

# Meet Sam.

Let him take you on a journey...



**For UK patients prescribed Cosentyx<sup>®</sup> (secukinumab).**

Please read all of the patient information leaflet provided with your medicine carefully as it contains important additional information about what you need to know before you (or your child) starts treatment. This leaflet has been funded and developed by Novartis Pharmaceuticals UK Ltd.

*Please find full information on how to report a side effect on page 7 and the back cover of this booklet.*

# Hi. My name is Sam.

OK, your doctor has said your skin is affected by something called plaque psoriasis.

I'm here to share lots of useful stuff to help you understand more about plaque psoriasis and the medicine you may be given to help make improvements.

On our journey, there'll also be hints and tips to help you live as normal a life as possible with plaque psoriasis.

**let's go...**

**Psst!**  
Psoriasis is a funny looking word –  
but the p is silent, so you really  
say it like...

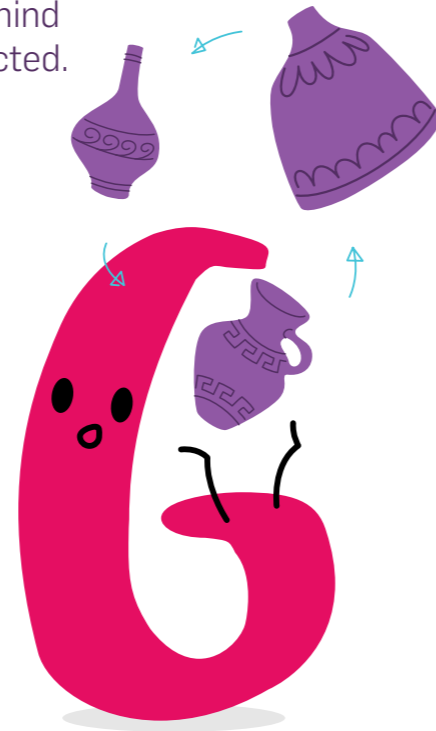
saw-ri-a-sis



## So, what is plaque psoriasis?

Plaque psoriasis can sometimes make your skin itch and can also be painful. It causes plaques and silvery scales, usually on the knees, elbows, lower back and scalp. Your scalp is the most common place you might see your plaque psoriasis, but your face, behind your knees or under your arms might also be affected.

Plaque psoriasis can come and go and even if the symptoms are not too bad at times, they can re-appear later and sometimes become worse.



The word psoriasis comes from Greek meaning 'being itchy' - kind of makes sense, doesn't it!



## What causes plaque psoriasis?

We don't know exactly, but it is linked with the body's immune system being overactive so when you have psoriasis, your skin cells build up on the surface creating hard plaques and flaky areas.

Usually, the top layer of skin renews every 21-28 days, but in people with plaque psoriasis this process speeds up and takes only a few days. This leads to a build-up of itchy plaques on the surface of the skin.

There is evidence plaque psoriasis is linked to genetics - that means it can be present in generations of families. It may also be triggered by things such as skin injuries, emotional stress, some medicines or puberty.

The red and scaly patches on the skin are called plaques



## How long does it last?

Well, plaque psoriasis is a long-term condition, but the symptoms can come and go throughout life (sometimes it flares up and gets worse).

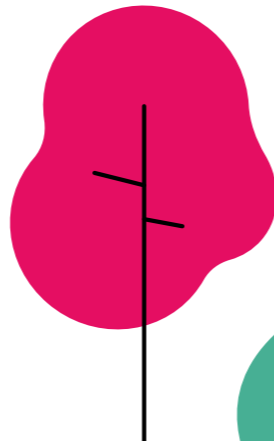
Cosentyx is for long-term treatment. Your doctor will regularly monitor your (or your child's) condition to check that the treatment is having the desired effect.



**You're not alone – lots of children and young people have plaque psoriasis and it doesn't always stop them from doing the things they want to.**

## How is plaque psoriasis treated?

Although there is 'no cure' for plaque psoriasis, treatments are available to reduce the symptoms it causes. Sometimes treatment may involve rubbing creams or ointments onto the skin. Sometimes your doctor may prescribe other treatments, such as those called biologics. These are treatments designed to target a specific process or reaction in your body that is causing the problem.



## What is Cosentyx?

You've been given injections of a drug called Cosentyx (pronounced *co-sen-ticks*) to treat moderate to severe plaque psoriasis, which causes inflammation affecting the skin. Cosentyx contains the active substance secukinumab that can help improve your symptoms, such as scaling, itching and pain, and the condition of your skin.

Cosentyx belongs to a group of medicines called interleukin (IL) inhibitors. This medicine works by neutralising the activity of a protein in your body called IL-17A, which is present at increased levels in conditions such as plaque psoriasis.

## Reporting of side effects

If you get side effects with any medication you are taking, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the information leaflet that comes in the pack. You can report side effects via the Yellow Card Scheme at [yellowcard.mhra.gov.uk](http://yellowcard.mhra.gov.uk) (UK). By reporting side effects you can help provide more information on the safety of your medication.



## Serious side effects

Stop using Cosentyx and tell your doctor or seek medical help immediately if you (or your child) get any of the following side effects:

### Possible serious infection – the signs may include:

- fever, flu like symptoms, night sweats
- feeling tired or short of breath, cough which will not go away
- warm, red and painful skin, or a painful skin rash with blisters
- burning sensation when passing urine.

### Serious allergic reaction – the signs may include:

- difficulty breathing or swallowing
- low blood pressure, which can cause dizziness or light headedness
- swelling of the face, lips, tongue or throat
- severe itching of the skin, with a red rash or raised bumps.

Your doctor will decide if and when you (or your child) may restart the treatment.

## Other side effects

Most of the other side effects are mild to moderate. Upper respiratory tract infections (like a sore throat and stuffy nose) are very common. Cold sores, diarrhoea, runny nose, headache, nausea and fatigue are also common. If any side effects becomes severe, tell your doctor, nurse or pharmacist.

*For a full list of side effects please consult the patient information leaflet provided with your medicine.*



## Look after yourself!

Plaque psoriasis is only one aspect of your overall health. It's not your fault and don't blame yourself. Make sure you carry on doing the things you like – **this will help you feel more positive!**

Finding ways to be kind to yourself and staying as healthy as you can, not only makes you feel better but can also improve the symptoms of plaque psoriasis. Here's a few...

**Don't forget there are lots of people who want to help and support you**

### School and study

It's a good idea for you, your parents or carer to tell your school and teachers that you have plaque psoriasis. This way they can help you with any concerns you have or if you feel bullied or picked on. It isn't something you should face on your own!

**Plaque psoriasis isn't contagious and can't be passed from one person to another or transferred between different parts of your body**

## Finding your triggers

Plaque psoriasis can be set off or made worse by certain 'triggers'.

These aren't the same for everyone, so try to identify yours to help avoid them as best as possible. Keep a diary or journal and note down when your symptoms get worse and what has happened before that.



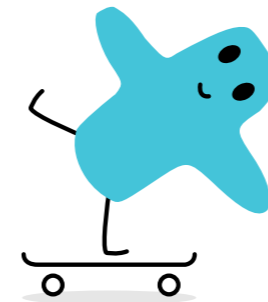
## Talk, talk and talk some more!

Sharing is good. Talk to your family or trusted friends if you feel sad or overwhelmed. Your doctor and nurse are there for you too.

There are also support groups – often online – where people with plaque psoriasis can share their experiences.

## Stay active

Although you may not always feel like doing sport or exercise, they are important to your overall wellbeing and can help reduce the stress of life or study.



## What to eat

There's no evidence that certain foods cause plaque psoriasis or help improve it, however a diet with plenty of fruit and veggies is good for everyone.



# Sam says.

## Let me answer some questions you may have

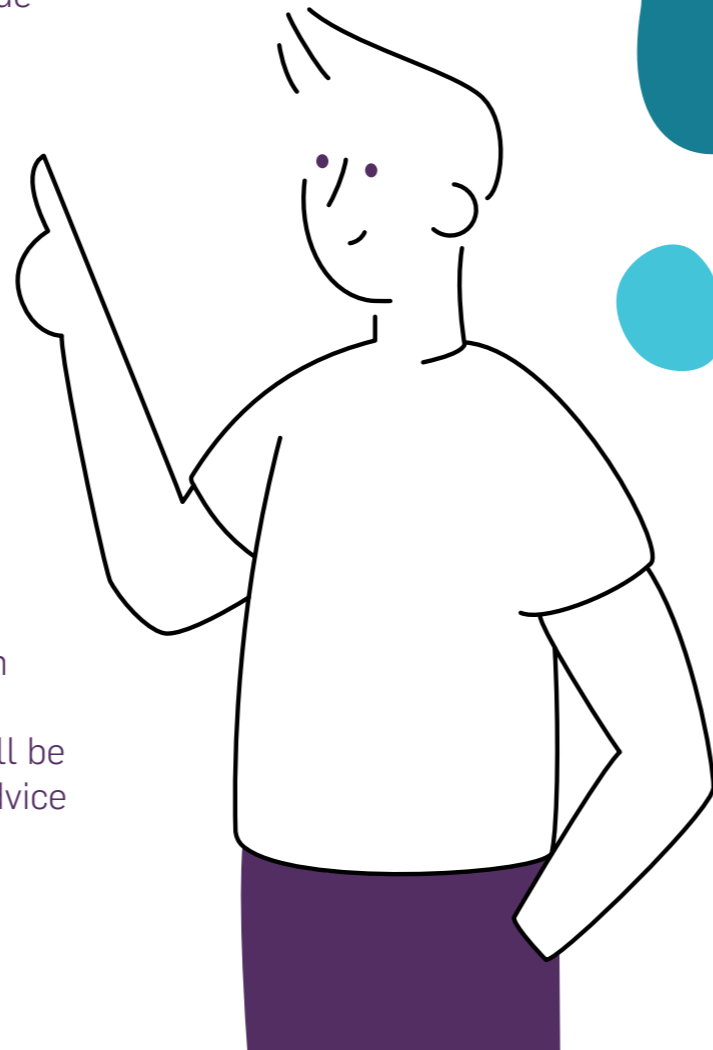
You may have lots of questions about plaque psoriasis and how it affects things in your life. Please remember that there's lots of help and support out there. In the meantime, here are some common questions people have.

### Is there a cure?

There is no cure for plaque psoriasis, but treatments are available to help manage the symptoms. Your doctor will explain about your treatment.

### Do I need to take treatment even if my skin is better?

Oh yes! You shouldn't stop even if your skin seems healthier. It can help the symptoms from coming back. Your doctor or nurse will be able to tell you more. Always follow the advice of your doctor.



### Can I still go swimming or play sport?

Yes, you should be able to. But talk to your doctor, nurse, parent or carer first. It may be a good idea to wear loose sports gear and take care of your skin afterwards.

### How can I take care of my skin?

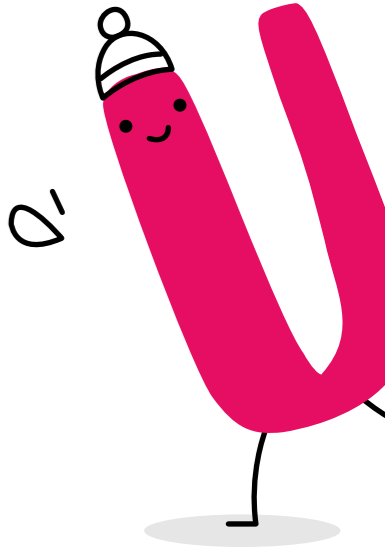
Looking after your skin is really important. It can improve its appearance and, together with the right treatment, can help to manage your symptoms. Here are some tips:

- Avoid long hot showers and baths – they dry the skin out
- Speak to a dermatologist (a special skin doctor) who can recommend skin care especially for you
- Wear soft and loose clothing made of natural materials such as cotton or linen – they feel pleasant and put less pressure on the skin

### How can I stay positive?

It's hard living with plaque psoriasis sometimes – especially when your symptoms are worse. Here are a few ideas for when you're feeling down:

- Don't stop what you enjoy doing like sport or seeing friends
- If others are unpleasant or discriminate against you, try not to take it personally – it's just their lack of knowledge or fear. Talk to your parent, carer or teacher as they can help you
- Learn new skills and keep your mind open
- Be around positive people



# Your Cosentyx injections

## OK, so how do you take your Cosentyx treatment?

Always use Cosentyx exactly as your doctor has told you. Check with your doctor, nurse or pharmacist if you are not sure.

Cosentyx is given via injection under your skin (known as a subcutaneous injection). You and your doctor should decide if, after proper training, you should inject Cosentyx yourself or a caregiver should give you the injection.

Your doctor will decide how much Cosentyx you (or your child) need and for how long.



## Paediatric plaque psoriasis (children aged 6 years and older)

- The recommended dose is based on body weight as follows:
  - Weight below 50 kg: 75 mg by subcutaneous injection
  - Weight 50 kg or above: 150 mg by subcutaneous injection.\*

*\*Your doctor may increase the dose to 300 mg*

## • Each 75 mg dose is given as one injection of 75 mg

Other dosage forms/strengths may be available for administration of the 150 mg and 300 mg doses. After the first dose you (or your child) will receive further weekly injections at Weeks 1, 2, 3 and 4 followed by monthly injections.

If you (or your child) have received more Cosentyx than you (or they) should, or the dose has been administered sooner than according to your doctor's prescription, inform your doctor.

If you have forgotten to inject a dose of Cosentyx, inject the next dose as soon as you (or your child) remember. Then talk to your doctor to discuss when you should inject the next dose.

## But first, read this – it's really important!

You may be injecting yourself or someone may do it for you, but it's important to be trained first by a doctor, nurse or pharmacist.

There are 3 different devices for Cosentyx with a different set of instructions on how to use Cosentyx. **Make sure you follow the right section and read ALL the way through these instructions before injecting.**

## If you have been prescribed:

Cosentyx 75 mg pre-filled syringe please read pages **16–19** only

Cosentyx SensoReady® 150 mg pen please read pages **20–23** only

Cosentyx UnoReady® 300 mg pen please read pages **24–27** only



# How to use the Cosentyx 75 mg pre-filled syringe

These instructions on pages 16–19 are to help you to inject correctly using the Cosentyx 75 mg pre-filled syringe only

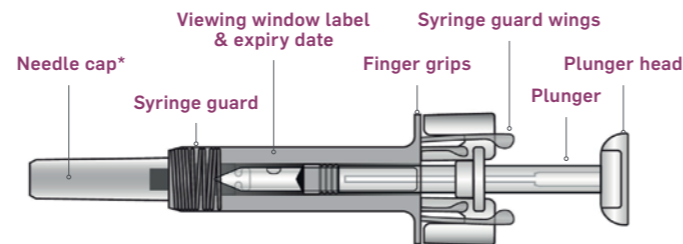
**!** Read ALL the way through these instructions before injecting.

It is important not to try to inject yourself or a person in your care until you have been trained by a doctor, nurse or pharmacist.

- Keep the syringe out of the sight and reach of children
- Don't take the cap\* off until you are ready to inject
- Store your boxed syringe (to protect it from light) in a refrigerator between 2°C and 8°C. It's best a parent or carer stores them for younger children
- To make the injection more comfortable, you should take the syringe out of the refrigerator 15–30 minutes before injecting so it can warm up to room temperature
- Don't freeze the syringe or shake it

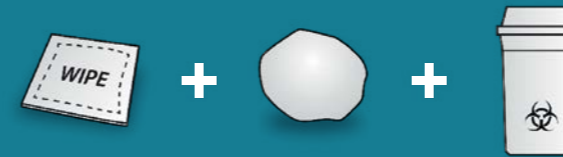
- Be careful not to touch the syringe guard wings before use as the syringe guard may be activated too early
- If necessary, Cosentyx can be left out of the refrigerator for a single period of up to 4 days at room temperature, not above 30°C
- This medicine is for single use only

This is what it looks like – along with the names of the most important parts.



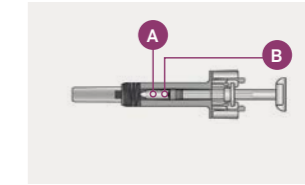
\*The needle cap of the syringe may contain dry rubber (latex), so please don't touch it if you are sensitive to it.

What you will also need for your injection:



- Alcohol swab
- Cotton ball or gauze
- Sharps disposal container

1



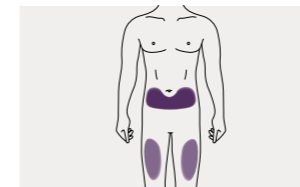
**Important safety checks before the injection:**

The liquid should be clear. Its colour may vary from colourless to slightly yellow.

- A. **Do not use** if the liquid contains easily visible particles, is cloudy or is distinctly brown. You may see a small air bubble, which is normal
- B. **Do not use** the syringe if the **expiry date** has passed

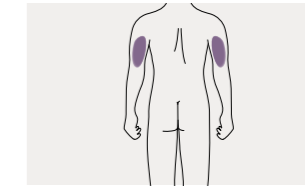
Contact your pharmacist if the syringe fails any of these checks.

2



**Choose the injection site:**

- The recommended site is the front of the thighs. You may also use the lower abdomen, but **not** the area 5 centimetres around the navel (belly button)
- Choose a different site each time you give yourself an injection
- Do not inject into areas where the skin is tender, bruised, red, scaly, hard or has scars. Avoid areas with scars or stretch marks



**Caregivers and healthcare professionals only:**

- If a caregiver or healthcare professional is giving you your injection, they may also inject into your outer upper arm

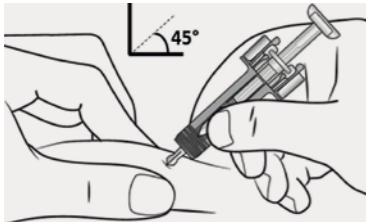
3



#### Cleaning the injection site:

- Wash your hands thoroughly with soap and hot water
- Using a circular motion, clean the injection site with the alcohol swab. Leave it to dry before injecting
- Do not touch the cleaned area again before injecting

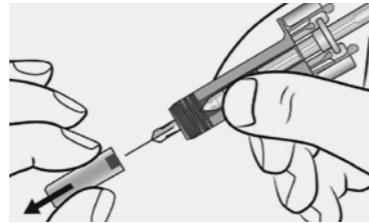
5



#### Holding the syringe:

- Gently pinch the skin at the injection site and insert the needle as shown
- Push the needle all the way in at an angle of approximately 45 degrees to ensure that the medicine can be fully administered

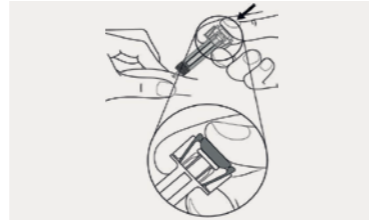
4



#### Preparing the injection:

- Carefully remove the needle cap from the syringe by holding the syringe guard body
- Discard the needle cap. You may see a drop of liquid at the end of the needle. This is normal

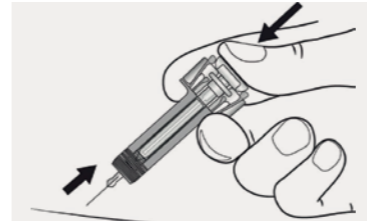
6



#### Starting the injection:

- Hold the syringe as shown. **Slowly** depress the plunger **as far as it will go** so that the plunger head is completely between the syringe guard wings
- Keep the plunger pressed fully down while you hold the syringe in place for 5 seconds

7



#### During the injection:

- **Keep the plunger fully depressed** while you carefully lift the needle straight out from the injection site

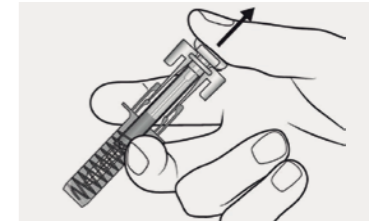
9



#### Disposing of the Cosentyx pre-filled syringe:

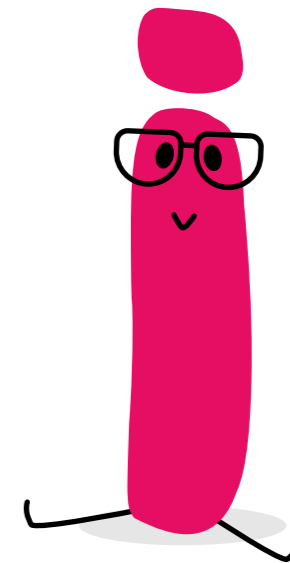
- Dispose of the used syringe in a sharps container (closable, puncture resistant container). For the safety and health of you and others, needles and used syringes **must never** be re-used

8



#### Completing the injection:

- Slowly release the plunger. After the medicine has been injected the syringe guard will be activated to cover the needle to help prevent accidental needle stick injuries
- There may be a small amount of blood at the injection site. You can press a cotton ball or gauze over the injection site and hold it for 10 seconds. Do not rub the injection site. You may cover the injection site with a small adhesive bandage, if needed



# How to use the Cosentyx SensoReady® 150 mg pen

These instructions on pages 20–23 are to help you to inject correctly using the Cosentyx SensoReady® 150 mg pen only

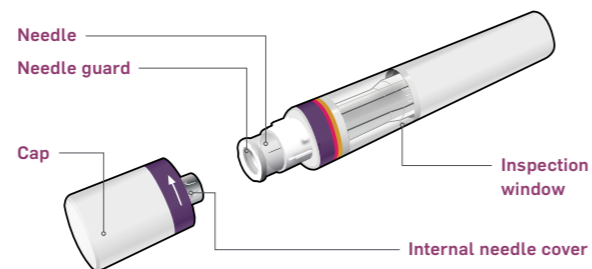
**!** Read ALL the way through these instructions before injecting.

It is important not to try to inject yourself until you have been trained by a doctor, nurse or pharmacist.

- **Don't take the cap off until you are ready to inject**
- Store your boxed pen (to protect it from light) in a refrigerator between 2°C and 8°C. It's best a parent or carer stores them for younger children
- To make the injection more comfortable, you can take the pen out of the refrigerator 15–30 minutes before injecting so it can warm up to room temperature
- Don't freeze the pen, shake it or use it if it has been dropped with the cap removed

- If necessary, Cosentyx can be left out of the refrigerator for a single period of up to 4 days at room temperature, not above 30°C
- This medicine is for single use only

This is what it looks like – along with the names of the most important parts.

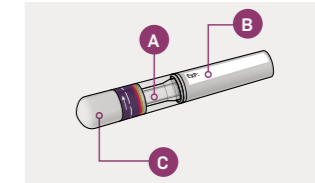


What you will also need for your injection:



- Alcohol swab
- Cotton ball or gauze
- Sharps disposal container

1



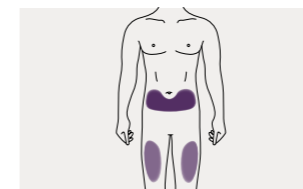
**Important safety checks before the injection:**

The liquid should be clear. Its colour may vary from colourless to slightly yellow.

- A. **Do not use** if the liquid contains easily visible particles, is cloudy or is distinctly brown. You may see a small air bubble, which is normal
- B. **Do not use** the pen if the **expiry date** has passed
- C. **Do not use** if the **safety seal** has been broken

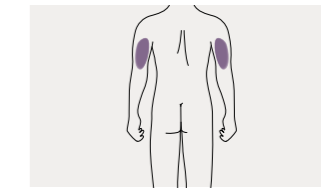
Contact your pharmacist if the pen fails any of these checks.

2



**Choose the injection site:**

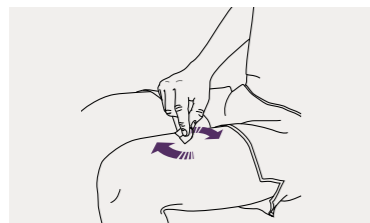
- The recommended site is the front of the thighs. You may also use the lower abdomen, but **not** the area 5 centimetres around the navel (belly button)
- Choose a different site each time you give yourself an injection
- Do not inject into areas where the skin is tender, bruised, red, scaly, hard or has scars. Avoid areas with scars or stretch marks



**Caregivers and healthcare professionals only:**

- If a caregiver or healthcare professional is giving you your injection, they may also inject into your outer upper arm

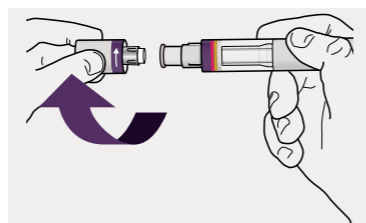
3



### Cleaning the injection site:

- Wash your hands thoroughly with soap and hot water
- Using a circular motion, clean the injection site with the alcohol swab. Leave it to dry before injecting
- Do not touch the cleaned area again before injecting

4



### Removing the cap:

- Only remove the cap when the pen is ready to be used
- Twist off the cap in the direction of the arrows
- Once removed, throw away the cap. **Do not try to re-attach the cap**
- Use the pen within 5 minutes of removing the cap

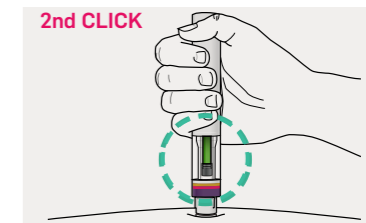
6



### Starting your injection:

- Press the pen firmly against the skin to start the injection
- The **1st click** indicates the injection has started
- **Keep holding** the pen firmly against the skin
- The **green indicator** shows the progress of the injection

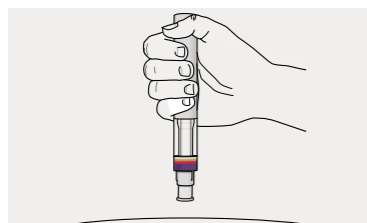
7



### Completing the injection:

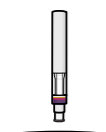
- Listen for the **2nd click**. This indicates the injection is **almost** complete
- Check the **green indicator** fills the window and has stopped moving
- The pen can now be removed

5



### Holding the SensoReady® pen:

- Hold the pen at 90 degrees to the cleaned injection site



Correct



Incorrect



### You must read this before injecting.

- During the injection you will hear **2 loud clicks**
- The **1st click** indicates that the injection has started. Several seconds later a **2nd click** will indicate that the injection is almost finished
- You must keep holding the pen firmly against the skin until you see a **green indicator** fill the window and stop moving

8



### Check the green indicator fills the window:

- This means the medicine has been delivered. Contact your doctor if the **green indicator** is not visible
- There may be a small amount of blood at the injection site
- You can press a cotton ball or gauze over the injection site and hold it for 10 seconds. Do not rub the injection site. You may cover the injection site with a small adhesive bandage, if needed

9



### Disposing of the Cosentyx SensoReady® pen:

- Dispose of the used pen in a sharps disposal container (i.e. a puncture-resistant closable container)
- Never try to reuse the pen

# How to use the Cosentyx UnoReady® 300 mg pen

These instructions on pages 24–27 are to help you to inject correctly using the Cosentyx UnoReady® 300 mg pen only

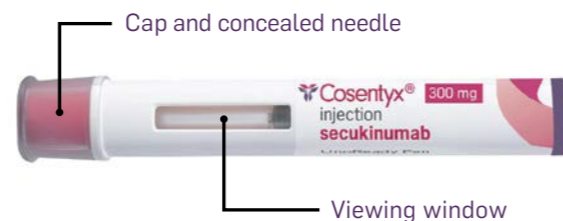
**!** Read ALL the way through these instructions before injecting.

It is important not to try to inject yourself or a person in your care until you have been trained by a doctor, nurse or pharmacist.

- Don't take the cap off until you are ready to inject
- Keep the Cosentyx UnoReady® pen in the sealed outer carton until you are ready to use it
- Store your boxed pen (to protect it from light) in a refrigerator between 2°C and 8°C. It's best a parent or carer stores them for younger children
- Take the pen out of the refrigerator 30–45 minutes before injecting so it can warm up to room temperature

- Don't freeze the pen, shake it or use it if it has been dropped with the cap removed
- If necessary, Cosentyx can be left out of the refrigerator for a single period of up to 4 days at room temperature, not above 30°C
- This medicine is for single use only

This is what it looks like – along with the names of the most important parts.

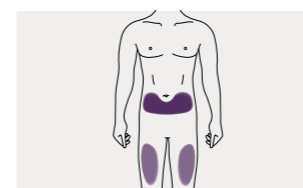


What you will also need for your injection:



- Alcohol swab
- Cotton ball or gauze
- Sharps disposal container

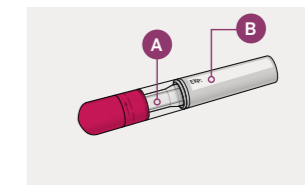
2



Choose the injection site:

- The recommended site is the front of the thighs. You may also use the lower abdomen, but **not** the area 5 centimetres around the navel (belly button)
- Choose a different site each time you give yourself an injection
- Do not inject into areas where the skin is tender, bruised, red, scaly or hard. Avoid areas with scars or stretch marks

1

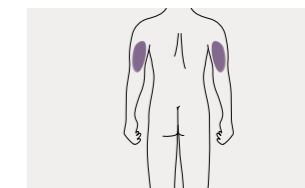


Important safety checks before the injection:

The liquid should be clear. Its colour may vary from colourless to slightly yellow.

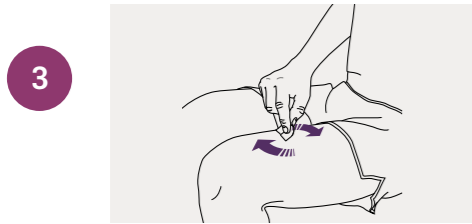
- A. **Do not use** if the liquid contains easily visible particles, is cloudy or is distinctly brown. You may see a small air bubble, which is normal
- B. **Do not use** the pen if the **expiry date** has passed

Contact your pharmacist if the pen fails any of these checks.



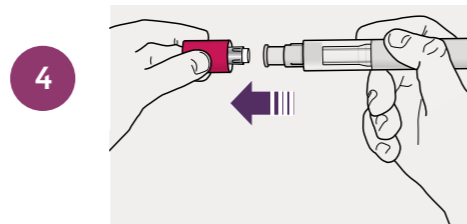
Caregivers and healthcare professionals only:

- If a caregiver or healthcare professional is giving you your injection, they may also inject into your outer upper arm



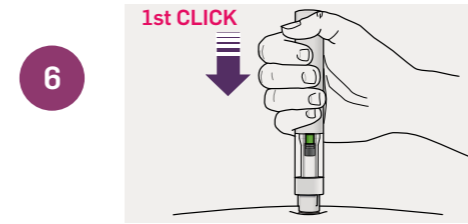
### Cleaning the injection site:

- Wash your hands thoroughly with soap and hot water
- Using a circular motion, clean the injection site with the alcohol swab. Leave it to dry before injecting
- Do not touch the cleaned area again before injecting



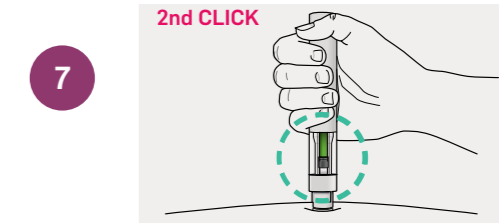
### Removing the cap:

- Only remove the cap when the pen is ready to be used
- Pull the cap straight off in the direction of the arrow that is shown in the figure above
- Once removed, throw away the cap. **Do not try to re-attach the cap**
- Use the pen within 5 minutes of removing the cap



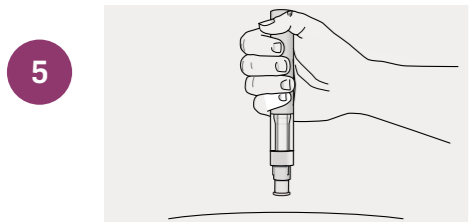
### Starting your injection:

- Press the pen firmly against the skin to start the injection
- The **1st click** indicates the injection has started
- **Keep holding** the pen firmly against the skin
- The **green indicator with the grey tip** shows the progress of the injection



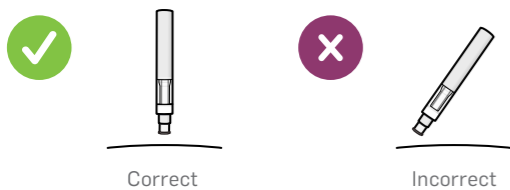
### Completing the injection:

- Listen for the **2nd click**. This indicates the injection is **almost** complete
- Check the **green indicator with the grey tip** fills the window and has stopped moving
- The pen can now be removed



### Holding the UnoReady® pen:

- Hold the pen at 90 degrees to the cleaned injection site



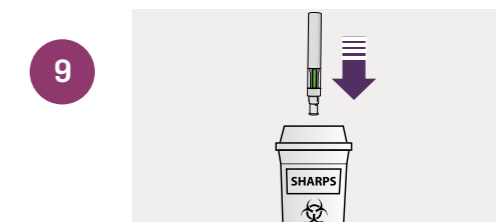
### You must read this before injecting.

- During the injection you will hear **2 loud clicks**
- The **1st click** indicates that the injection has started. Several seconds later a **2nd click** will indicate that the injection is almost finished
- You must keep holding the pen firmly against the skin until you see a **green indicator with a grey tip** fill the window and stop moving



### Check the green indicator fills the window:

- This means the medicine has been delivered. Contact your doctor if the green indicator is not visible
- There may be a small amount of blood at the injection site
- You can press a cotton ball or gauze over the injection site and hold it for 10 seconds. Do not rub the injection site. You may cover the injection site with a small adhesive bandage, if needed



### Disposing of the Cosentyx UnoReady® pen:

- Dispose of the used pen in a sharps disposal container (i.e. a puncture-resistant closable container)
- Never try to reuse the pen

A line drawing of a man with short hair, wearing a white t-shirt and purple trousers, giving a thumbs up. To his left is a small, blue, stick-figure-like character with a long body and a flat top, also giving a thumbs up. The background has some light blue dots in the top left and green shapes in the bottom left.

**Thanks for taking the  
time to join me.**

**I hope this information is useful on your own  
journey through plaque psoriasis and life.**

**Stay positive and never be afraid  
to share how you feel or  
ask for help!**

#### **Reporting side effects**

If you get side effects with any medication you are taking, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the information leaflet that comes in the pack. You can report side effects via the Yellow Card Scheme at [yellowcard.mhra.gov.uk](http://yellowcard.mhra.gov.uk) (UK).

By reporting side effects you can help provide more information on the safety of your medication.

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 **NOVARTIS**