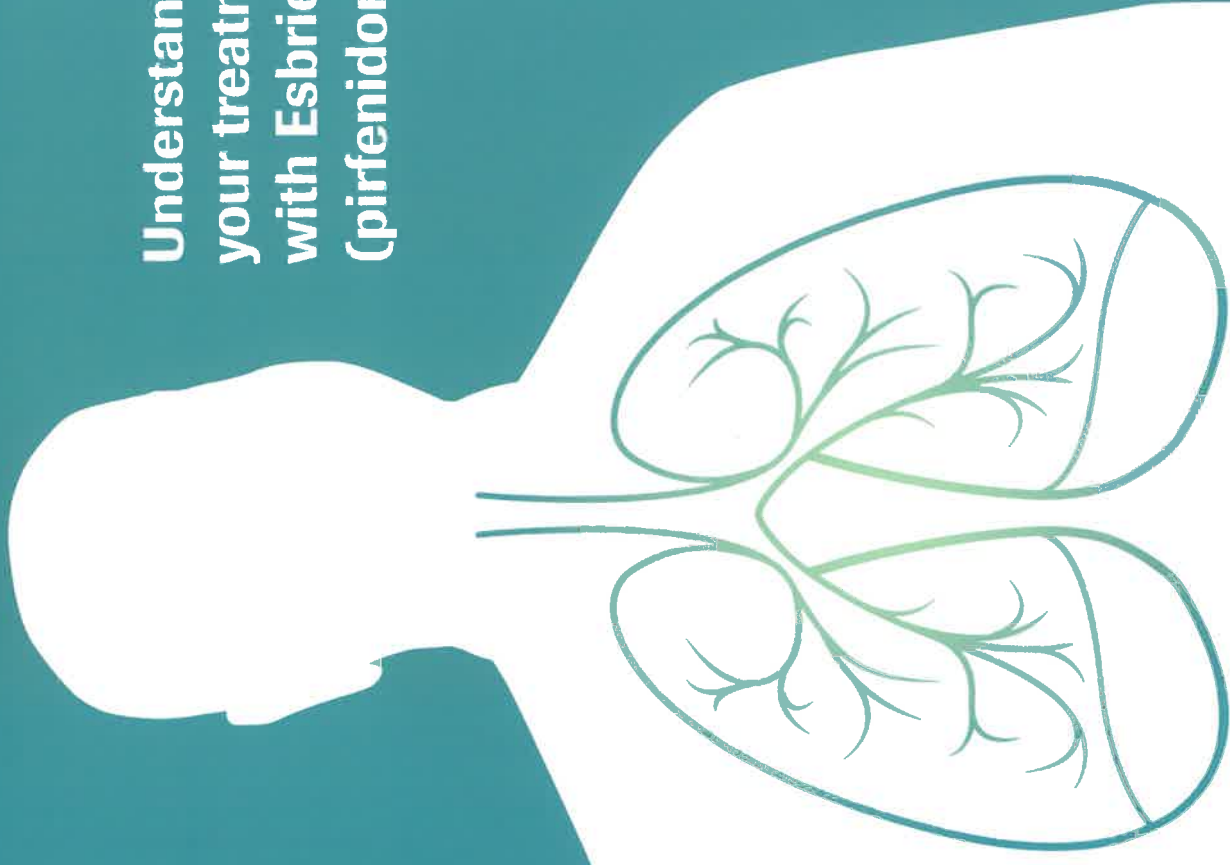


# Understanding your treatment with Esbriet® (pirfenidone)



**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](http://www.mhra.gov.uk/yellowcard), or search for MHRA Yellow Card in the Google Play or Apple App Store. You should also report side effects to Roche Products Ltd by emailing the Roche Drug Safety Centre at [wekyn.uk\\_disc@roche.com](mailto:wekyn.uk_disc@roche.com) or calling +44 (0) 1707 367554. By reporting side effects you can help provide more information on the safety of this medicine.

The images are of models and are used for illustrative purposes only.  
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## What other treatments can help?

There are other treatments that can help you give yourself the best chance of living well with IPF. Your IPF doctor or specialist nurse will be able to discuss these with you.

**There are other non-drug treatments that can help you with your symptoms. You can also speak to your IPF doctor or specialist nurse about these:**



**Pulmonary rehabilitation** is a programme of exercise and education that may help improve your ability to get on with things without getting badly out of breath.



Home **oxygen therapy** and special oxygen packs that you can move around with can help reduce breathlessness, letting you be more active.



**Support services** such as social support and rehabilitation can help you manage your day-to-day symptoms.

If you have any concerns about your condition or your treatment, speak to your IPF doctor or specialist nurse.



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## What if I'm pregnant or breastfeeding?

Do not take Esbriet if you are pregnant, planning to become pregnant or think you might be pregnant. We don't know enough about the risk to the unborn child. Ask your doctor or pharmacist for advice before taking any medicine.

If you're breastfeeding, your IPF doctor will discuss the benefits and risks of taking Esbriet while breastfeeding.



## What is idiopathic pulmonary fibrosis (IPF)?

IPF is a condition in which the tissue in the lungs becomes scarred over time, and as a result makes it difficult to breathe deeply. This makes it hard for your lungs to function properly.

Please refer to the 'IPF & you' booklet for more information on IPF.



## How should I store Esbriet?

- Keep all medicines out of the reach and sight of children.
- Do not use Esbriet after the expiry date that is stated on the bottle label, blister and carton, after 'EXP'. The expiry date refers to the last day of that month.
- Do not store the medicine above 30°C.
- Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines that you don't need any more. This will help to protect the environment.



## Can everyone with IPF take Esbriet?

Esbriet isn't suitable for everyone

### Do not take Esbriet if:

- You are allergic to the active ingredient pirfenidone or any of the other ingredients in this medicine.
- You are taking a medicine called fluvoxamine (used to treat depression and obsessive compulsive disorder [OCD]).
- You have severe liver disease.
- You have severe kidney disease requiring dialysis.
- You have a history of angioedema with pirfenidone.

If any of the above affects you, don't take Esbriet. If you're unsure, speak to your IPF doctor, pharmacist or specialist nurse.

### You should stop taking Esbriet and tell your IPF doctor or specialist nurse immediately if:

- You experience a serious allergic reaction such as swelling of the face, lips and/or tongue, a sudden change in your breathing pattern or wheezing.
- You experience a severe skin reaction to sunlight or sunlamps such as blistering and/or marked peeling of the skin.
- You feel unwell and have yellowing of the eyes or skin, or dark urine, sometimes accompanied by itching of the skin.

## Treatment initiation: 267mg tablets or capsules

- Your doctor will increase the dose gradually to the level that most suits you in order to manage your IPF.
- The dose can also be adjusted to manage side effects.
- The dose per tablet or capsule is the same, and the same ingredients are used in both.

## Maintenance: 267mg tablets or capsules, 801mg tablets

- Your doctor will decide which dose you need to be on for the longer term.
- For some people, this will be the maximum dose available, which can be given as 3 x 801mg tablets or 9 x 267mg capsules or tablets per day.
- Some people will require a slightly lower dose.

More information on the Esbriet dosing schedule can be found on page 10.

## How does Esbriet work?

In IPF, tissue in the lungs becomes scarred over time. While Esbriet can't cure or reverse IPF, it may help reduce further scarring. By slowing down how quickly the scarring happens, Esbriet can slow down the progression of IPF.

### How long does Esbriet take to work?

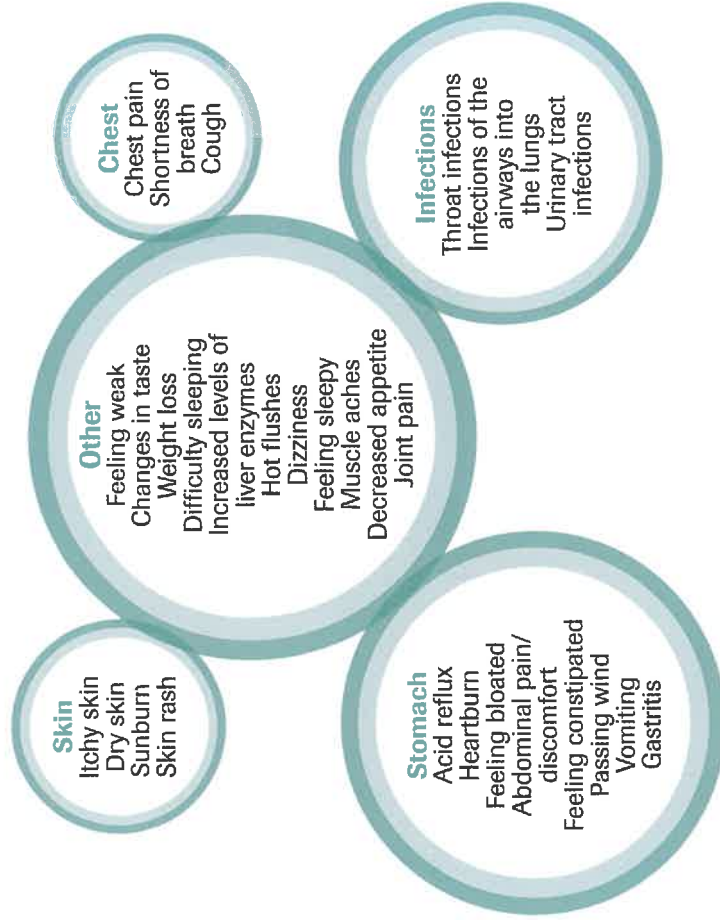
Scar tissue forms gradually. You can't feel this happening, so don't worry that you don't feel any different while you are taking the treatment. Esbriet may not work for every person. Your IPF doctor or specialist nurse will be able to speak to you about this if you have any questions.



**If you are using oxygen therapy, you should try to avoid using sun creams with oil or paraffin bases on your face. Also, you should make sure you allow plenty of time for the sun cream to fully absorb into your face before using your oxygen.**

**If you'd like to know more about Esbriet, remember to look at the patient information leaflet that's included with your medication pack.**

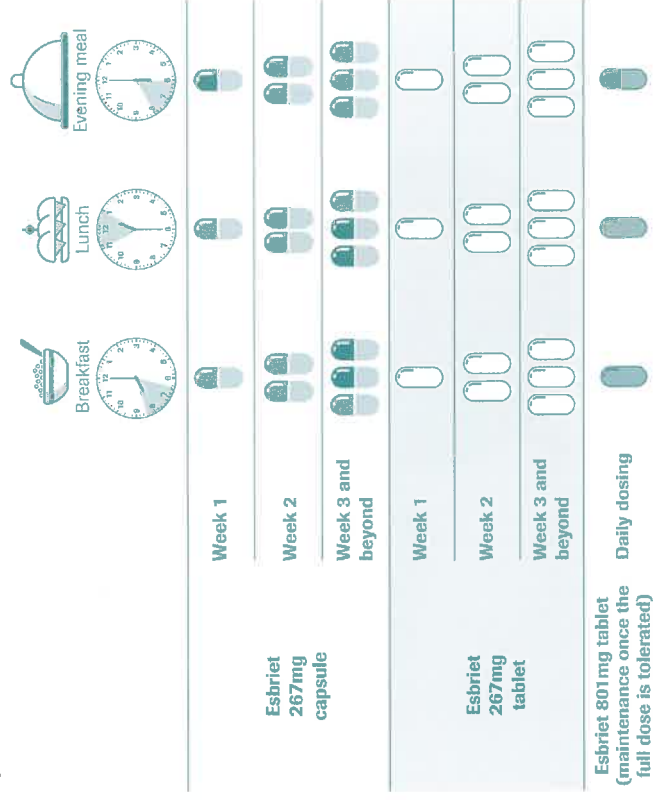
### Common side effects (affect between 1% and 10% of people)



## Treatment initiation and maintenance

Esbriet should be taken three times a day with food and water. The below image shows the typical starting doses (treatment with Esbriet usually begins with a lower dose and builds up to a full dose over 2 weeks). During the initial weeks of treatment, you will be taking either the 267mg capsules or the 267mg tablets.

If you receive the maximum dose of 2403mg per day, you'll possibly receive maintenance packs containing 801mg tablets to continue your treatment. You should carry on taking the full dose unless advised by your IPF doctor or specialist nurse (never take more than the dose you've been prescribed). Other treatment regimens may be used, so always follow the advice of your IPF doctor or specialist nurse.



Please note that tablet sizes are not to scale.