

# Patient reminder card

**This digital patient card is a complement to the patient card you received in paper form.**

**You cannot fill in any information in this version.**

**If you have not received the patient card in paper form, please request one from your clinic.**

Granskad av Läkemedelsverket 16 januari 2019.

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abbvie

**HUMIRA<sup>®</sup>**  
adalimumab

# Patient reminder card

This card contains selected important safety information that you need to know before and during treatment with HUMIRA.

**Read the package leaflet carefully before you start using HUMIRA.**

- Keep this card with you at all times and for 4 months after your last injection of HUMIRA.
- Show this card to any doctor or health care professional that you see.
- Record information about any tuberculosis tests or treatment you have had and bring the information to your doctor.

Not all possible side effects are listed on this card.

- Please read the HUMIRA package leaflet or talk with your doctor for more information about side effects.

# 1. Introduction

HUMIRA is a medicine that is intended to treat certain diseases that affect a part of the immune system. While HUMIRA can be effective in treating these diseases, some people can have one or more side effects. It is important to talk to your doctor about the possible benefits and possible side effects of taking HUMIRA. These can be different for each person.

- The purpose of this card is to tell you about some of the possible side effects of HUMIRA.
- Some of the serious side effects that could occur include infections, cancer and problems within the nervous system.
- Not all possible side effects are listed on this card.

To make sure that HUMIRA is working properly and safely for you, you should check in with your doctor regularly to discuss how you are doing. Tell your doctor right away about any changes in your condition.

## 2. Before HUMIRA treatment

- **Tell your doctor about any health problems you have and any medicines you take.** This will help you and your doctor decide if HUMIRA is right for you.
- Tell your doctor if you:
  - Have an infection or have symptoms of an infection (such as fever, wounds, feeling tired, dental problems).
  - Have tuberculosis or have been in close contact with someone with tuberculosis.
  - Have or have had cancer.
  - Have any numbness or tingling or have problems within the nervous system, such as multiple sclerosis.
- Your doctor should check you for signs and symptoms of tuberculosis before starting HUMIRA. You may need to be treated for tuberculosis before you start HUMIRA.

### 3. Vaccinations

You may receive vaccinations, except for so-called live vaccines. If you receive HUMIRA while you are pregnant, it is important that you inform your baby's doctor before your baby receives any vaccines. Your baby should not receive a live vaccine such as BCG (used to prevent tuberculosis) within 5 months following your last HUMIRA injection during pregnancy.

## 4. During HUMIRA treatment

- Keep your doctor informed about how HUMIRA is working for you.
- **It is important to call your doctor right away about any unusual symptoms you may have.**

This will help make sure you get the right care. It will also lower the risk of a side effect becoming worse.

  - Many side effects, including infections, can be managed if you tell your doctor right away.
  - If you get a side effect, your doctor will decide if you should continue or stop your HUMIRA treatment. It is important to talk with your doctor to find out what is right for you.
  - Since side effects can happen after your last dose of HUMIRA, tell your doctor about any problems that you may have up to 4 months after your last injection of HUMIRA.
- Tell your doctor about:
  - Any new medical conditions that you have.
  - New medicines you are taking.
  - Any surgery or operation that is planned for you.

## Some people taking HUMIRA may get serious side effects, including:

**Infections:** HUMIRA helps people with certain inflammatory diseases. It does this by blocking a part of the immune system. However, this part of the immune system also helps fight infection. This means HUMIRA can make you more likely to get infections or make any infection that you may have worse. This includes infections such as colds or more serious infections like tuberculosis.

**Cancer:** If you take HUMIRA, the risk of getting certain types of cancer may increase.

**Nervous system problems:** Some people have developed new or worsening nervous system problems with HUMIRA. This includes multiple sclerosis.

**Please read the HUMIRA package leaflet for more information.** These are not all of the possible side effects that may occur during treatment with HUMIRA.

**Call your doctor or get medical care right away if you have any of the following symptoms of these possible serious side effects:**

**Infections:** Fever, chills, unusual sweating, feeling unwell or more tired than normal, feeling or being sick (such as nausea or vomiting), diarrhea, stomach pain, loss of appetite or weight loss, cough or coughing up blood or mucus, shortness of breath, problems urinating, skin sores, wounds, muscle aches, dental problems.

**Cancer:** Night sweats; swelling of the lymph nodes (swollen glands) in the neck, armpits, groin or other areas; weight loss; new skin lesions or change in skin lesions (such as moles or freckles) you already have; severe itchiness that cannot be explained.

**Nervous system problems:** Numbness or tingling, vision changes, muscle weakness, unexplained dizziness.

**Tell your doctor about any unusual symptoms that you may have during treatment with HUMIRA.** These are not all of the possible symptoms of these side effects.



# Information for you and health care professionals involved in your medical care or treatment

Your name:

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Doctor's name (who prescribed HUMIRA):

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Doctor's phone number:

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Date of your first HUMIRA injection:

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Dose of your HUMIRA injection:

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Date of your last HUMIRA injection  
(if no longer taking HUMIRA):

.....

## Tuberculosis (TB) tests and treatment

Mark this box if you have ever  
**been tested for TB:**

☐ YES (Check with your doctor if you do not know.)

Mark this box if you have ever  
**had any test that was positive for TB:**

☐ YES (Check with your doctor if you do not know.)

Mark this box if you have ever  
**taken any pills to treat or prevent TB:**

☐ YES (Check with your doctor if you do not know.)

**Please read the HUMIRA package leaflet  
for more information.**

If you have any other questions, talk to your  
doctor or another health care professional.