

Cosentyx[®] (secukinumab) Patient Pack: **Ankylosing spondylitis**



This pack is intended for patients who have been prescribed Cosentyx for their ankylosing spondylitis.
The content of this patient pack has been developed and funded by Novartis Pharmaceuticals UK Ltd.

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Welcome to Your Cosentyx

You have been signed up to **Your Cosentyx** because you have been prescribed Cosentyx to treat your ankylosing spondylitis.

Your Cosentyx is a personalised service, designed to support you while taking your medicine, which includes:



- **This patient pack**
Contains everything you need to get going with your medicine and to help you get the most out of your treatment



- **Your Homecare**
You will get Cosentyx autoinjector pens delivered straight to your door, and a home visit from a Homecare nurse



- **Your Homecare support line**
A support line for arranging your medicine deliveries and Homecare nurse visit

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 via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard. Side effects may also be reported to Novartis on 01276 698370 or via medinfo.uk@novartis.com. By reporting side effects you can help provide more information on the safety of this medicine.



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Your Cosentyx journey

Your ankylosing spondylitis

Whatever your experience with treatments, the information in this chapter will help you to better understand your condition, what causes it and how it can be treated.

Your medication

This chapter explains what you need to know as you get started with your medication.

Your injections

This step-by-step guide will take you through how to administer your medicine correctly.

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Your wellbeing

Living with a long-term condition and managing both your treatment and day-to-day life can be a challenge. The helpful hints and advice in this chapter will help you stay relaxed and in control.

Your travel plans

This chapter contains tips for travelling with your medicine.

Your sources of support

Staying on top of your condition can be easier when you know about resources available to help you. 'Your sources of support' shows you where you can go for more information about your treatment and living with ankylosing spondylitis.

Frequently asked questions

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Your treatment journey



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Homecare Provider

You don't need to do anything!
You'll hear from us within 48 hours to arrange your first delivery and nurse visit at a time that suits you.

We'll explain how to store your medicine.
We'll also run through the benefits of your support programme and make sure you have the **Your Homecare support line** number.

Your Homecare Support Line

Need to change a delivery or appointment? No problem, speak to a member of the **Your Homecare support line** team.

Patient Pack

We provide a wide range of information and resources along with the first delivery.
This will help you get the most from your medicine, whether you are at home or travelling.

Homecare Nurse

Your nurse will contact you to arrange your first dose (and they'll also call you when they are on their way).
The nurse will help you get the right injection technique, answer any questions and ensure you have all the resources you need (this **Cosentyx patient pack**).
Up to two follow-up visits are available if you need them.

01

Registration

You opted to be registered when you were initially prescribed Cosentyx, giving you the option to benefit from the support service.

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Medication Delivery

We can work with you to deliver at a convenient time to your verified address, where someone can put your medicine in the fridge. Delivery times can be changed via **Your Homecare support line** to fit around you.
With your first delivery, you'll also receive this **patient pack** complete with sharps bin and alcohol swabs.

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Reminders

If you want, you will always be reminded about treatment day or appointment.
Choose from text, email or phone call.

Your Homecare

Your Homecare is intended to make your treatment as convenient for you as possible. The service includes:

Deliveries

You will have your Cosentyx autoinjector pens delivered at a time and appropriate address that suits you. This is important because your medicine needs to be kept cool in a fridge, between 2°C and 8°C (see the **Your medication** chapter for more information about how to store your medicine).

If someone else is receiving your delivery for you, you should let them know that they will need to sign for it and then store it as explained above.

Call **Your Homecare support line** to arrange your deliveries. We can deliver to your home, work or any other UK residential address.

On this call, you will be able to log your preference for text or email reminders. You can then receive a text or email confirming your delivery details.

If you need to change a delivery time or location, you will need to call the **Your Homecare support line**.

Nurse visit

Before you begin using your medication, you will have a visit from a Homecare nurse. This will give you a chance to ask any questions you have about your medicine and make sure you are completely comfortable with the self-injection technique.

Your Homecare support

If you need to change the times of your medicine deliveries or nurse visits, you can call the **Your Homecare support line**.



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Your ankylosing spondylitis

A guide to your condition

If you've had ankylosing spondylitis for a while, you may already know a lot about the condition. However, if there are aspects of ankylosing spondylitis that you're not sure about, learning more could help you to feel more in control of your condition.

The information provided in this booklet is not intended to replace conversations with your doctor, but could help improve your understanding of ankylosing spondylitis so that you can make the most of those conversations.

What is ankylosing spondylitis?

Ankylosing spondylitis is an inflammatory disease that makes joints in the spine and other areas of the body swollen, stiff and painful.



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About ankylosing spondylitis

Who is affected by ankylosing spondylitis?

The condition usually develops between the ages of 17 and 35 and tends to affect more men than women.

Impact of ankylosing spondylitis

Ankylosing spondylitis tends to develop gradually, usually over several months or years, and may come and go over time. Symptoms usually start in the joints between the spine and pelvis, but may spread up towards the neck.

Some people may also develop problems in other joints or different parts of their body.

What causes ankylosing spondylitis?

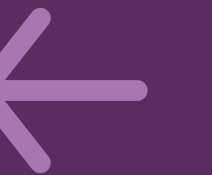
In ankylosing spondylitis, the immune system (the body's defence against infection and illness) becomes overactive and mistakenly produces an immune response against your own healthy cells. This results in inflammation in the spine, as well as in other joints.

Ankylosing spondylitis can run in families but the exact cause is not currently known.

Most people with ankylosing spondylitis have a gene (a small section of DNA that contains the instructions for a specific molecule) known as HLA-B27. However, having this gene does not mean you will definitely get ankylosing spondylitis.



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What are the symptoms of ankylosing spondylitis?

The most common symptoms are back pain and stiffness:

- This pain and stiffness gets better with activity but does not improve, or gets worse, with rest
- These symptoms are worse in the morning and at night
- Some people may feel pain around the buttocks

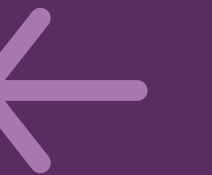
Other symptoms include:

- Pain and swelling in other joints
- Swollen fingers or toes
- Chest pain or tightness
- Heel pain
- Extreme tiredness (fatigue)
- Painful, red eyes (uveitis)

Some people may also develop problems in other joints or different parts of their body, including their heart or lungs, although these are rare.



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Your medication

A guide to your treatment, how to use it and what to be aware of during treatment

You have been prescribed this medicine to treat your ankylosing spondylitis.

In this chapter you will find details of where you can find important information that you will need to be aware of before you start your treatment, and information on how to use and store your medicine.

What you need to know before you use your medicine

The patient information leaflet that comes with your medicine contains important information that you should read carefully before you start treatment and keep handy for future reference.

The information in the leaflet includes:

- What Cosentyx is used for
- When Cosentyx should not be used
- Warnings and precautions about Cosentyx
- Signs of infection and allergic reactions
- Using Cosentyx if you have (an)other condition(s)
- Dosing information
- Possible side effects of Cosentyx



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Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them.

Serious side effects

Stop using your medication and tell your doctor or seek medical help immediately if you get any of the following side effects.

Your doctor will decide if and when you may restart the treatment.

Possible serious infection – the signs may include:

- Fever, flu-like symptoms and night sweats
- Feeling tired or short of breath, or 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

For more information on possible side effects of Cosentyx, please refer to the patient information leaflet included with your medicine or speak to your doctor, pharmacist or nurse.

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 via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard. Side effects may also be reported to Novartis on 01276 698370 or via medinfo.uk@novartis.com. By reporting side effects you can help provide more information on the safety of this medicine.



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How to store your medication

Do not use this medicine:

- After the expiry date which is stated on the outer box or the label on the pen after 'EXP'
- If the liquid contains easily visible particles, is cloudy or is distinctly brown

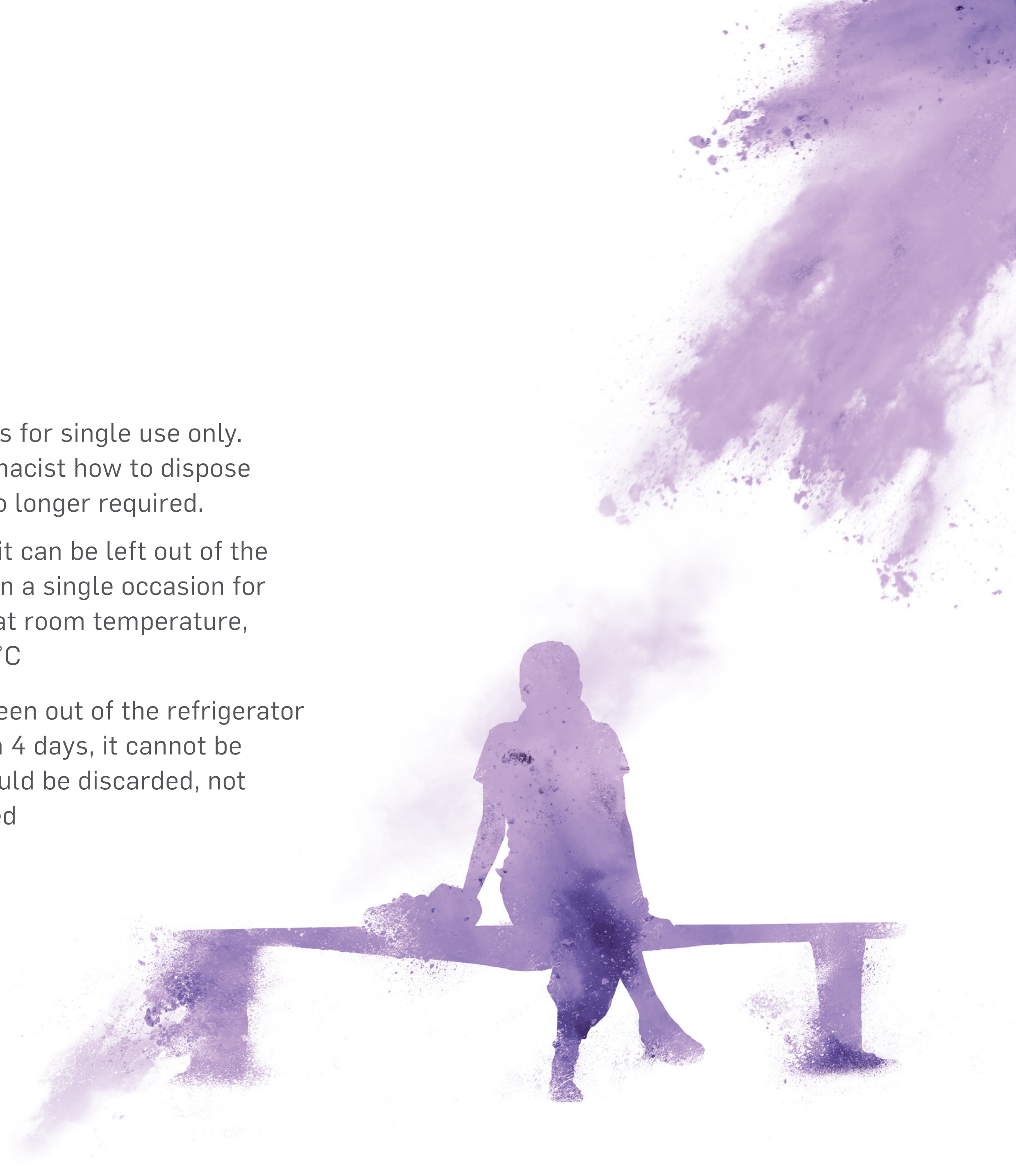
How to store this medicine:

- Store the pen sealed in its box to protect from light. Store in the refrigerator between 2°C and 8°C. Do not freeze. Do not shake

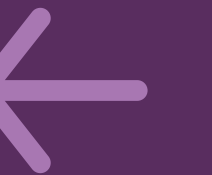
Keep this medicine out of the sight and reach of children.

This medicine is for single use only. Ask your pharmacist how to dispose of medicines no longer required.

- If necessary, it can be left out of the refrigerator on a single occasion for up to 4 days at room temperature, not above 30°C
- Once it has been out of the refrigerator for more than 4 days, it cannot be used and should be discarded, not re-refrigerated



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How to use your medication

Your doctor or rheumatologist (a doctor specialised in treating inflammatory conditions) will let you know how much you should take and for how long. Make sure you keep their treatment guidance safe so that you can refer to it in the future.

Your medication is given via injection under your skin (known as a subcutaneous injection). You and your doctor will decide if you should inject yourself.

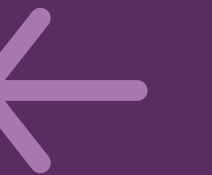
Always use this medicine exactly as your doctor has told you. Check with your doctor, nurse or pharmacist if you are not sure.

It is important not to try to inject yourself until you have been trained by your doctor, nurse or pharmacist. A caregiver may also give you your injection after adequate training.

For detailed instructions on the recommended dose, how to inject, and how to store your medication, see the patient information leaflet that came in the box with your medicine.



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How to use Cosentyx

If you use more medicine than you should

Or the dose has been administered sooner than was prescribed by your doctor, inform your doctor as soon as possible.

If you forget to use this medicine

Inject the next dose as soon as you remember. Then talk to your doctor to discuss when you should inject the next dose.

If you stop using this medicine

Your ankylosing spondylitis symptoms may come back.



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Your injections

A practical guide to administering your injections

You will have been prescribed either 150 mg or 300 mg. Check with your doctor if you are unsure.

If you are prescribed the 150 mg SensoReady[®] pen, please click here [to access the instructions](#) >



Scan the QR code to watch the SensoReady[®] pen video

If you are prescribed the 300 mg UnoReady[®] pen, please click here [to access the instructions](#) >



Scan the QR code to watch the UnoReady[®] pen video



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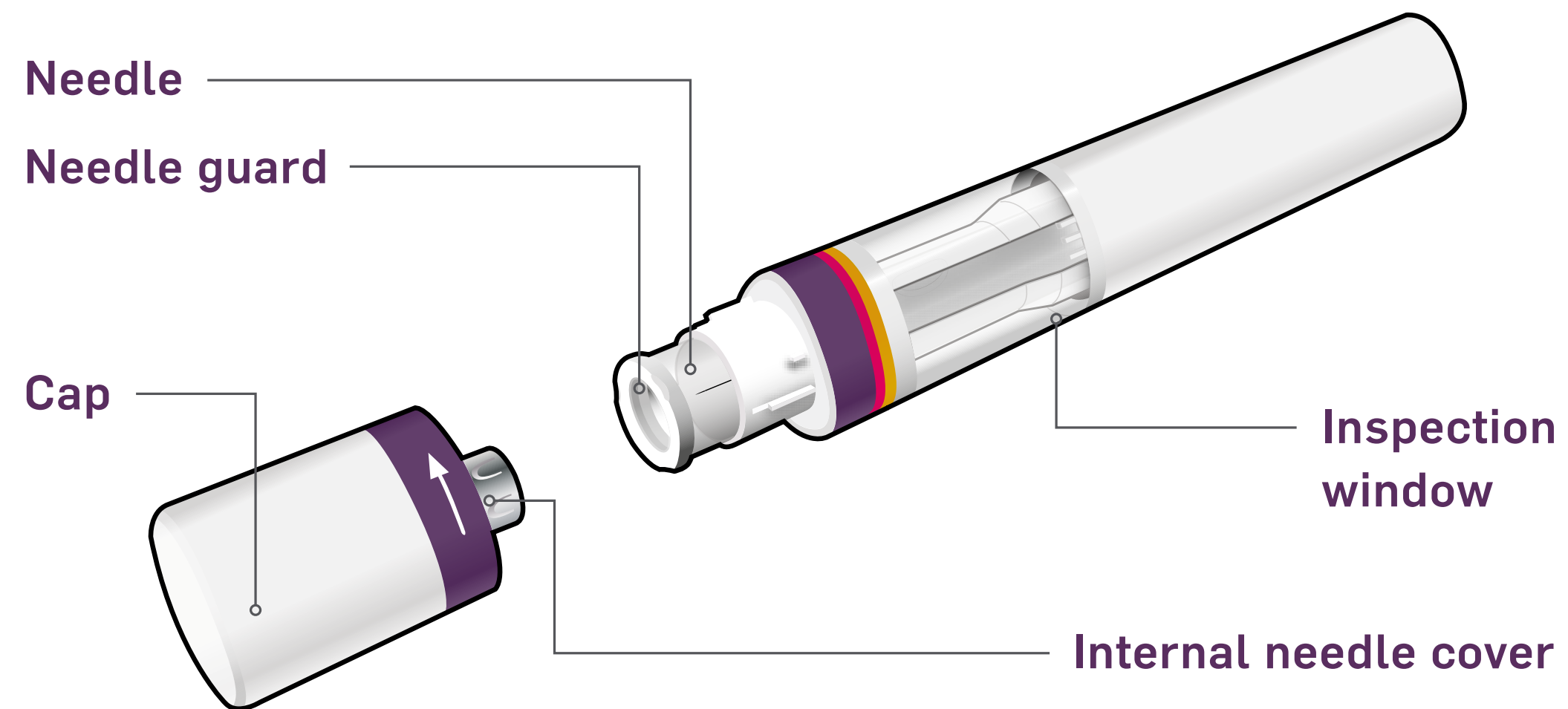
Your Cosentyx SensoReady[®] 150 mg pen



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

These instructions are to help you to inject correctly using the Cosentyx SensoReady[®] pen.

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



Cosentyx SensoReady[®] pen shown with the cap removed. **Do not remove the cap until you are ready to inject.**

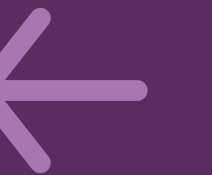
Store your boxed pen in a refrigerator between 2°C and 8°C and out of the reach of children.

For a more comfortable injection, take the pen out of the refrigerator 15–30 minutes before injecting to allow it to reach room temperature.

- **Do not freeze** the pen
- **Do not shake** the pen
- **Do not use the pen if it has been dropped** with the cap removed



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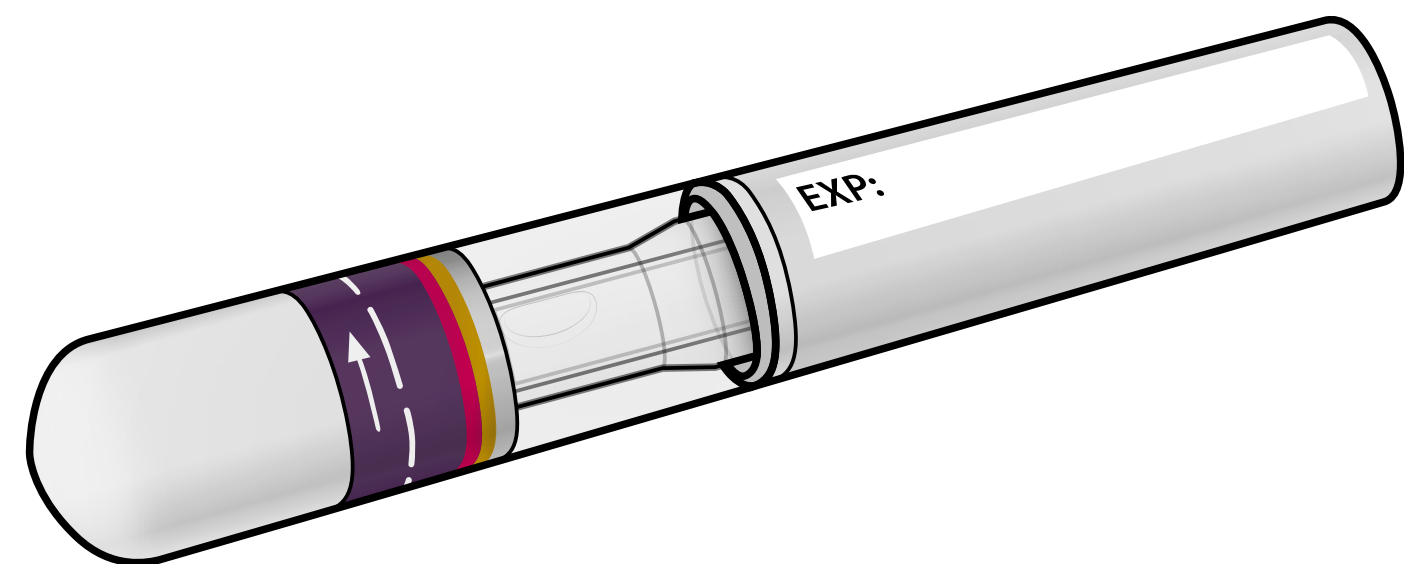
Your Cosentyx SensoReady[®] 150 mg pen

What you need for your injection:



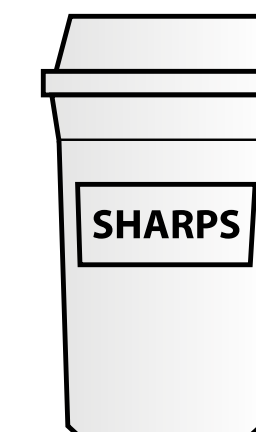
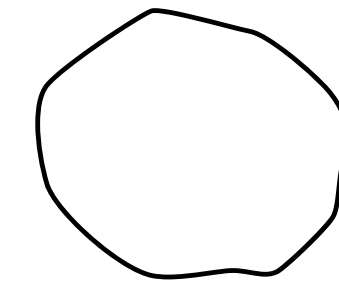
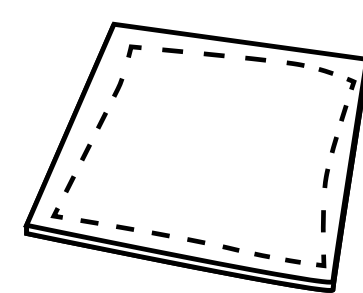
Included in the carton:

- A new and unused Cosentyx SensoReady[®] pen



Not included in the carton:

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



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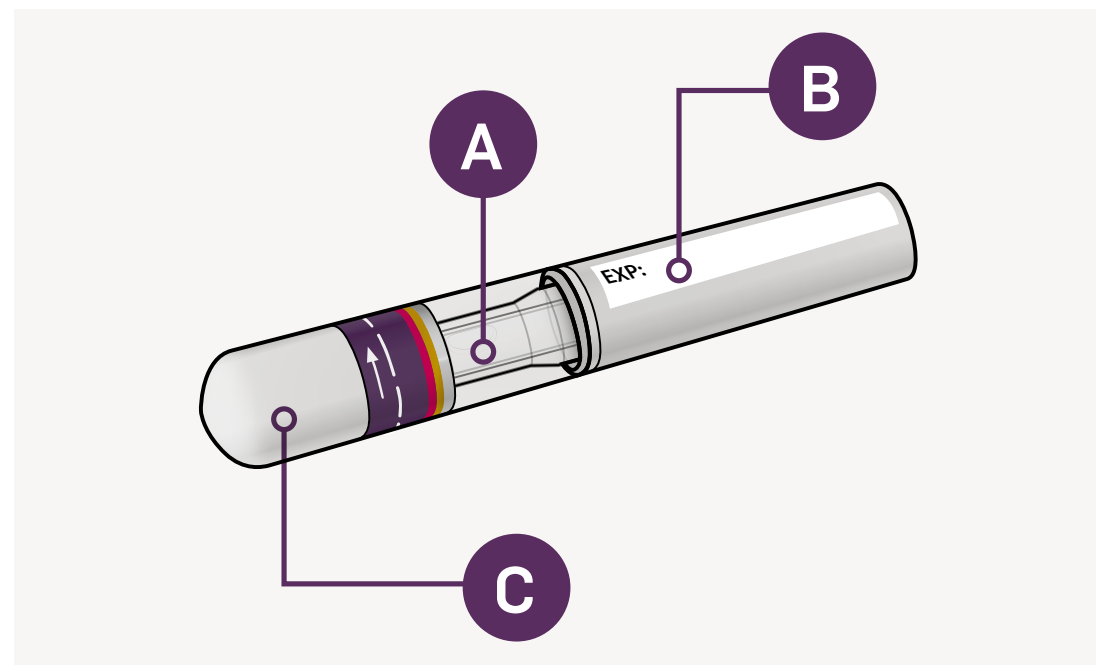
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Before your injection

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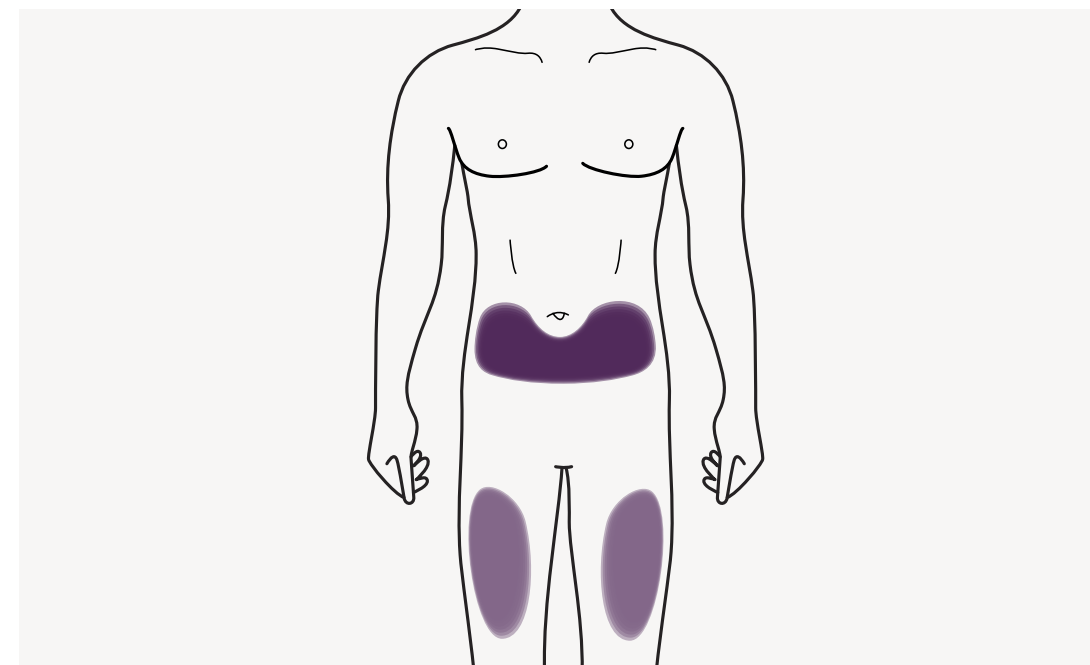
Important safety checks before you inject:

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.

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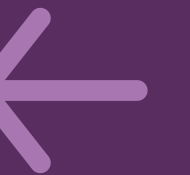


Choose your injection site:

- 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



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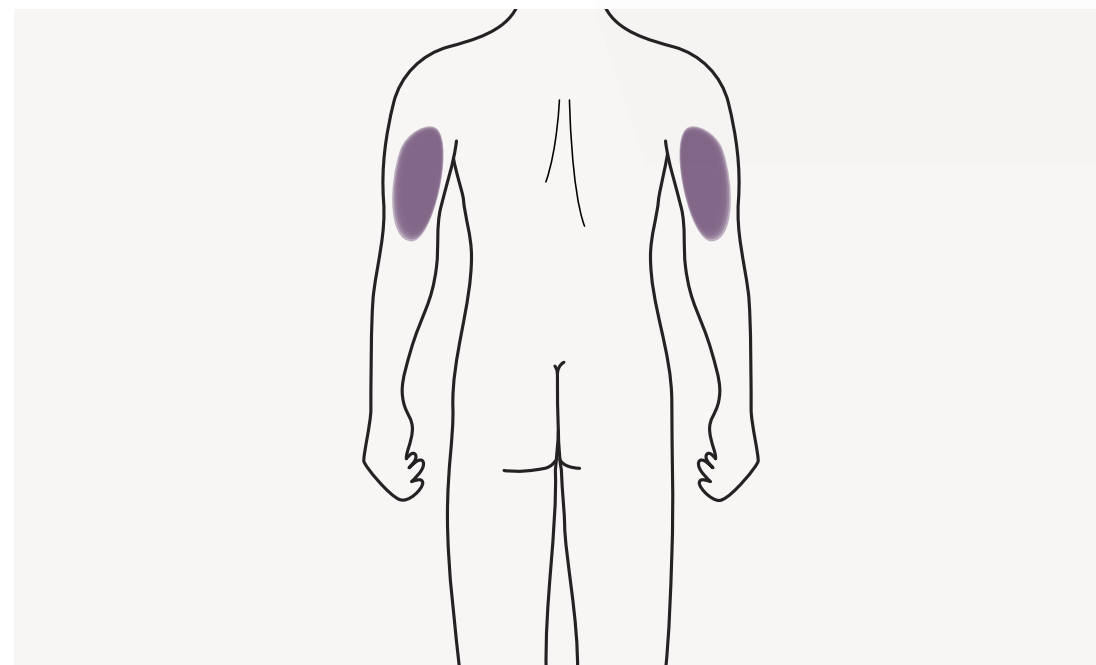
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Before your injection

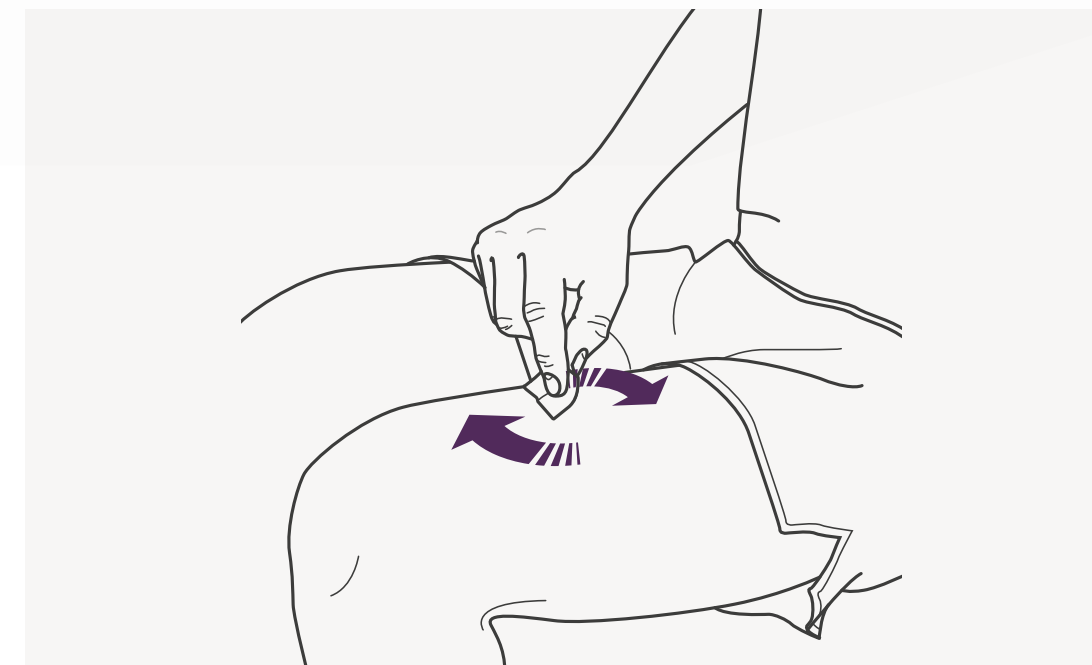
2b



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

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Cleaning your injection site:

- Wash your hands 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



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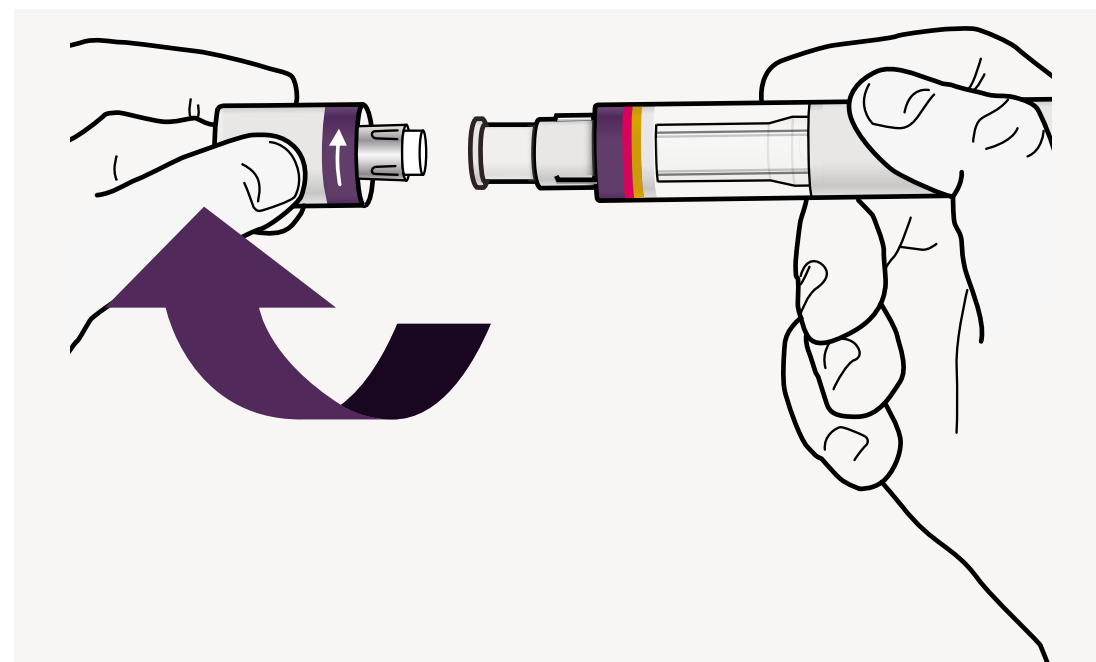
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Your injection

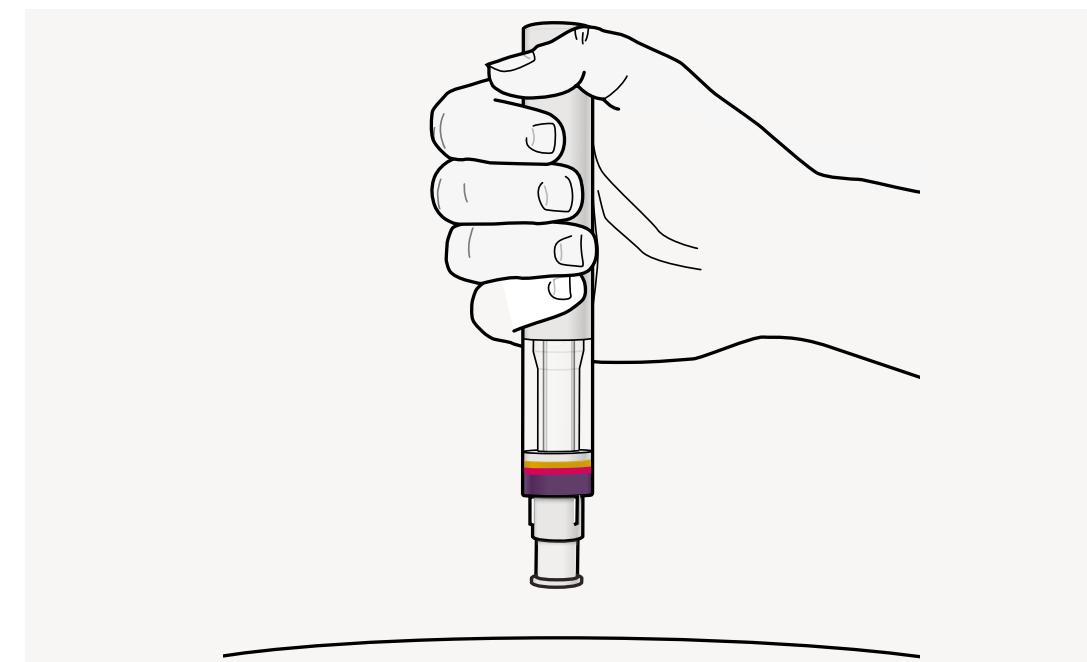
4



Removing the cap:

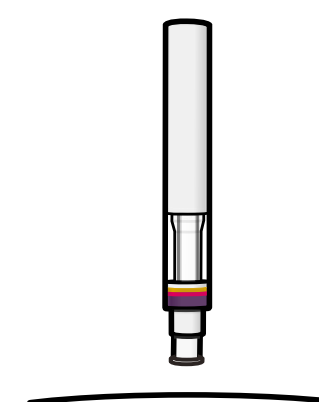
- Only remove the cap when you are ready to use the pen
- Twist off the cap in the direction of the arrows
- Once removed, throw away the cap. Do not try to re-attach the cap
- Use the pen within 5 minutes of removing the cap

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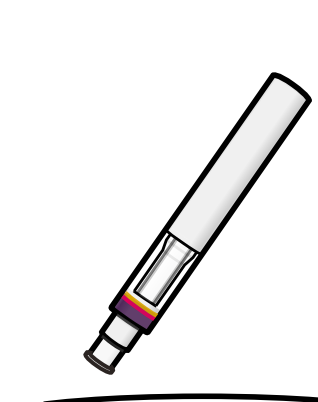


Holding your SensoReady® pen:

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



Correct



Incorrect



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Your injection



You must read this before injecting.

During the injection you will hear **two loud clicks**.

The **first click** indicates that the injection has started. Several seconds later a **second click** will indicate that the injection is **almost** finished.

You must keep holding the pen firmly against your skin until you see a **green indicator** fill the window and stop moving.



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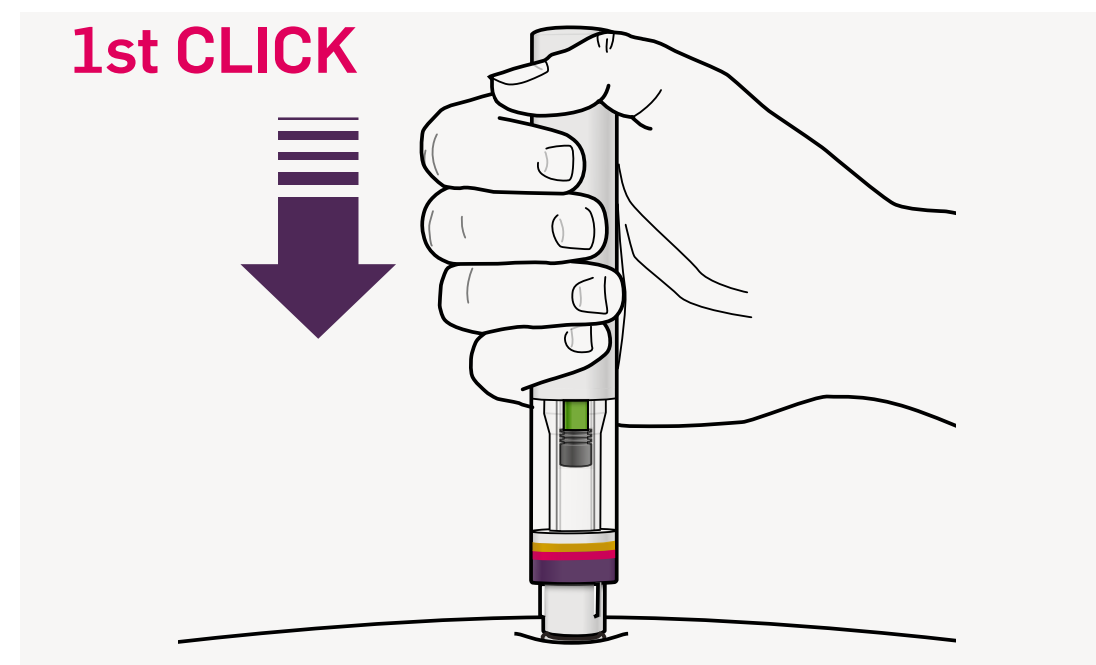
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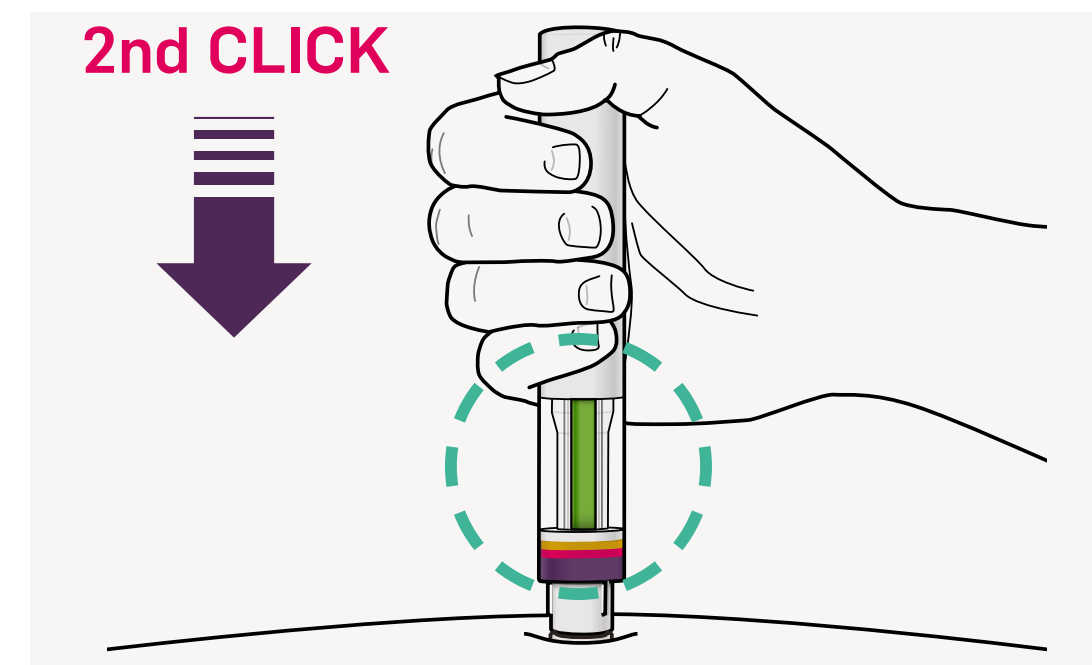
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Starting your injection:

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

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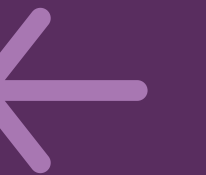


Completing your injection:

- Listen for the **second 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



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After your injection

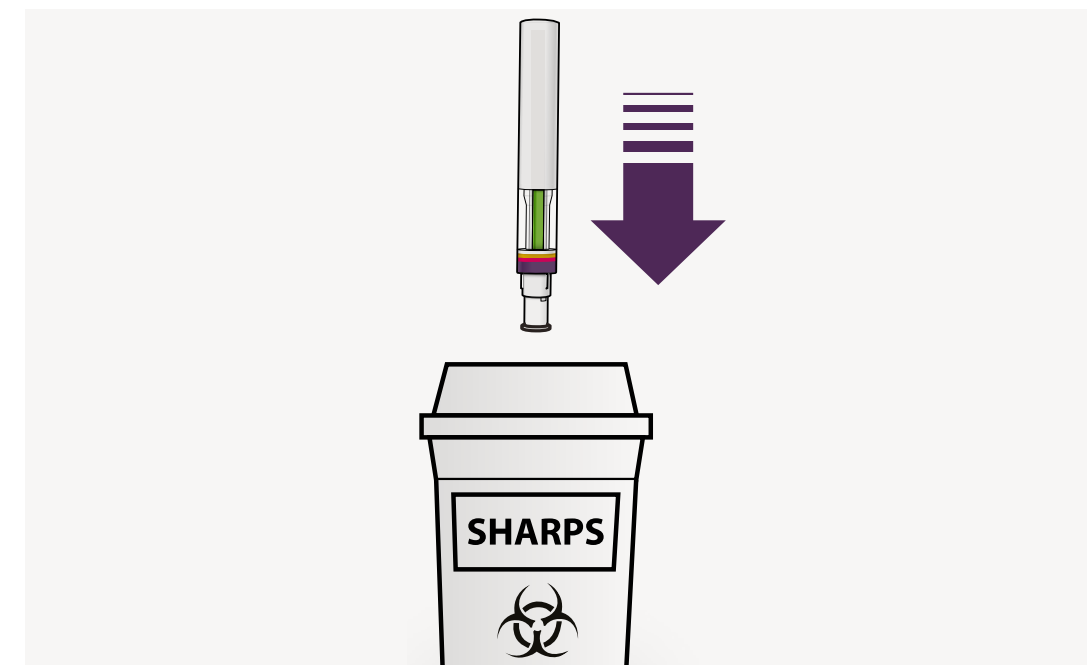
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Check the green indicator fills the window:

- 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

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Disposing of your SensoReady® pen:

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

Remember:

- Take care to inject in an area different from your first injection



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Your Cosentyx UnoReady[®] 300 mg pen



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

These instructions are to help you to inject correctly using the Cosentyx UnoReady[®] pen.

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



Cosentyx UnoReady[®] pen shown with the cap removed. **Do not remove the cap until you are ready to inject.**

Keep the Cosentyx UnoReady[®] pen in the sealed outer carton until you are ready to use it, to protect it from light.

Store your boxed pen in a refrigerator between 2°C and 8°C and out of the reach of children.

Take the pen out of the refrigerator 30–45 minutes before injecting to allow it to reach room temperature.

- **Do not freeze** the pen
- **Do not shake** the pen
- **Do not use the pen if it has been dropped** with the cap removed



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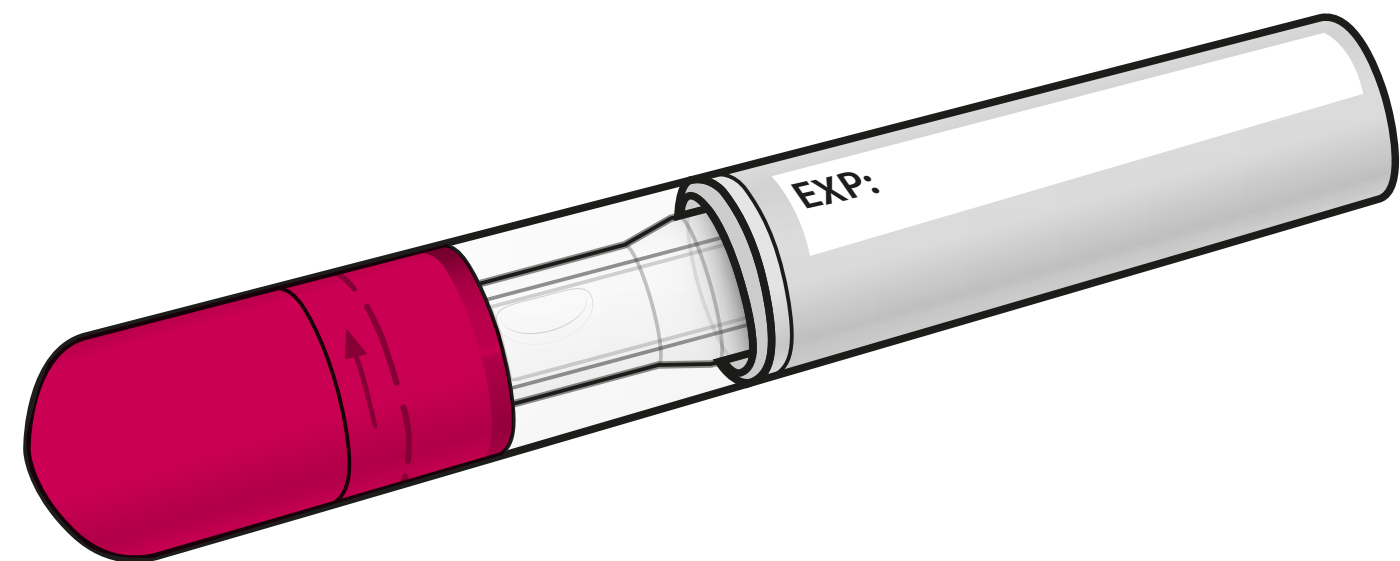
Your Cosentyx UnoReady[®] 300 mg pen

What you need for your injection:



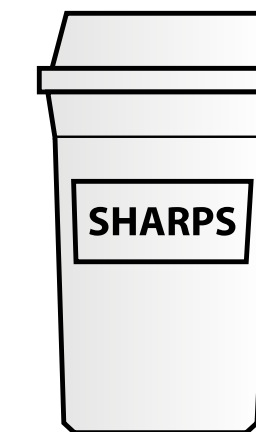
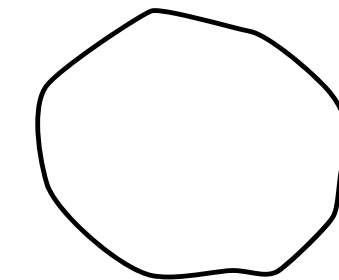
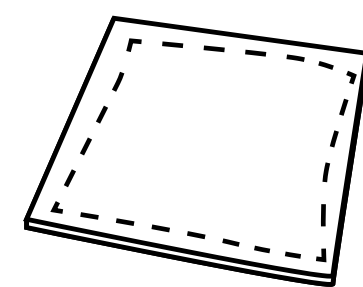
Included in the carton:

- 1 x 300 mg dose Cosentyx UnoReady[®] 300 mg pen

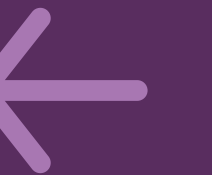


Not included in the carton:

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



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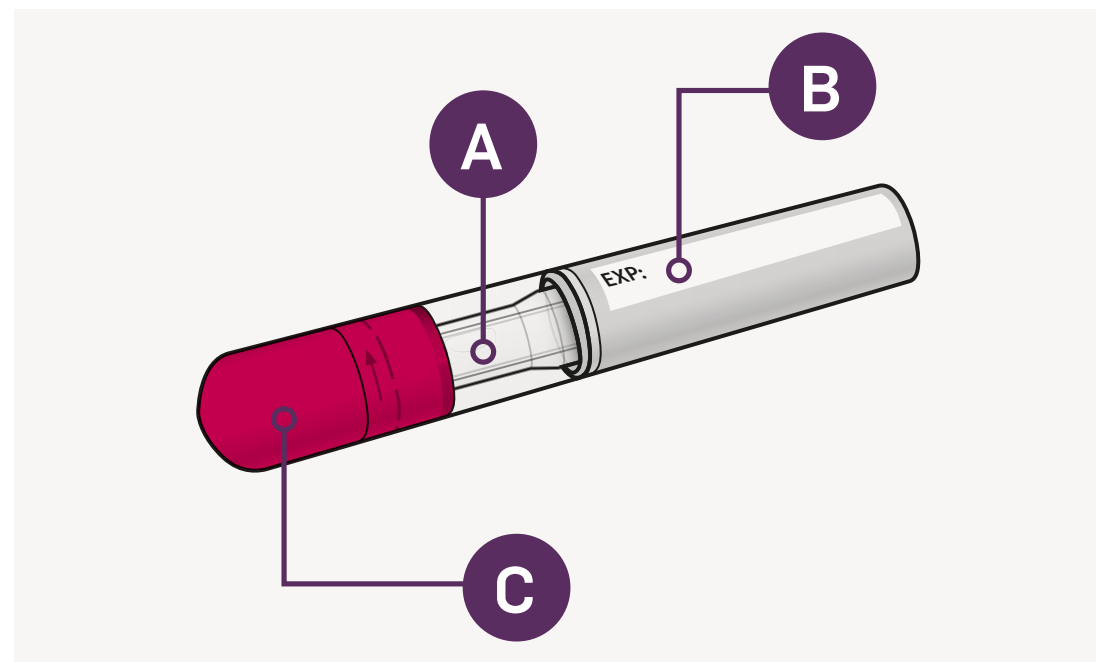
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Before your injection

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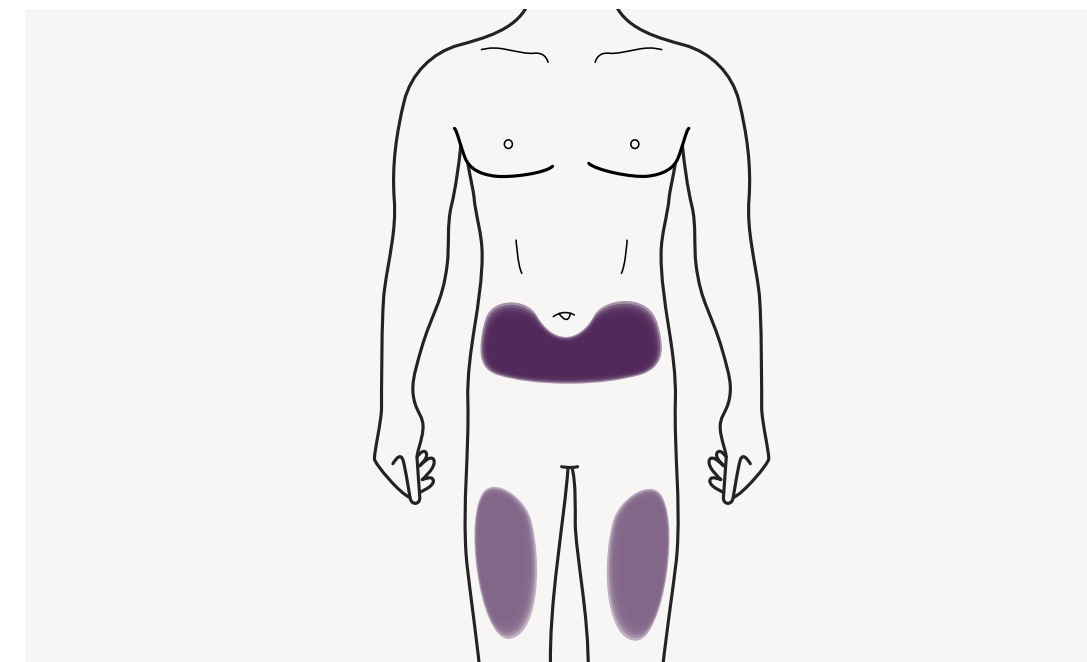


Important safety checks before you inject:

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
 - D.** Check that the pen contains the correct medicine and dose.
- Contact your pharmacist if the pen fails any of these checks.

2a



Choose your 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



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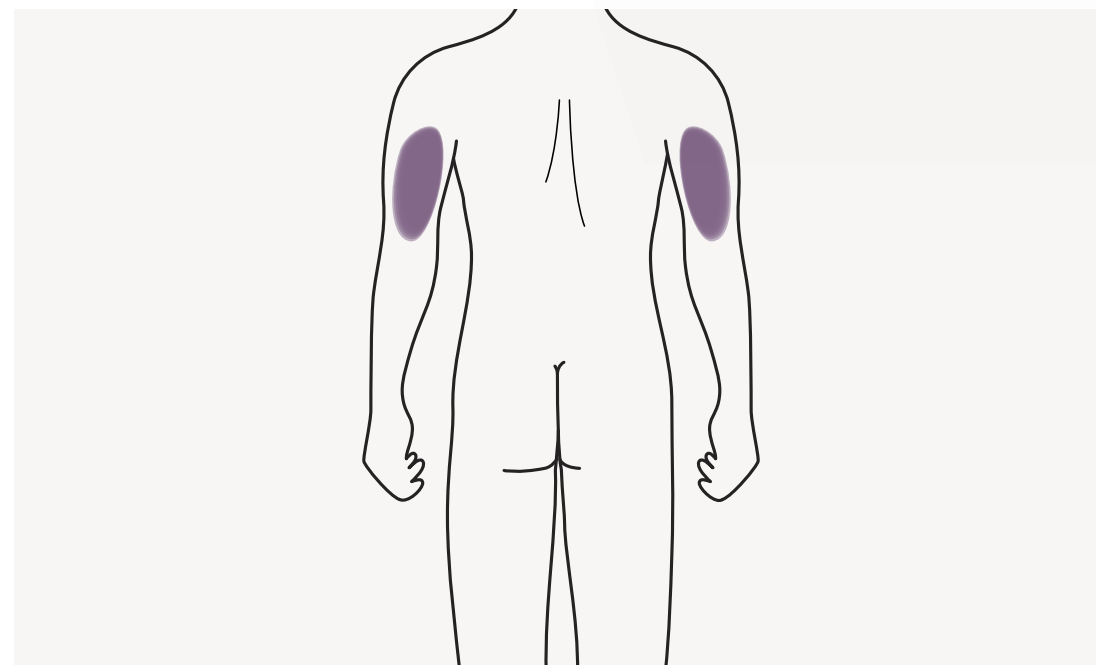
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Before your injection

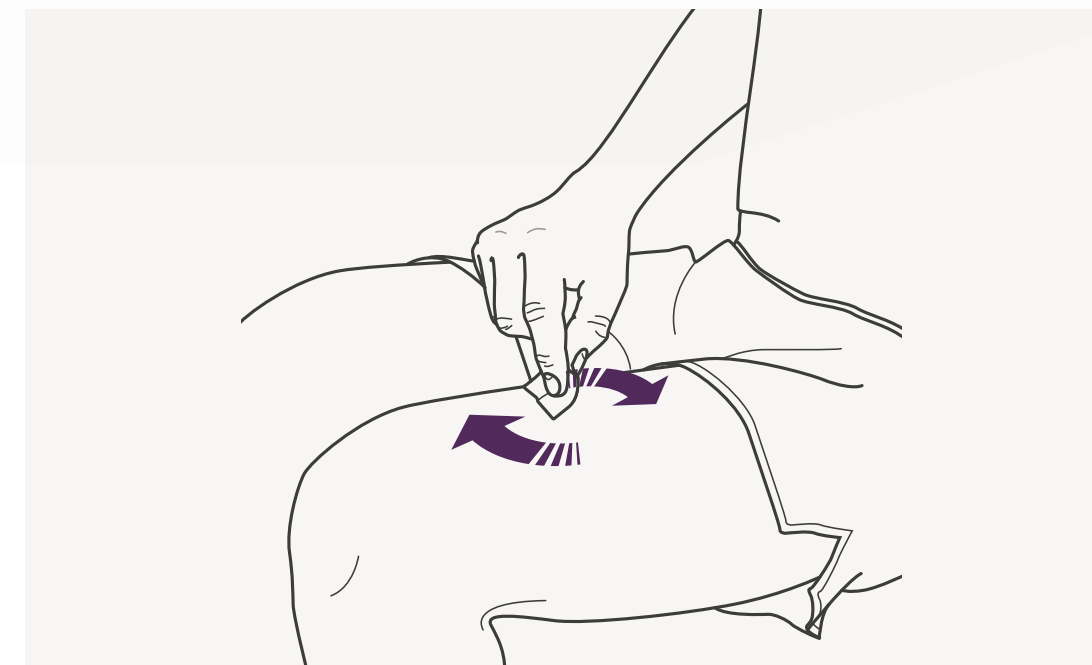
2b



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

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Cleaning your injection site:

- Wash your hands 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



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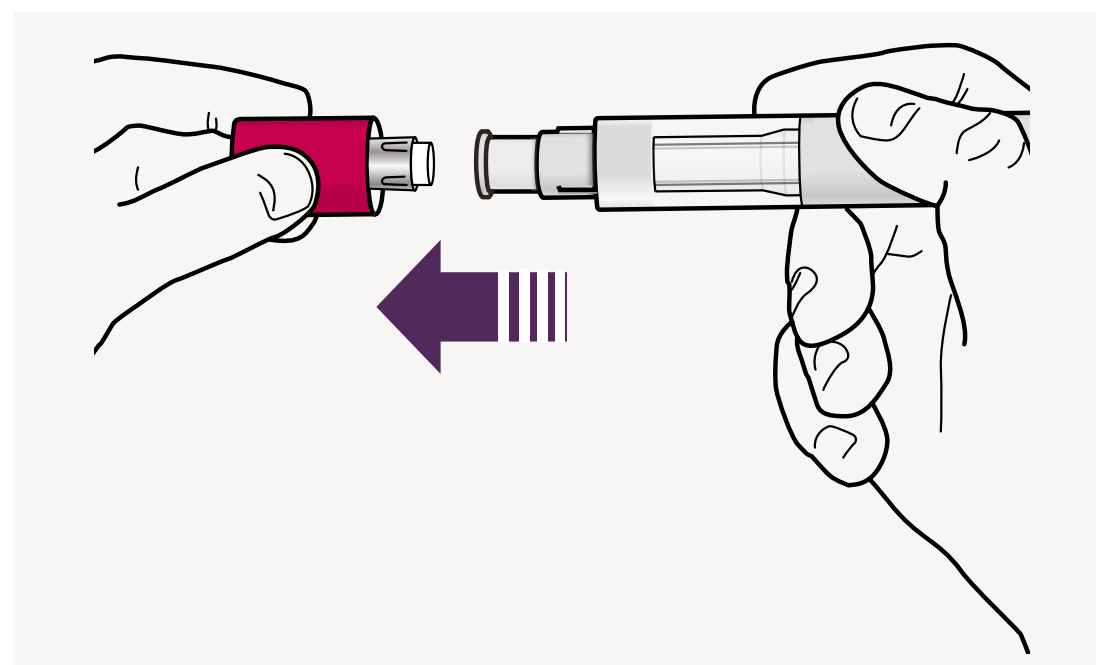
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Your injection

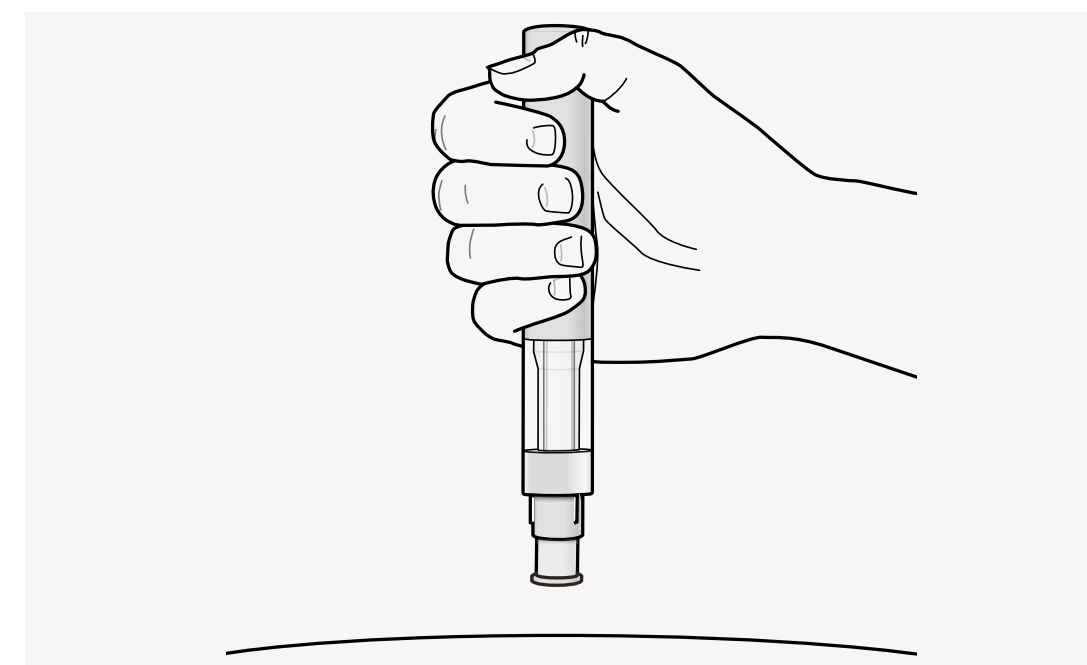
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Removing the cap:

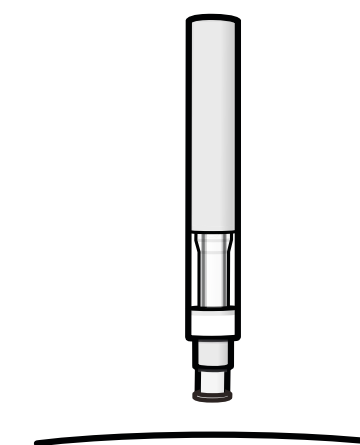
- Only remove the cap when you are ready to use the pen
- Pull off the cap in the direction of the arrow
- Once removed, throw away the cap. Do not try to re-attach the cap
- Use the pen within 5 minutes of removing the cap

5

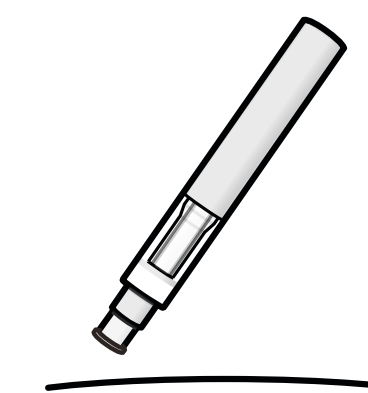


Holding your UnoReady® pen:

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



Correct



Incorrect



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Your injection



You must read this before injecting.

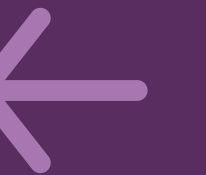
During the injection you will hear **two clicks**.

The **first click** indicates that the injection has started. Several seconds later a **second click** will indicate that the injection is **almost** finished.

You must keep holding the pen firmly against your skin until you see a **green indicator with a grey tip** fill the window and stop moving.



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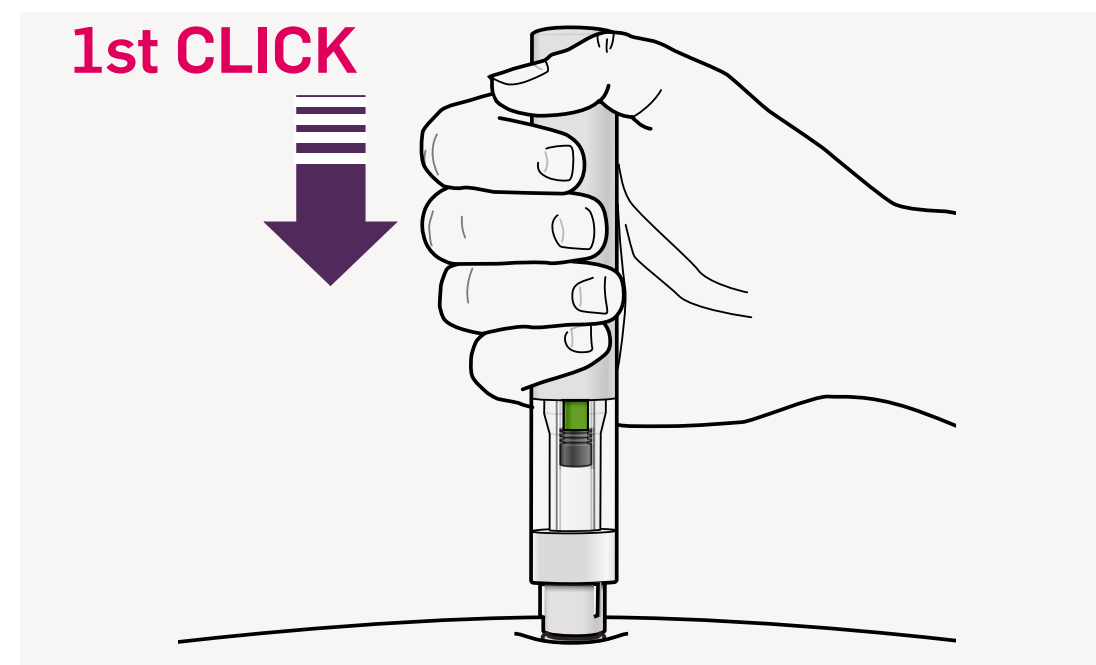
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Your injection

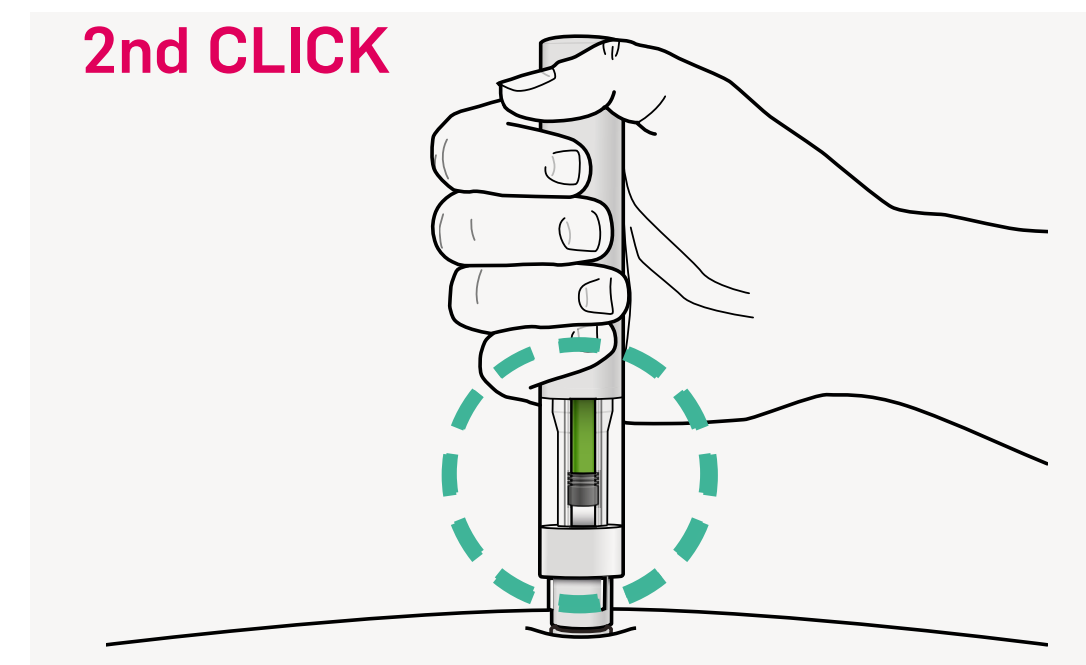
6



Starting your injection:

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

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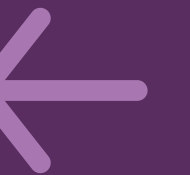


Completing your injection:

- Listen for the **second 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



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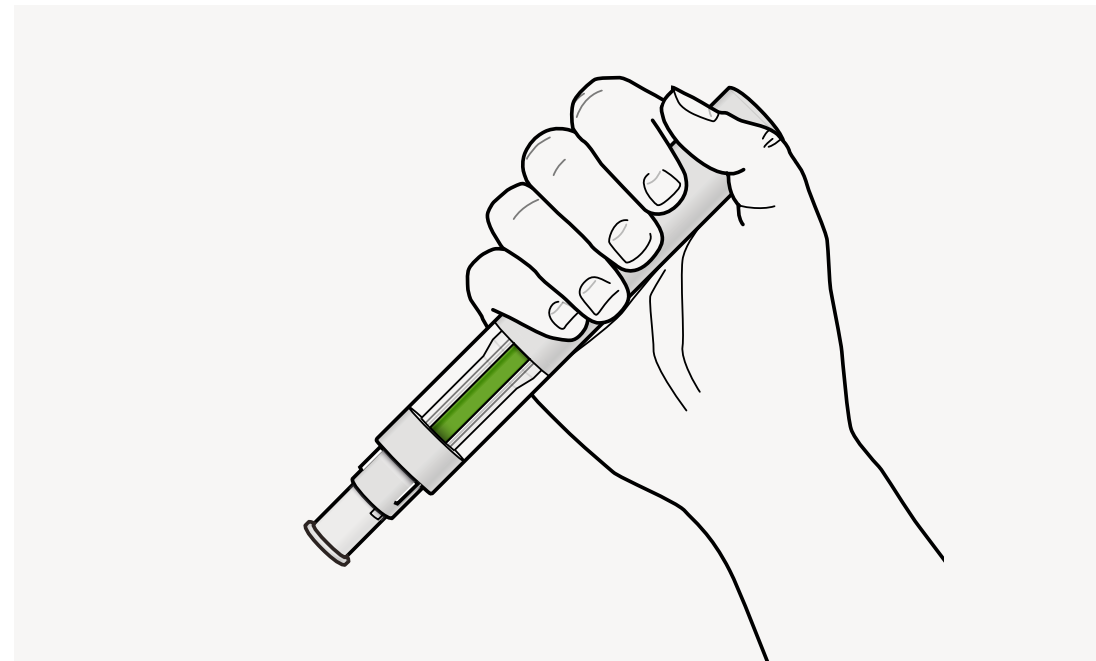
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After your injection

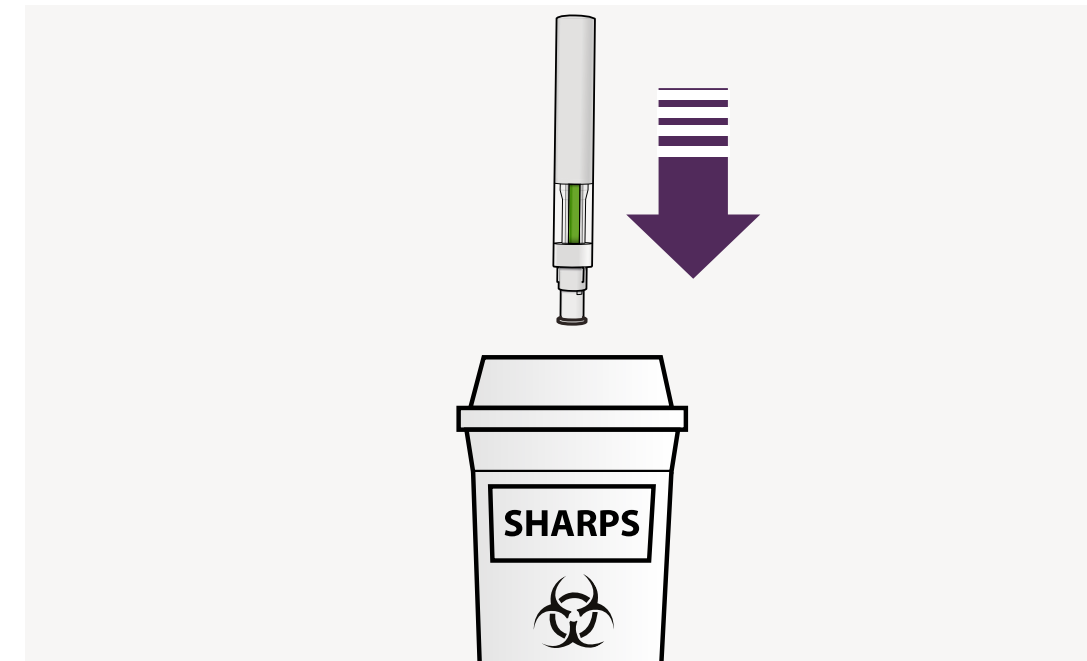
8



Check the green indicator with the grey tip fills the window:

- This means the medicine has been delivered. Contact your doctor if the green indicator with the grey tip 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

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Disposing of your UnoReady® pen:

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

Remember:

- Take care to inject in an area different from your first injection



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Your wellbeing

Tips to help with reducing the impact of your condition on everyday life

Living with ankylosing spondylitis

Like any long-term condition, ankylosing spondylitis can have a significant impact on your everyday life. Treatment can help reduce the effects of the disease, but there are also simple things you can do to help you manage your condition and improve your wellbeing.

This chapter contains hints and tips that may reduce the impact of ankylosing spondylitis on your life.



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Tips for a healthy lifestyle

Weight

People with inflammatory conditions such as ankylosing spondylitis are at increased risk of developing heart disease, so maintaining a healthy weight is vital.

It's also important to avoid being overweight to prevent extra strain on your spine and other joints.

Diet

A healthy diet is always a good idea, especially in people with a long-term condition such as ankylosing spondylitis.

For a healthy, balanced diet:

- Eat plenty of fruit and vegetables
- Eat wholegrain cereals
- Eat low fat dairy products

- Choose lean meats and poultry without skin where possible
- Try to eat fish at least twice a week
- Cut down on foods and drinks containing added sugars
- Avoid pre-packaged convenience food and fast food
- Keep an eye on your portion size

It may be useful to keep a food diary to identify places where you could make healthier choices.

- People with ankylosing spondylitis have an increased risk of osteoporosis. Make sure you get enough calcium and vitamin D

Always speak to your doctor before you try any special diets or supplements.

Alcohol

Excessive amounts of alcohol can interfere with your response to treatment, so try and limit how much alcohol you drink.

Smoking

There is increasing evidence that smoking can make ankylosing spondylitis worse. If you smoke, consider cutting down or stopping completely – talk to your doctor or nurse for help with quitting.



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Tips for a healthy lifestyle

Exercise

Exercise can be particularly beneficial if you have ankylosing spondylitis:

- Reduces pain and stiffness
- Improves flexibility and range of movement
- Improves posture
- Improves mood, energy and sleep quality
- Maintains a healthy weight
- Reduces your risk of cardiovascular disease

People with ankylosing spondylitis can enjoy many types of exercise, including:

- Stretching – can improve strength and flexibility
- Walking – builds strength and maintains joint flexibility
- Cycling – a good, low impact option
- Swimming – a low impact option that helps build strength and ease stiffness
- Yoga or tai chi – can help with posture and flexibility

You should avoid contact sports and high impact exercises because these cause extra joint stress and increase the likelihood of fractures.

Too much exercise can make pain worse, so start slowly and build up your exercises over time.

Many people with ankylosing spondylitis find physiotherapy and hydrotherapy very beneficial. You may want to ask your doctor about these services.

Talk to your doctor or physiotherapist before you start a new exercise regime. They will be able to help you plan an exercise programme that is suitable.



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Tips for everyday life

Posture

Ankylosing spondylitis can cause bones in the spine to fuse together, leading to a hunched posture. It's therefore very important to pay special attention to your posture to help keep your spine flexible.

Avoid slouching in your chair, leaning over a desk, or walking with your shoulders hunched. Your physiotherapist can give you further advice on how to maintain a good posture and can suggest daily posture-training exercises for you to practise at home.

Footwear

Ankylosing spondylitis may affect your heels and feet. In these cases, you may benefit from custom-made insoles (orthotics). These can help with aligning your lower limbs and relieving pain in the hips, pelvis or lower back. Your doctor will refer you to a podiatrist if insoles are a good option for you.

Gel heel cushions may be enough to ease discomfort. These can be found in your local chemist or sports shop.



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Tips for everyday life

Sleep and fatigue

Ankylosing spondylitis can make you feel more tired than usual: night-time pain can make it hard to fall asleep and wake you up at night.

There are things you can do to give yourself the best chance of sleeping well.

Do:

- Keep your bedtime routine the same every day
- Make sure your bedroom is dark, quiet and at a comfortable temperature
- Avoid eating or drinking large amounts just before bedtime
- Try a warm bath before you go to bed to help ease stiff or painful joints
- Make sure your mattress is supportive but not too hard
- Try to use as few pillows as possible so that your neck stays in a good position

Don't:

- Use your bedroom for activities like watching TV, working or eating
- Sleep during the day
- Eat/drink caffeinated products after midday
- Drink alcohol if you experience serious sleep disturbance
- Smoke before bedtime or during the night

If you have problems with sleep that do not go away, speak to your doctor. They can offer more advice and may prescribe medication if you need it.



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Tips for everyday life

Reducing stress

Learning to cope with stress is especially important if you have a long-term condition like ankylosing spondylitis.

The following advice could help:

- Try to identify and reduce the impact of situations that you find stressful
- If you realise you're feeling stressed, take conscious steps to try and relax – techniques such as deep breathing, yoga or meditation, or simply taking a break, can all help to clear your mind and reduce anxiety
- Speak to your doctor about methods that could help you to manage stress

Relationships

- Your decision to discuss your condition is down to you and what you feel comfortable with

- It can be really helpful to let your family, friends and/or partner know how you feel – especially if ankylosing spondylitis is getting you down. They may be able to offer you support
- If you are just starting a relationship, consider raising the subject of your condition with your partner sooner rather than later. This may help you feel more in control of the situation

Feeling down?

If you are feeling down, it's important to remember that you are not alone.

- Talk to your doctor if you are feeling down or depressed. They may be able to suggest things that you can do to help you start to feel better
- Why not ask your doctor about support groups which may help you manage your condition and feel more positive



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Tips for everyday life

Work

Most people with ankylosing spondylitis can continue with work, but some people may need to make adjustments.

If you have a physically demanding job, you may find it harder to continue work as normal, talk to your employer about adjustments that you could make to lessen the impact of your condition. People with moderate to severe ankylosing spondylitis which impacts on their ability to carry out normal daily activities are likely to be covered by the Equality Act.

When at work, it is important to remember to keep a good posture. If you sit for long periods of time, you should get up, stretch and move around regularly.

Your colleagues may not be aware of what ankylosing spondylitis is and it may help to explain to them how the condition affects you.

Getting the most out of treatment

To get the most out of your ankylosing spondylitis treatment, it is important to take it as prescribed by your doctor.

Taking simple steps can help you integrate your treatment into your life, so it becomes part of your routine.

Enter reminders into your phone or mark your doses on your calendar to remind you when a dose is due.

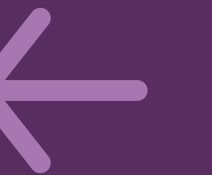
If you are worried that you will forget a dose, leave notes and reminders around the house where you will see them.

Plan ahead if you intend to go away. If you think you will need additional doses, speak to your doctor, nurse or pharmacist in advance so that they have plenty of time to order what you need.

Ask your physiotherapist for advice on simple exercises you can do at work.



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Your travel plans

A guide to managing your condition and treatment away from home

Travelling with your medication

Everyone likes the freedom of travel, but when you have a medicine to think about, it can take a bit of forward planning.

That's why this chapter includes tips on how to travel with your medicine and ensure it's stored properly while you're away. There is also a checklist of things to do before you go.

By planning ahead and ensuring you have everything you need, you can make sure your time away goes as smoothly as possible.

Quick facts

- While travelling, your medication should be kept cool – between 2°C and 8°C
- You should not freeze your medicine or use freezer packs
- If necessary, it can be left out of the refrigerator on a single occasion for up to 4 days at room temperature, not above 30°C
- Once it has been out of the refrigerator for more than 4 days, it cannot be used and should be discarded, not re-refrigerated



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Checklist

A few weeks before you travel

Request a copy of your prescription to confirm that you are travelling with the medication that has been prescribed for you

Talk to your doctor to arrange to take enough medicine with you for your trip

Check with your pharmacist that you have everything that you need to administer your treatment (such as cotton balls, alcohol swabs, etc.)

If you are going on a long-haul flight, speak with your airline to let them know you that you will need to store your medicine in the fridge on the plane (not the freezer) to make sure it is kept at the right temperature

Calculate when your next dose is due. Cosentyx can be left out of the refrigerator on a single occasion for up to 4 days at room temperature, not above 30°C. If your dose is due within 4 days of travel the Cosentyx does not need to be refrigerated or carried in a cool pack unless temperatures may go above 30°C.

Ring your place of accommodation to check that there is a refrigerator available for you to use

A couple of days before you travel

Put cotton balls or gauze, and alcohol swabs into your travel pack

– You will need these in addition to your Cosentyx autoinjector pen

Speak with your doctor or pharmacist about how to transport your medicine

Before you leave home

Make sure you have your letter from your doctor or a copy of your prescription

If you are flying, pack your medicine in your hand luggage as it may freeze in the luggage hold

At the airport

Let airport security know you are carrying injectable medication before they scan your bag

Keep your prescription and letter from your doctor handy



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Your sources of support

A guide to where you can go for more information about your treatment and living with ankylosing spondylitis

Staying on top of your condition can be easier when you know you are not doing it alone. Finding support from others who understand how you feel and what you are going through can also help you cope if you are finding things difficult. This chapter provides information on a range of groups and initiatives set up to help manage life with ankylosing spondylitis and its treatment.

Support group benefits

- Increase your self-confidence and reduce feelings of isolation
- Chance to talk with and learn from other people with first-hand experience of living with ankylosing spondylitis
- Opportunity to help others by sharing your experiences



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Support for you

Support groups

There are a number of national groups and initiatives that you could get involved with.

If you are not sure if there is a support group in your area, talk to your doctor or nurse to find out if one is available, or check notice boards in health centres and pharmacies. If you find there isn't a support group locally, you could think about starting one yourself.

You may find some useful information on the following websites*:

National Axial Spondyloarthritis Society (NASS) website[†]: www.nass.co.uk

Versus Arthritis website[†]:
www.versusarthritis.org

Established social media groups and communities may provide additional sources of online support and information.

Support with treatment

For medical advice or side effect questions

Talk to your doctor, pharmacist or nurse. This includes queries on any possible side effects not listed in the patient information leaflet that came in the Cosentyx box.

For prescription questions

Contact your doctor or pharmacist.

For Homecare service and delivery questions

Call the **Your Homecare support line** or email bionical.spa@nhs.net

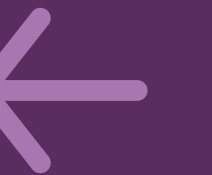
Please see the leaflet provided with your patient pack for details.

* These websites were accessed in December 2022.

† Novartis is not responsible for the content/information provided on this website.



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Frequently asked questions

How do I take my medication?

Cosentyx is given via an injection under your skin (subcutaneous injection). Injections are given using the Cosentyx SensoReady® or UnoReady® pens.

How long can I store my medication for?

Do not use the pen after the expiry date which is stated on the outer box or the label on the pen after 'EXP'.

Ask your pharmacist how to dispose of medicines that you no longer require.

What should I do if I notice that the liquid in my Cosentyx autoinjector pen is cloudy?

Do not use the Cosentyx autoinjector pen if the liquid contains easily visible particles, is cloudy or is distinctly brown.

What should I do if the Cosentyx autoinjector pen doesn't work?

If you think your pen is not working correctly or are unsure whether you have correctly injected using the pen, please contact your doctor or pharmacist.

What should I do with the Cosentyx autoinjector pen after I take my medication?

Dispose of the used pen in a sharps disposal container (i.e. a puncture-resistant closable container, or similar).

Never try to reuse your pen.

Do not throw away any medicines via waste water. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

What should I do if I use more medication than I should or administer a dose of medication before my scheduled injection date?

If you have injected more medication than you should or the dose has been administered sooner than according to your doctor's prescription, speak to your doctor as soon as possible.

What should I do if there is a spot of blood at the injection site?

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.



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Frequently asked questions

What should I do if I forget to inject my treatment?

If you have forgotten to inject a dose of medication, inject the next dose as soon as you remember. Then talk to your doctor to discuss when you should inject the next dose.

How long does treatment with Cosentyx last?

Your doctor will decide how much Cosentyx you need and for how long.

Cosentyx is for long-term treatment. Your doctor will regularly monitor your condition to check that the treatment is having the desired effect.

Can I take other medications while being treated with Cosentyx?

Tell your doctor or pharmacist:

- If you are taking, have recently taken or might take any other medicines
- If you are due to have a vaccination. You should not be given certain types of vaccines (live vaccines) while using Cosentyx

What should I do if I stop using my medication?

It is not dangerous to stop using Cosentyx. However, if you stop, your symptoms may come back.

If you have any further questions on the use of this medicine, ask your doctor, pharmacist or nurse.

If you have any other questions about your medication, please speak to your doctor, nurse or pharmacist.



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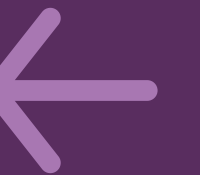


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Reporting of side effects

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 via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard. Side effects may also be reported to Novartis on 01276 698370 or via medinfo.uk@novartis.com. By reporting side effects you can help provide more information on the safety of this medicine.

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