

Starting your treatment journey with RINVOQ

A guide for rheumatology patients who have been prescribed RINVOQ



For more information and useful resources, visit www.rinvoq.com.au and enter the access code: **ASPIRE**



Why RINVOQ and why now?

Before now, you may have received other medicines for your inflammatory condition. However, you may not have responded adequately to them. Therefore, your doctor has decided to prescribe RINVOQ for your inflammatory condition.

This booklet contains additional information about your RINVOQ treatment and aims to answer questions you may have.

For more information and useful resources,
visit www.rinvoq.com.au and use the
access code **'ASPIRE'** to enter

This booklet is supplementary to the Consumer Medicine Information. Always refer to the Consumer Medicine Information before starting RINVOQ treatment. You can find this online at www.rinvoq.com.au or by scanning the QR code at the back of this booklet or on the product packaging. The RINVOQ website requires an access code to enter.

Speak to your healthcare professional if you have any queries about your treatment.

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Why RINVOQ?

RINVOQ is a medication used to treat the inflammatory conditions, rheumatoid arthritis (RA), psoriatic arthritis (PsA) and ankylosing spondylitis (AS).¹

You have been prescribed RINVOQ (otherwise known as upadacitinib) to treat your inflammatory condition. Before being given RINVOQ you may have been treated with other medicines. Your doctor or nurse will advise you which of these medicines you should continue to take with RINVOQ.²

What is RINVOQ?

RINVOQ is a 15mg dose, once-daily tablet that targets the underlying inflammation that can cause the signs and symptoms of your condition. These symptoms include:¹

RA – joint pain, tenderness, stiffness and swelling in your joints

PsA – pain, stiffness, swelling in and around joints, pain and stiffness in your spine, psoriatic skin rash and tiredness

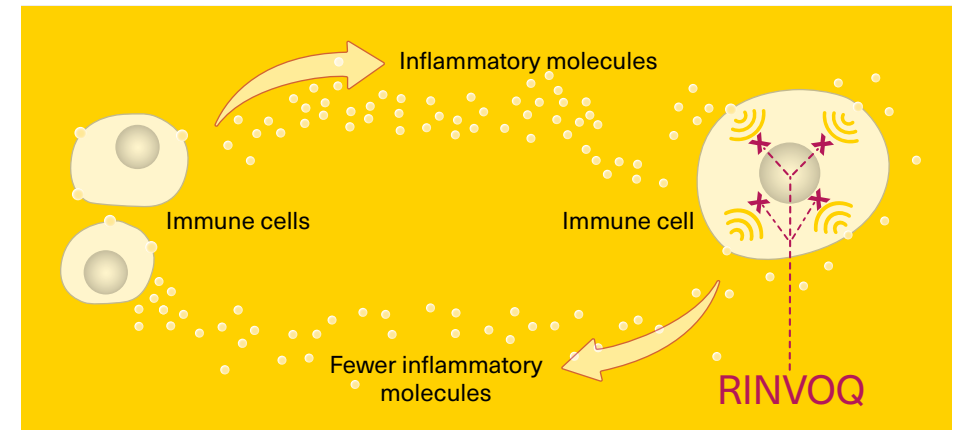
AS – back pain including night back pain, stiffness and inflammation in your spine.



Remember, your healthcare team are here to help. This could be your GP, pharmacist, nurse or rheumatologist. You can also get support from your family or friends if you're feeling like you need somebody to talk to.

How does RINVOQ work?

RINVOQ contains the active ingredient upadacitinib, which is a Janus Kinase (JAK) inhibitor. JAK enzymes create signals in the body's immune system that result in inflammation. RINVOQ works to block these signals, thereby reducing inflammation and the production of immune cells within the body.¹



How can RINVOQ help me?

By reducing the activity of Janus Kinase, RINVOQ can help to reduce:¹

RA	PsA	AS
<ul style="list-style-type: none"> Joint pain & tenderness Stiffness in your joints Swelling in your joints 	<ul style="list-style-type: none"> Pain Stiffness Swelling in and around your joints Pain and stiffness in your spine Psoriatic skin rash Tiredness Slow down damage to the bone and cartilage 	<ul style="list-style-type: none"> Back pain including night back pain Stiffness and inflammation in your spine

Inflammatory conditions are chronic conditions, so to help control your symptoms, you should take RINVOQ once daily, as prescribed by your doctor.²

Things you should know before taking RINVOQ

Do not take RINVOQ:^{1,2}

- ✗ If you are already using a biological medicine that lowers your immune system, including etanercept or adalimumab
- ✗ If you are taking another medicine used to strongly suppress your immune system including azathioprine, cyclosporine and tacrolimus
- ✗ If you are allergic to any of the ingredients that RINVOQ has (see the last page of the Consumer Medicine Information for a full list of ingredients)
- ✗ After the expiry date printed on the pack or if the packaging is torn or shows signs of tampering
- ✗ If you have active tuberculosis
- ✗ If you are pregnant, planning to become pregnant or breastfeeding. If you or your partner are planning on having children, speak to your doctor or nurse about the risks and benefits involved while taking RINVOQ
- ✗ To treat any other complaints unless your doctor tells you to.

If you have not told your doctor about any of the above, tell them before you start taking RINVOQ.

Review the Consumer Medicine Information (available at www.rinvoq.com.au by entering the access code 'ASPIRE') for a full list of things you should know before starting RINVOQ treatment.

RINVOQ and other medicines

Some medicines may interfere with RINVOQ and affect how well it works.

You should not take RINVOQ if you are taking a biological medicine that lowers your immune system.

Some medicines that can affect the way RINVOQ works:¹

- ⚠ Medicines to treat or prevent fungal infections (such as ketoconazole, itraconazole, posaconazole or voriconazole)
- ⚠ Antibiotics to treat bacterial infections (such as clarithromycin or rifampicin)
- ⚠ Medicines used to treat neurological disorders (such as phenytoin).

Some medicines can increase the risk of infection when taken with RINVOQ:

- ⚠ Other JAK inhibitors (such as tofacitinib and baricitinib)
- ⚠ Biological medicines which suppress your immune system (such as etanercept and adalimumab)
- ⚠ Medicines used to suppress the immune system (such as azathioprine, ciclosporin and tacrolimus).

Tell your doctor, nurse or pharmacist if you are taking any other medicines, including any vitamins or supplements that you buy without a prescription from your pharmacy, supermarket or health food shop.

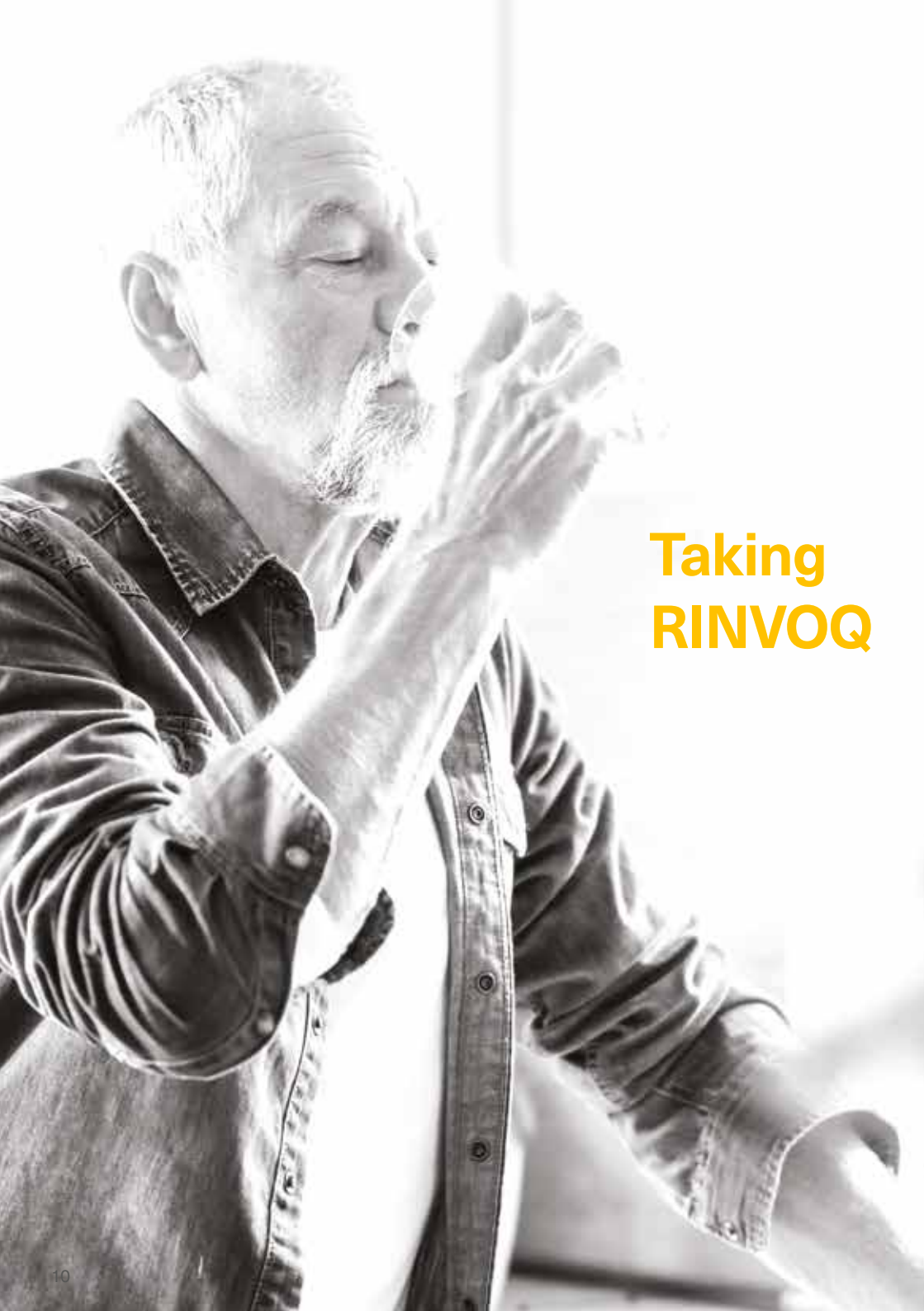
Things to watch out for before and during your RINVOQ treatment

Review the Consumer Medicine Information (available at www.rinvoq.com.au by entering the access code 'ASPIRE') for a full list of things to watch out for before starting RINVOQ treatment.

Speak to your doctor if you have:¹ Because:¹

An infection, or if you have ever had an infection that keeps coming back.	RINVOQ can reduce your body's ability to fight infections. It may make an infection that you already have worse, or make it more likely for you to get a new infection.
Tuberculosis (TB), a history of TB, have been in close contact with someone with TB or have lived or travelled overseas where TB is a problem.	You may need tests to check for TB before you start taking RINVOQ.
A herpes zoster infection or have had herpes zoster infection (chicken pox/shingles).	RINVOQ may allow it to come back. Tell your doctor if you get a painful skin rash with blisters during RINVOQ treatment as these can be signs of shingles.
Have had hepatitis B, are a carrier of the hepatitis B virus or you think you may be at risk of contracting hepatitis B or hepatitis C.	Your doctor will factor this into their monitoring process.
Recently had or plan to have a vaccination (immunisation).	Some vaccines, such as live vaccines, should not be given while you are taking RINVOQ. Check with your doctor before you receive any immunisations.
Had cancer, including skin cancer and lymphomas.	You should tell your doctor if you notice any new or changed spots on your skin. Your doctor will decide if you can still be given RINVOQ.
Had blood clots, for example in the legs (deep vein thrombosis or DVT) or lungs (pulmonary embolism).	See your doctor immediately if you experience signs of blood clots, such as a painful swollen leg, shortness of breath or chest pain.
Liver or kidney problems or if you have high blood pressure, high cholesterol or altered blood cell counts.	You may need blood tests before you start taking RINVOQ, or while you are taking it. This is to check if you have a low red blood cell count (anaemia), low white cell count (neutropaenia or lymphopaenia), high cholesterol or high levels of liver enzymes.
Plans to become pregnant, your partner has plans to become pregnant, or you or your partner are pregnant, breastfeeding or are planning to breastfeed.	Your doctor will discuss with you the risks and benefits of RINVOQ treatment. RINVOQ should not be taken during pregnancy or while breastfeeding.

You should always take all the medicines that have been prescribed for you. Do not stop taking a medicine or change the dose without checking with your doctor. Ask your doctor, pharmacist or nurse if you have any questions.



Taking RINVOQ

For the treatment of RA, PsA and AS take RINVOQ as follows:¹



One tablet every day with a full glass of water



At the same time each day – with or without food

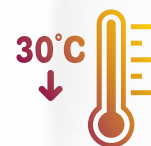


As a whole tablet – do not split, crush or chew it



For as long as your doctor has told you to – continue taking it even if you feel better

How to store RINVOQ:¹



In a cool, dry place below 30°C (RINVOQ does not need to be refrigerated). Store your tablets in the original blister pack to protect them from moisture. Please talk to your pharmacist if RINVOQ is exposed to a temperature above 30°C.



Do not store RINVOQ in the bathroom, near a sink, on a window sill or in the car.



Out of the sight and reach of children – a locked cupboard at least 1.5 metres off the ground is a good place to store medicines.

Remember, do not take RINVOQ if the expiry date has passed. If you need to throw your medicine away, do not throw it out in the household waste, ask your pharmacist how to correctly dispose of it.¹



What you need to know about RINVOQ dosing¹

What if I miss a dose?

Take it as soon as you remember as long as it is at least 10 hours before your next dose. Otherwise, skip the dose you missed and take your next dose when you are meant to.

What if I forget my dose for the entire day?

Skip the missed dose and take only a single dose as usual the following day. Do not take a double dose to make up for a forgotten tablet.

Can I miss a dose if my symptoms have improved?

No. Do not stop taking RINVOQ or miss a dose unless your doctor has told you to. RINVOQ helps to control your condition but does not cure it. Rheumatoid arthritis (RA), psoriatic arthritis (PsA) and ankylosing spondylitis (AS) are chronic conditions and stopping or interrupting treatment may cause your symptoms to worsen, even if you are feeling better.³ It is important to keep taking your medicine even if you feel well.

What if I take too much?

Immediately contact your doctor or the Poisons Information Centre (13 11 26) for advice, or go to Accident and Emergency at the nearest hospital, even if you are not experiencing any signs of discomfort or poisoning.

How is RINVOQ different from other medications I am taking?

RINVOQ helps reduce the underlying inflammation causing your symptoms and may work differently to other medications you may be taking. Each medication you have been given plays a specific and defined role in your overall health. To get the most from your treatment plan, take all your medications as prescribed – always ask if you are unsure.

I used to take an injection for my inflammatory condition, why am I now taking a tablet?

You may have previously been on a medicine for your inflammatory condition that required injections. The active ingredient of RINVOQ is provided in tablet form.

Will RINVOQ affect my ability to drive or use a machine?

It is unlikely that RINVOQ will have an effect on your ability to drive or use machines.

Can I drink alcohol while taking RINVOQ?

There is no information on the effects of taking RINVOQ with alcohol.

Possible side effects to look out for

Like all medicines, RINVOQ can cause side effects. However, everyone is different. Some people may experience side effects and others may not. Make sure to tell your doctor, nurse or pharmacist as soon as possible if you start to feel unwell while taking RINVOQ.

Speak to your doctor if you have any of these less serious side effects and they are worrying you¹

- Sore or scratchy throat
- Blocked or runny nose
- Fever
- Feeling sick in the tummy
- Weight gain
- Acne
- Cold sores

Call your doctor straight away if you notice any of these serious side effects¹

RINVOQ can reduce your body's ability to fight infection, and make an infection that you already had worse, or make it more likely that you get a new infection. In some cases the infection can be life threatening. **Tell your doctor as soon as possible** if you notice any of the following:

Signs of a serious infection

- Fever, sweating or chills
- Feeling short of breath
- Cough
- Warm, red or painful skin sores on your body
- Feeling tired or lacking energy
- Muscle aches
- Diarrhoea
- Tummy pain
- Weight loss
- Burning when passing urine or passing urine more often

Signs of a blood disorder

- Swelling in the glands in your neck, armpits or groin

Skin

- Painful skin rash with blisters
- Changes to any skin spots or sores
- New skin spots or sores

Go straight to the Emergency Department at your nearest hospital if you have any signs of these very serious side effects:

Signs of an allergic reaction

- Difficulty breathing or swallowing
- Swelling of face, lips tongue or throat
- Severe itching of skin, with a rash or raised bumps

Signs of tuberculosis

- Fever, night sweats
- Chills
- Difficulty breathing
- A bad cough that won't go away
- Blood in your phlegm
- Weight loss

Signs of the effect of a blood clot

- Pain, redness or swelling of the leg
- Chest pain or difficulty breathing

Signs of pneumonia

- Fever, chills
- Cough sometimes with phlegm
- Feeling tired or lacking energy
- Shortness of breath
- Chest pain.

For more details on possible side effects, review the Consumer Medicine Information (available at www.rinvoq.com.au by entering the access code '**ASPIRE**'). Tell your doctor or pharmacist if you notice anything else that may be making you feel unwell. Other side effects not listed here may occur in some people.

Your doctor may ask you to temporarily stop your RINVOQ treatment if you develop a serious infection or if your blood test results are outside of the normal range. If this happens, your doctor will tell you when you can restart taking RINVOQ.

Tips on including RINVOQ in your daily routine



Pick the right time for you

You should take RINVOQ at the same time every day, so picking a time that suits you is important. Taking RINVOQ straight after one of your everyday activities (such as brushing your teeth) can help. You don't need to plan your medication around your meal time. RINVOQ can be taken with or without food.



Create a self-care ritual

Add taking RINVOQ to the time you dedicate to looking after yourself such as after meditation or a 10 minute stretching session.



Set a reminder

Set up a reminder on your phone or on a calendar somewhere visible to help you to remember to take RINVOQ every day.

You could always ask a family member to remind you too – having more than one reminder can be helpful.



Stay motivated

Don't lose sight of why you are taking RINVOQ – stick to a routine and form good habits to help you get the most out of your treatment.

You have a chronic inflammatory condition. It's important to remember to take your treatment daily as prescribed, even if you are feeling well. Taking RINVOQ every day keeps the levels of medicine in your body constant to give it the best chance of being successful in treating your condition.³

www.rinvoq.com.au – for things you need to know about your RINVOQ treatment

Visit www.rinvoq.com.au for practical tips and information about your RINVOQ treatment, including:



Frequently asked questions about RINVOQ



Tips for improved health and wellbeing, tailored to support people with inflammatory conditions



Medication and prescription reminders to your phone and email



Access to Health Coaches

Our Health Coaches are qualified exercise physiologists, dietitians and nutritionists who can boost your motivation and help you develop a treatment plan tailored to your condition and lifestyle.

To find out more, visit www.rinvoq.com.au and enter the access code '**ASPIRE**'

This website provides general information for people who have been prescribed RINVOQ. It is not a substitute for advice given by a health care professional.

Other help

The following external organisations provide resources and information for people living with inflammatory conditions. Below is a small selection, but there are plenty more.



www.arthritisaustralia.com.au



www.dragonclaw.net



www.creakyjoints.org.au



www.msk.org.au



You can access a copy of the Consumer Medicine Information (CMI) and other useful information about RINVOQ by scanning the QR code.

References: **1.** RINVOQ Consumer Medicine Information. **2.** RINVOQ Approved Product Information. **3.** Healthline. Medication Administration: Why It's Important To Take Drugs the Right Way. Available at: www.healthline.com/health/administration-of-medication [Accessed February 2021].

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