



Immune Treatment Programme Drugs' Common Side Effects *Patient Information Leaflet*

The prescribing doctor believes that this medicine would work well for your condition even though it is licensed for a different condition – when a medicine is used for a condition not stated in its licence, it is said to be “unlicensed”

Humira

Humira (Adalimumab) is a TNF blocker which is used for patients with elevated levels of TNF cytokines or Natural Killer (NK) cells such as connective tissue disorders. It has been recommended and clinically beneficial in some patients with immune disorders associated with high TNF (tumour necrosis factor) levels. The women at risk show alterations in CD56 + natural killer cells that secrete tumour necrosis factor. There have been no large studies done on patients with recurrent pregnancy loss or infertility, but several peer-reviewed publications have shown benefit in such conditions.

Indication: In cases of high TNF alpha IL10.

Dose: Two 40mg subcutaneous injections one at a time 2 weeks apart. Occasionally this course may be repeated if the TNF apha IL10 level is still high following the initial 2 injections.

Cautions: Pre disposition to infection

NB All Patients prior to the Humira injections will have a TB Gold Quantiferon test to ensure that this is negative. If this is inconclusive we will need to repeat the test. If TB is positive, then the patient may be referred to a Chest Physician for assessment and possible tuberculosis treatment prior to the Humira.

The TB test takes 5-7 working days to return when we will inform you of result.

Side Effects: Rash, nausea, vomiting, gastric disturbances, infections, headaches and rashes. Humira has been shown not to cause foetal harm and is considered safe in pregnancy if used prior to 32 weeks gestation.

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Procedure:

1. If you are satisfied with the information given and have made an informed decision you will be asked to complete a consent form prior to arrangement of the prescription. A prescription is sent to Health Care at Home and they will contact you regarding delivery and payment of the Humira.
2. Once the Humira is received the **first** injection can be self-administered and the other injections stored in the fridge.
 - Humira can be given any time in your cycle as a subcutaneous injection in the stomach or thigh area.
3. The **second** injection is to be administered 2 weeks later.
4. A **further blood test** for the TNF alpha (HS5), will be arranged after a minimum of 2 weeks after the second injection.
5. Follow-up appointment to be made with Mr Shehata 1-2 weeks after the blood test.