

**DUPIXENT<sup>®</sup>**   
(dupilumab)

**GUIDE TO TREATMENT  
FOR PEOPLE WITH  
ATOPIC DERMATITIS**



**DUPIXENT<sup>®</sup>**   
(dupilumab)



# GETTING STARTED

If you have atopic dermatitis, you are not alone. Living with moderate-to-severe atopic dermatitis can be challenging, but you're not the only one struggling with this disease. Millions of people worldwide have a hard time treating their condition with topical creams and corticosteroids.

## TALK TO YOUR DOCTOR

This brochure has information about Dupixent and can help guide you to additional resources, however your doctor is always the best source of information. Be sure to ask your doctor any questions you may have about taking Dupixent.

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This brochure is for patients who have been prescribed Dupixent and their carers.





# ABOUT DUPIXENT

## INTRODUCING DUPIXENT®

Dupixent is used to treat moderate-to-severe atopic dermatitis, (also known as atopic eczema) in patients aged 12 years or older. Dupixent may be used with or without atopic dermatitis medicines that you apply to the skin.

## USING DUPIXENT

Always use Dupixent exactly as your doctor or pharmacist has instructed. Check with your doctor or pharmacist if you are not sure. You and your doctor or nurse should decide if you can inject Dupixent yourself.

Your doctor will decide what dose of Dupixent you need and for how long. Dupixent is given by injection under the skin (subcutaneous injection) every 2 weeks after an initial starting dose of 2 injections.

It is important to be trained in correct injection technique by your doctor or nurse before injecting yourself with Dupixent. A caregiver may also give you your Dupixent injection after receiving proper training.

# HOW DUPIXENT WORKS

Atopic dermatitis is an immune system disorder that causes excess inflammation deep beneath the skin. This results in the itching and rashes you feel on your skin's surface.

Dupilixent works to block cells in your immune system that play a major role in the signs and symptoms of atopic dermatitis.

In this way Dupilixent helps to reduce itch and improve the condition of your skin.



# DOSAGE AND ADMINISTRATION

Read the “Instructions for Use” for the syringe contained inside the box carefully before using Dupixent. The recommended dose of Dupixent is as follows:

- **Adults (any weight) and adolescents (≥60 kg):** initial dose of 600 mg by subcutaneous injection (two 300 mg injections consecutively in different injection sites), followed by 300 mg given every two weeks.
- **Adolescents (<60 kg):** initial dose of 400 mg by subcutaneous injection (two 200 mg injections consecutively in different injection sites), followed by 200 mg given every two weeks.

# HOW TO STORE/HANDLE DUPIXENT

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

Do not use this medicine after the expiry date which is stated on the label and carton after 'EXP'. The expiry date refers to the last day of that month.

Dupixent must be refrigerated in its original carton to protect it from sunlight. Store in a refrigerator (2°C to 8°C but do not freeze). If necessary, pre-filled syringes may be kept at room temperature up to 25°C for a maximum of 14 days.

Do not store above 25°C. If you need to permanently remove the carton from the refrigerator, write down the date of removal in the space provided on the outer carton. Dupixent must be used within 14 days or discarded.

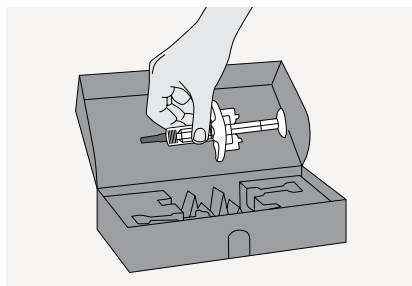


# HOW TO INJECT

## STEP 1 REMOVE

Remove the syringe from the carton by holding the middle of the syringe body.

- > **Do not** pull off the needle cap until you are ready to inject.
- > **Do not** use the syringe if it has been dropped on a hard surface or damaged.



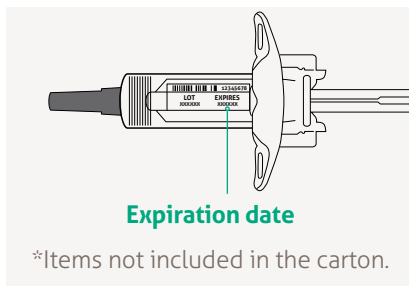
## STEP 2 PREPARE

Ensure you have the following:

- > The Dupixent pre-filled syringe.
- > 1 cotton ball or gauze.\*
- > A sharps container\* (see Step 12).

Look at the label:

- > Check the expiration date.
- > Check that you have the correct product and dose.
- > **Do not** use the syringe if the expiration date has passed.



Expiration date

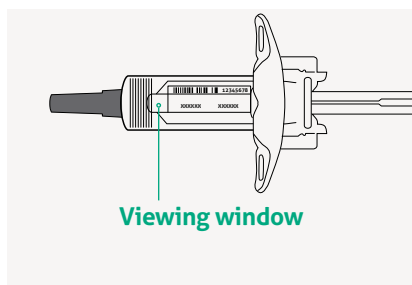
\*Items not included in the carton.



## STEP 3 INSPECT

Look at the medicine through the viewing window on the syringe:

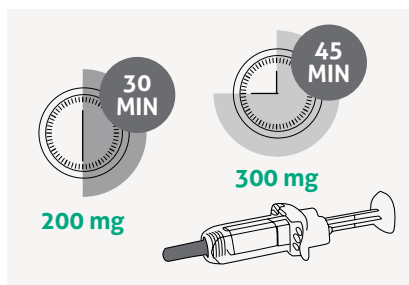
- › Check if the liquid is clear and colourless to pale yellow.
- › Note: you may see an air bubble; this is normal.
- › **Do not use the syringe if the liquid is discoloured or cloudy, or if it contains visible flakes or particle.**



## STEP 4 WAIT

Lay the syringe on a flat surface and let it naturally warm to room temperature:

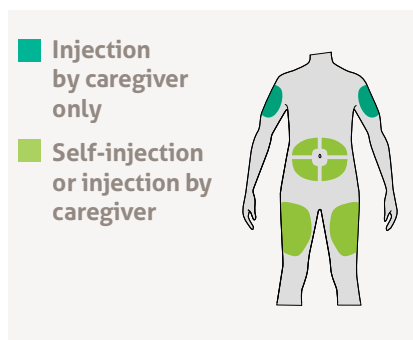
- › Dupixent **200 mg** – wait for at least **30 minutes**.
- › Dupixent **300 mg** – wait for at least **45 minutes**.
- › **Do not heat the syringe.**
- › **Do not put the syringe into direct sunlight.**
- › **Do not keep Dupixent at room temperature for more than 14 days.**



## STEP 5 CHOOSE

Select the injection site.

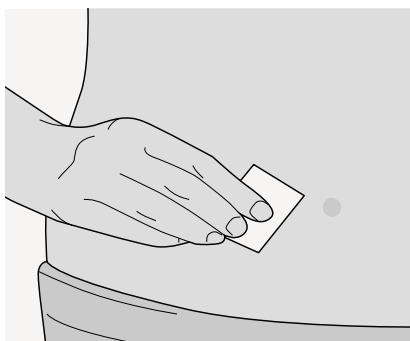
- > You can inject into your thigh or stomach, except for the 5 cm (2 inches) around your navel.
- > If somebody else gives you the injection, you can also use the upper arm.
- > **Do not inject into skin that is tender, damaged or has bruises or scars.**



## STEP 6 CLEAN

Wash your hands.  
Ensure the injection site is clean.

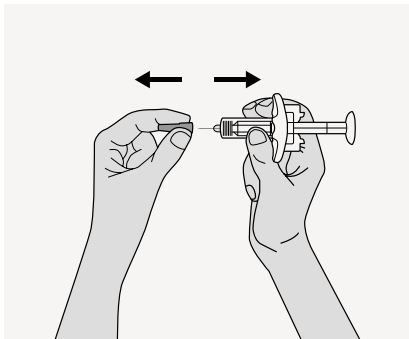
- > Let your skin dry before injecting.
- > **Do not touch the injection site again or blow on it before the injection.**



## STEP 7 PULL

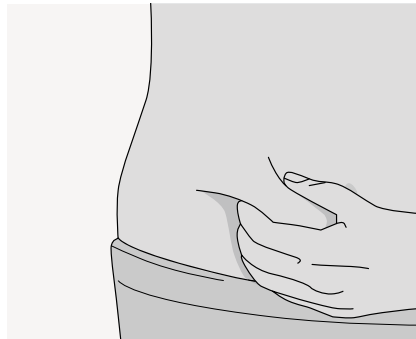
Hold the syringe in the middle of the syringe body with the needle pointing away from you and pull off the needle cap.

- > **Do not** put the needle cap back on.
- > **Do not** touch the needle.
- > Inject your medicine immediately after removing the needle cap.



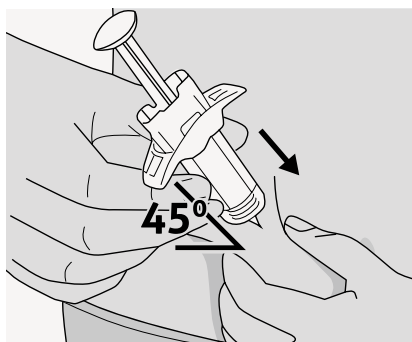
## STEP 8 PINCH

Pinch a fold of skin at the injection site, as shown in the picture.



## STEP 9 INSERT

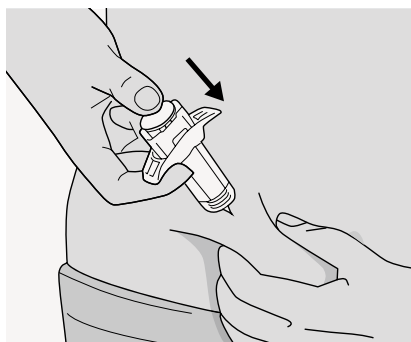
Insert the needle into the fold of skin at roughly a 45° angle.



## STEP 10 PUSH

Relax the pinch.  
Push the plunger rod down slowly and steadily as far as it will go until the syringe is empty.

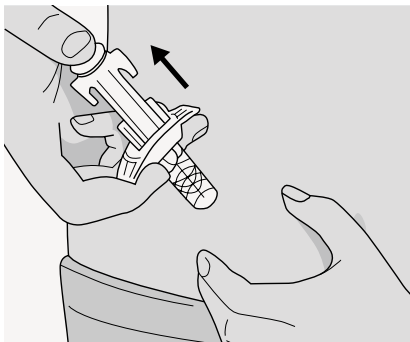
> Note: you will feel some resistance. This is normal.



## STEP 11 RELEASE & REMOVE

Lift your thumb to release the plunger rod until the needle is covered by the needle shield and then remove the syringe from the injection site.

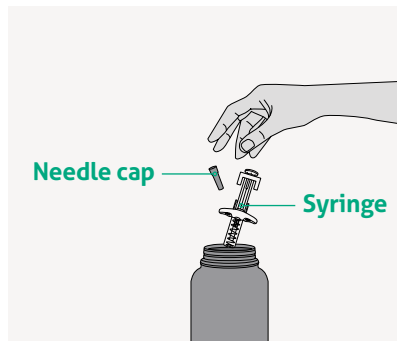
- > Lightly press a cotton ball or gauze on the injection site if you see any blood.
- > **Do not** put the needle cap back on.
- > **Do not** rub your skin after the injection.



## STEP 12 DISPOSE

Dispose of the syringe and the needle cap in a sharps container.

- > Always keep the container out of the reach of children.
- > **Do not** put the needle cap back on.
- > **Do not** throw away the used syringe in the household rubbish.



# SAFETY

## COMMON SIDE EFFECTS

**Very Common** (may affect more than 1 in 10 people):

- injection site reactions (e.g. redness, swelling, and itching).

**Common** (may affect up to 1 in 10 people):

- eye dryness, redness and itching; eyelid itching, redness and swelling; eye infection; cold sores (on lips and skin).

## WHO SHOULD NOT USE DUPIXENT?

**Do not use Dupixent:**

- if you are allergic to dupilumab or any of the other ingredients of this medicine.

If you think you may be allergic, or you are not sure, ask your doctor, pharmacist, or nurse for advice before using Dupixent.

## WHAT TO TELL YOUR HEALTHCARE PROVIDER

**Allergic reactions**

Very rarely, Dupixent can cause serious side effects, including allergic (hypersensitivity) reactions. You must look out for signs of these conditions (e.g. fever, general ill feeling, swollen lymph nodes, hives, itching, joint pain, skin rash) while you are taking Dupixent.

Stop using Dupixent and tell your doctor or get medical help immediately if you notice any signs of an allergic reaction.

## **Asthma**

If you have asthma and are taking asthma medicines, do not change or stop your asthma medicine without talking to your doctor. Talk to your doctor before you stop Dupixent.

## **Parasitic (intestinal parasites) infection**

Dupixent may weaken your resistance to infections caused by parasites. If you already have a parasitic infection it should be treated before you start treatment with Dupixent.

## **Eye problems**

Talk to your doctor if you have any new or worsening eye problems, including eye pain or changes in vision.

## **Pregnancy and breast-feeding**

If you are pregnant, think you may be pregnant, or are planning to have a baby, ask your doctor for advice before using this medicine.

The effects of this medicine in pregnant women are not known.

If you are breast-feeding or are planning to breast-feed, talk to your doctor before using this medicine.

## **Other medicines and Dupixent**

Tell your doctor or pharmacist:

- if you are using, have recently used, or might use, any other medicines.
- if you have recently had, or are due to have, a vaccination.





## STAY INFORMED BY ASKING THE RIGHT QUESTIONS

It's normal to have questions when you start a new medication, and knowing the right questions to ask is an important step in managing your atopic dermatitis. Here are some helpful questions you might want to ask your doctor:

- **Do I need to change my daily routine while taking Dupixent?**
- **How do I take Dupixent and for how long?**
- **Will I be trained how to self-inject?**
- **What if I miss a dose?**
- **What do I do if I start noticing side effects?**
- **How can I tell if it's working?**





# FREQUENTLY ASKED QUESTIONS

## **What is Dupixent?**

Dupixent is a monoclonal antibody (a type of specialised protein) that blocks the action of proteins called IL-4 and IL-13. Both play a major role in causing the signs and symptoms of atopic dermatitis.

Dupixent may be used with other medicines that you apply to the skin or it may be used on its own. Using Dupixent for atopic dermatitis can improve the condition of your skin and reduce itching. Dupixent has also been shown to improve symptoms of pain, anxiety, and depression associated with atopic dermatitis.

## **How do I take Dupixent?**

You can administer Dupixent by self injection after you have been trained by your doctor or nurse. A caregiver may also give you a Dupixent injection after proper training.

Please follow all instructions outlined in the Instructions for Use and ask your doctor if you have any questions.



## What is the dosage of Dupixent?

Your doctor will decide how much Dupixent you need and for how long. The recommended dose of Dupixent is as follows:

- **Adults (any weight) and adolescents (≥60 kg):** initial dose of 600 mg by subcutaneous injection (two 300 mg injections consecutively in different injection sites), followed by 300 mg given every two weeks.
- **Adolescents (<60 kg):** initial dose of 400 mg by subcutaneous injection (two 200 mg injections consecutively in different injection sites), followed by 200 mg given every two weeks.

## What happens if I miss a dose of Dupixent, or if I take too much?

If you miss a dose of Dupixent, give the injection within 7 days from the missed dose, then continue with the original schedule. If the missed dose is not given within 7 days, wait until the next scheduled dose to give your Dupixent injection. If you use more Dupixent than you should, or the dose has been given too early, talk to your doctor, pharmacist, or nurse.

## Do I still need to take Dupixent if my skin looks clear?

Your doctor will decide how much Dupixent you need and for how long. Do not stop using Dupixent without speaking to your doctor first.

Because of the chronic (recurring) nature of atopic dermatitis, the inflammation that causes your flare-ups may still be present beneath the surface of your skin, even if no flares are visible.

# SUPPORT & RESOURCES



MyWaySupport is a free program for patients who are prescribed Dupixent. Access resources to assist you in your treatment, including advice on how to self-inject, nurse phone support and a welcome kit.



1800 959 522



admin@mywaysupport.com.au

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## ATOPIC DERMATITIS REVEALED

For more information and practical tips on living with atopic dermatitis visit [AtopicDermatitisRevealed.com.au](https://www.AtopicDermatitisRevealed.com.au)

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To dispose of full sharps containers visit: [www.safesharps.org.au](https://www.safesharps.org.au)

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Please contact your healthcare professional if you have any further questions or for more information on Dupixent you can contact Sanofi Medical Information on:



1800 818 806



medinfoanz@sanofi.com

Additionally, you can access a copy of the Consumer Medicine Information (CMI) via this link: [www.guildlink.com.au/gc/ws/sw/cmi.cfm?product=swcdupix](https://www.guildlink.com.au/gc/ws/sw/cmi.cfm?product=swcdupix)



# **DUPIXENT<sup>®</sup>** (dupilumab)

**SANOFI GENZYME** 

Sanofi and Regeneron are collaborating on a global development program and commercialisation for Dupixent<sup>®</sup>.

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