

## Patient information factsheet

# Nintedanib (Ofev<sup>®</sup>)

We have given you this factsheet because you have been prescribed a medicine called Nintedanib (also known by its brand name, Ofev<sup>®</sup>). It explains what Nintedanib is, why you have been prescribed it, how to take it and the potential side effects of taking the medicine. We hope it will help to answer some of the questions you may have. If you have any further questions or concerns, please speak to a member of our team.

### What is Nintedanib?

Nintedanib, also known by its brand name, Ofev<sup>®</sup>, is an anti-fibrotic medicine. Anti-fibrotic medicines are designed to slow down the development of scarring (fibrosis) in the lungs.

### Why have I been prescribed Nintedanib?

You have been prescribed Nintedanib because you either have evidence of lung scarring or a condition called idiopathic pulmonary fibrosis (IPF). IPF is a serious lung condition in which the lungs become scarred and breathing becomes increasingly difficult. 'Idiopathic' means that the cause is unknown.

As scar tissue (known as 'fibrosis') increases in the lungs, the lungs become smaller and stiffer. This leads to coughing and increasing breathlessness. IPF is a progressive disease, which means that it will get worse over time, but the rate at which it progresses varies from person to person. If it is not treated, it may be life-limiting.

Nintedanib won't cure your lung condition or reverse any existing scarring, but it can effectively slow down the rate of your lung function decline.

### Is Nintedanib suitable for everyone?

No. You should not take Nintedanib if you:

- have an allergy to peanuts or to soya
- are pregnant or there is any possibility that you may be pregnant (Nintedanib may affect an unborn child)

Nintedanib should also be avoided, or used very cautiously, in people with liver problems.

Please let us know before starting Nintedanib if you have:

- suffered a stroke (including a transient ischaemic attack or subarachnoid haemorrhage) within the last 12 months
- had any major bleeding (for example, coughing up blood, blood in your urine or bleeding from the stomach or bowel) within the last three months
- suffered a heart attack within the last six months, or an attack of unstable angina within the last month
- had a major injury or surgery within the last three months

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If you think that any of the above apply to you, Nintedanib may not be suitable. If this is the case, please let us know and we can discuss alternative treatments with you.

If you are unsure whether Nintedanib is suitable for you, please contact us for advice.

## How should I take Nintedanib?

Nintedanib capsules come in two different strengths: 150mg and 100mg.

You will start taking Nintedanib as one 150mg capsule, twice a day. The doses should be taken 12 hours apart.

Nintedanib should always be taken with or straight after meals. When taking more than one tablet or capsule at a meal, you should take them separately from each other (swallow one at a time).

The capsules should be swallowed whole with a glass of water. Do not crush or chew them.

## What should I do if I miss a dose of Nintedanib?

If you miss a dose by more than an hour, miss that dose and take your next dose at the usual time.

Never take an additional dose to 'catch up'.

Do not take more than two capsules of Nintedanib in any 24-hour period.

## Are there any potential side effects?

As with all medicines, Nintedanib can cause some side effects. Most side effects of Nintedanib are mild to moderate and can be managed with advice from our team.

The most common side effects of Nintedanib are digestive system problems like diarrhoea (the most common side effect), nausea (feeling sick) and vomiting. Please let us know if you experience any of these side effects. We can offer advice about how to stay well-hydrated and when to take anti-diarrhoea tablets, such as loperamide (Immodium®).

More serious side effects include:

### **An increased risk of bleeding and poor wound healing**

For this reason, please let us know if you have recently had or are due to have an operation.

### **Changes in your liver function**

We will check your liver function with regular blood tests.

For the full list of potential side effects that may occur with Nintedanib, please read the leaflet supplied with your medicine.

If you develop any side effects, please contact us for advice. We may have to reduce your dose of Nintedanib.

## **Will I need to be monitored while taking Nintedanib?**

You will need to have regular blood tests while taking Nintedanib, to check for any unwanted effects on your liver function. You will need to contact your GP surgery to arrange these blood tests. We can provide you with blood cards so that your GP knows which blood tests to order. We will also write to your GP separately so that they are aware that you have been started on Nintedanib and the monitoring that is required.

You will need blood tests every month for the first three months. After this, you will need blood tests every three months while you take Nintedanib (if your blood results remain stable). To help you remember when your next blood test is due, we recommend making a note on your calendar.

It is very important that you have these blood tests. If you do not have your liver function monitored, we will not be able to prescribe you Nintedanib.

## **Can I take other medicines with Nintedanib?**

Some medicines can stop Nintedanib working properly (for example, ketoconazole, clarithromycin, erythromycin, ciclosporin, rifampicin, carbamazepine, phenytoin and St John's wort) and others can increase the side effects of Nintedanib (for example, blood thinning medicines like warfarin, apixaban, rivaroxaban and dabigatran can increase your risk of bleeding). For this reason, we will check what other medicines you are taking before prescribing you Nintedanib.

Please contact us before starting any new medicines (including over-the-counter medicines) to check that they are safe to take with Nintedanib.

It is important that you let your GP know that you are taking Nintedanib when they are reviewing your current medications or if they prescribe you anything new.

## **How long will I need to take Nintedanib for?**

Nintedanib is only effective for as long as it is taken, so we may recommend that you continue taking it for a long time if it is tolerated and effective.

## **When can I stop taking Nintedanib?**

We will give you breathing tests (also known as pulmonary function tests or PFTs) to see how you are responding to Nintedanib. If it isn't helping to slow the decline in your pulmonary function, your respiratory consultant will talk to you about stopping it.

If you want to stop taking Nintedanib for any other reason (for example, if you're experiencing several side effects), please contact us for advice.

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## Contact us

If you have any questions or concerns, please contact us.

Interstitial lung disease (ILD) team  
The Respiratory Centre  
D level  
West Wing  
Southampton General Hospital  
Tremona Road  
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