are having problems with these side-effects, as we can offer advice, including keeping well hydrated and taking anti-diarrhoea tablets, such as loperamide (Immodium®)
- Changes in your liver function. We will check your liver function with regular blood tests, but if you notice significant abdominal pain or jaundice (yellowing of the skin), seek medical help immediately and bring this leaflet
- High blood pressure; we will measure your blood pressure before starting nintedanib and re-check when clinically indicated
- An increased risk of bleeding
- An increased risk of blood clots, such as in the leg or lungs
- Poor wound healing

What are the alternatives?

In addition to nintedanib, you may be prescribed other medicines, oxygen and offered pulmonary rehabilitation, depending on your individual condition. This will have been discussed with you with your Respiratory Consultant and/or ILD/Respiratory Specialist Nurse, Sarah Lines.

What happens if I don't take nintedanib?

Nintedanib may have side effects but it is important to take it as directed as it will not work properly otherwise. If you are having side-effects please get in contact with us straight away and we can advise what the next step should be. Often the side effects can be managed with simple changes, like adding loperamide for diarrhoea (Immodium®) or changing the dose.

Who should not take nintedanib?

Nintedanib is not recommended in patients who have significant liver disease, have had a significant bleed in the past year, or have had a heart attack in the past 6 months. Please check with us if you have recently had or are due to have an operation. Nintedanib should not be

used in pregnant or breast-feeding women. Women of childbearing age should avoid pregnancy with barrier contraceptives, such as condoms (hormonal contraceptives may not be as effective when taking nintedanib).

What to do if you are prescribed any new medicines.

We will have checked what other regular medicines you are taking at your clinic appointment, but let us know if you are prescribed any new medicines or start taking over the counter medicines so we can check that they do not interact with nintedanib.

Advice on how to store nintedanib safely.

Please store your capsules in their original packaging at room temperature. Keep out of reach of children and check the expiry date regularly.

Advice on where to get repeat prescriptions

We will prescribe the first month of treatment after your clinic appointment and if you are managing well with it we will then issue you repeat prescriptions directly from the hospital for up to three months at a time. The medication is delivered directly to your home.

Who can they contact if they have any more questions?

Please contact the ILD/Respiratory Specialist Nurse by telephone on **07395 283159** who will be able to help you. If you are having trouble getting in touch with them the ILD Co-ordinator can also be contacted by telephone on **01392 403701**, and they will pass the message on to the team. Your GP is also a good person to get in touch with as they can always contact us too.

Your GP can send results to us at **rde-tr.ildrespiratory@nhs.net**. However, we ask that if you need to contact us to leave a message on the telephone.

Record of blood tests

Date:	__/__/__	__/__/__	__/__/__	__/__/__	__/__/__
Haemoglobin					
White cell count					
Platelets					
Sodium					
Potassium					
Urea					
Creatinine					
Alanine aminotransferase (ALT)					
Alkaline phosphatase (ALP)					
Albumin					
Bilirubin					
Date:	__/__/__	__/__/__	__/__/__	__/__/__	__/__/__
Haemoglobin					
White cell count					
Platelets					
Sodium					
Potassium					
Urea					
Creatinine					
Alanine aminotransferase (ALT)					
Alkaline phosphatase (ALP)					
Albumin					
Bilirubin					

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by RD&E staff undertaking procedures at the RD&E hospitals.

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