

Your guide to treatment with

Cosentyx[®]

(secukinumab)



Be the
best you
can be

A personalised program
of support for people taking
Cosentyx[®] (secukinumab)

About this booklet

This booklet is for people who have been prescribed Cosentyx® (secukinumab). Cosentyx is a medicine that is used to reduce the symptoms of inflammatory conditions, including psoriasis, psoriatic arthritis, hidradenitis suppurativa (HS), axial spondyloarthritis and non-radiographic axial spondyloarthritis.

This booklet provides:

- Information about Cosentyx, including what it is and how it works.
- Simple step-by-step instructions on how to use Cosentyx.
- Other tips for travelling with Cosentyx and to help build a good relationship with your healthcare team.

Keep in mind that the booklet isn't designed to replace specific medical advice, so it should be used alongside consultations with your doctor or other members of your healthcare team.

You can also read more about Cosentyx in the Consumer Medicine Information leaflet accompanying this booklet or by downloading the most recent copy from www.novartis.com.au/products/consumer-information.

About Altogether You

Living with a long-term health condition can affect you in many ways, including physically and emotionally.¹⁻⁴ So while Cosentyx looks after your condition, Altogether You helps look after YOU.

Through Altogether You, you'll have access to:

- Support from a dedicated Altogether You nurse via phone, SMS or email to answer your questions about Cosentyx.
- Device training to support you with the administration of your medication.
- Reminders for blood tests, scripts and appointments.
- Information about your condition, Cosentyx treatment and tools to track your progress.

To enrol in the Altogether You program, simply call **1800 023 826** or visit **www.altogetheryou.com.au**.

An Altogether You nurse will register you and set up the support services you need.

My nurse advisor is

Contact number

Understanding more about Cosentyx

This section provides practical information about Cosentyx, including what it is, how it works, how often to take it, and possible side effects.

Remember, if you have any questions that aren't answered in this booklet – or would like to know more about a particular aspect of your treatment – please speak to a member of your healthcare team.

If you're enrolled in **Altogether You**, you can also call **1800 023 826** or visit **altogetheryou.com.au** for further information.

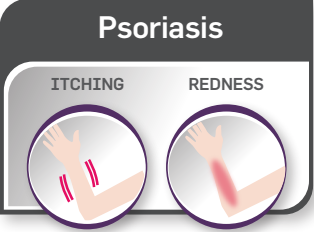
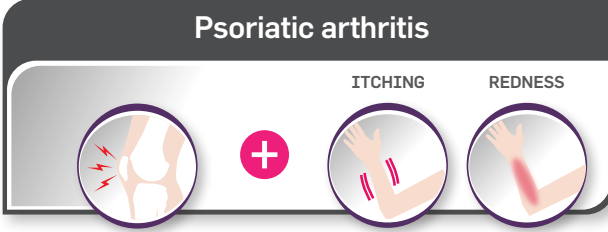
Always use Cosentyx exactly as your doctor has explained.

Check with your doctor, nurse or pharmacist if you aren't sure.

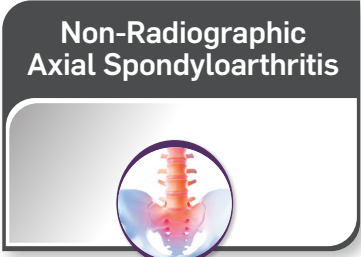

What is Cosentyx used to treat?

Cosentyx belongs to a group of medicines called 'biologic therapies'. Cosentyx is used to treat conditions where there is too much inflammation in parts of the body, including:


PSORIATIC DISEASE

Psoriasis		Psoriatic arthritis
	+	
Causes thickened areas of itchy red skin		Tender, swollen and painful joints Causes thickened areas of itchy red skin

AXIAL DISEASE

Non-Radiographic Axial Spondyloarthritis	Axial Spondyloarthritis
	
Causes painful bones and joints in the neck, spine and pelvis	Causes painful joints resulting in changes to your bones that can be seen on x-ray in the neck, spine and pelvis

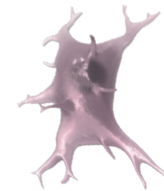
HIDRADENITIS SUPPURATIVA (HS)



Causes painful bumps or boils and is associated with inflammation throughout the body, often affecting the hair follicles and sweat glands

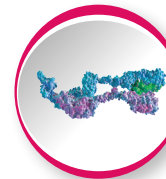
Cosentyx helps treat autoimmune diseases

Our immune systems normally help to keep us healthy by fighting harmful things like bacteria and viruses. But in autoimmune diseases – like psoriatic disease, HS and ankylosing spondylitis – the immune system mistakenly attacks the body's own healthy tissues and triggers an increase in inflammation which affects different parts of the body.



An overactive immune system

For people with psoriatic disease, the symptoms can affect the skin and joints. And for those with ankylosing spondylitis, symptoms affect the bones and joints. In HS, it is thought that an overactive immune system causes hair follicles to become blocked and enlarged, causing painful bumps and abscesses.



What is IL-17A and why is it important?

IL-17A (interleukin-17A) is a substance produced by the immune system that plays an important role in protecting you. However, high levels play a role in autoimmune diseases.^{5,6}



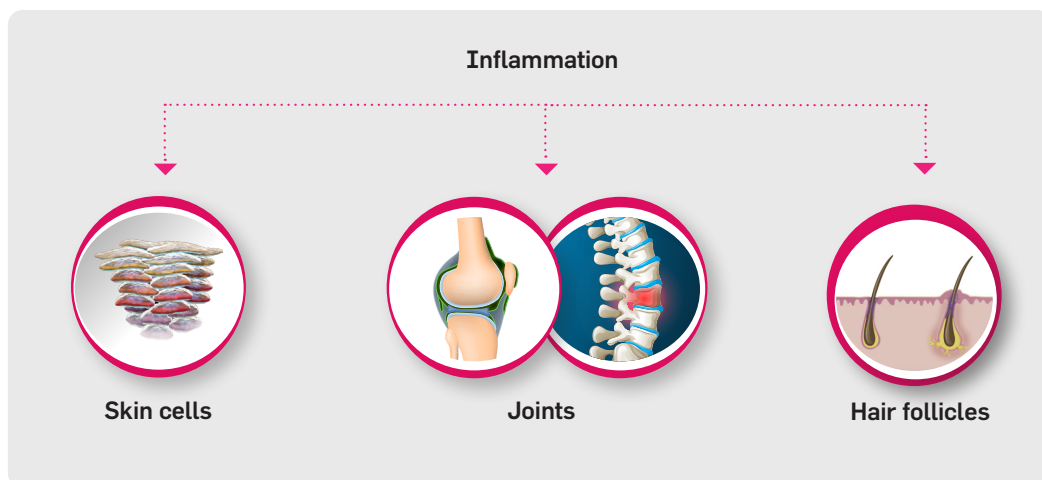
Higher levels of IL-17A mean more inflammation

More inflammation results in more severe symptoms. This is why it's important to reduce the amount of IL-17A in the body, and that's where Cosentyx comes in!

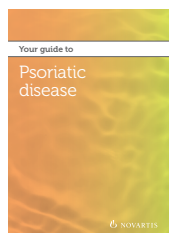
More symptoms

How does Cosentyx work?

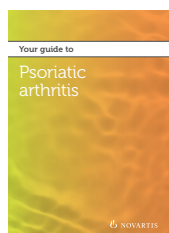
- Cosentyx contains an ingredient called secukinumab, which is a type of specially developed medicine called a monoclonal antibody.
- Cosentyx specifically seeks out and binds to IL-17A.
- By blocking and reducing the levels of IL-17A, Cosentyx helps to reduce symptoms caused by inflammation:



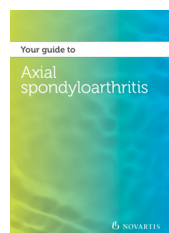
For more information about the inflammatory conditions that Cosentyx is used to treat, please see the following booklets:



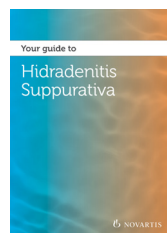
Your guide to psoriatic disease



Your guide to psoriatic arthritis



Your guide to axial spondyloarthritis



Your guide to hidradenitis suppurativa

BEFORE YOU START TAKING COSENTYX

Like many medications, there are some things to be aware of before you start taking Cosentyx.



You should not be given certain types of vaccines (live vaccines) while using Cosentyx. Tell your doctor or nurse if you're planning to have a vaccination in the near future.



Cosentyx should not be used during pregnancy or breastfeeding. Tell your doctor or nurse if you're pregnant, think you may be pregnant or are planning to have a baby.



Tell your doctor or nurse if you have an allergy to secukinumab (the active ingredient in Cosentyx), latex or any other ingredients.



You cannot use Cosentyx if you have an active infection. An easy way to remember is "If you have an infection, don't take your injection." Ask your doctor or nurse for advice if you have long-term or repeated infections.



Tell your doctor or nurse if you have any long-term health conditions, like tuberculosis, chronic inflammation of the intestines, ulcerative colitis or Crohn's disease.



Tell your doctor, nurse or pharmacist if you're taking any other medicines (including prescription medicines or those you buy without a prescription from a pharmacy, supermarket or health food shop).

Using my device



Cosentyx is administered subcutaneously into the fatty layer under the skin using a special device that has been designed to make the process simple and quick. Your doctor or nurse will take you through the steps and provide training on how to use the pen. The pen you will receive depends on the dose you have been prescribed and the frequency of your injections.

It's normal to feel a little apprehensive the first time you use your device, however with the right training and support, most people quickly become comfortable and confident.

If you have difficulty using your device, a caregiver or a family member can do it for you after they've been properly trained.

For an illustrated step-by-step guide on how to administer Cosentyx, see the instructions on pages 12–17 of this booklet.

If you're enrolled in the Altogether You support program, visit www.altogetheryou.com.au to watch a video showing you how to administer Cosentyx.

You can also contact your Altogether You nurse at any time for advice or training on how to use your Cosentyx pen device, or to schedule a one-on-one home visit to teach you how to administer Cosentyx.

How much Cosentyx should I take and for how long?

Your doctor will decide how much Cosentyx you need and how long to take it. Your prescribed dose of Cosentyx will be either 150 mg (one pen), or 300 mg (two 150 mg pens).

You'll need to keep taking Cosentyx for as long as your doctor recommends.

You'll also have regular tests during your treatment to make sure the medication is working and to prevent unwanted side effects.

When do I take Cosentyx?

When you first start taking Cosentyx, you'll initially receive your prescribed dose each week, for the first five weeks. After that, you'll only need your prescribed dose once a month for as long as your doctor recommends.

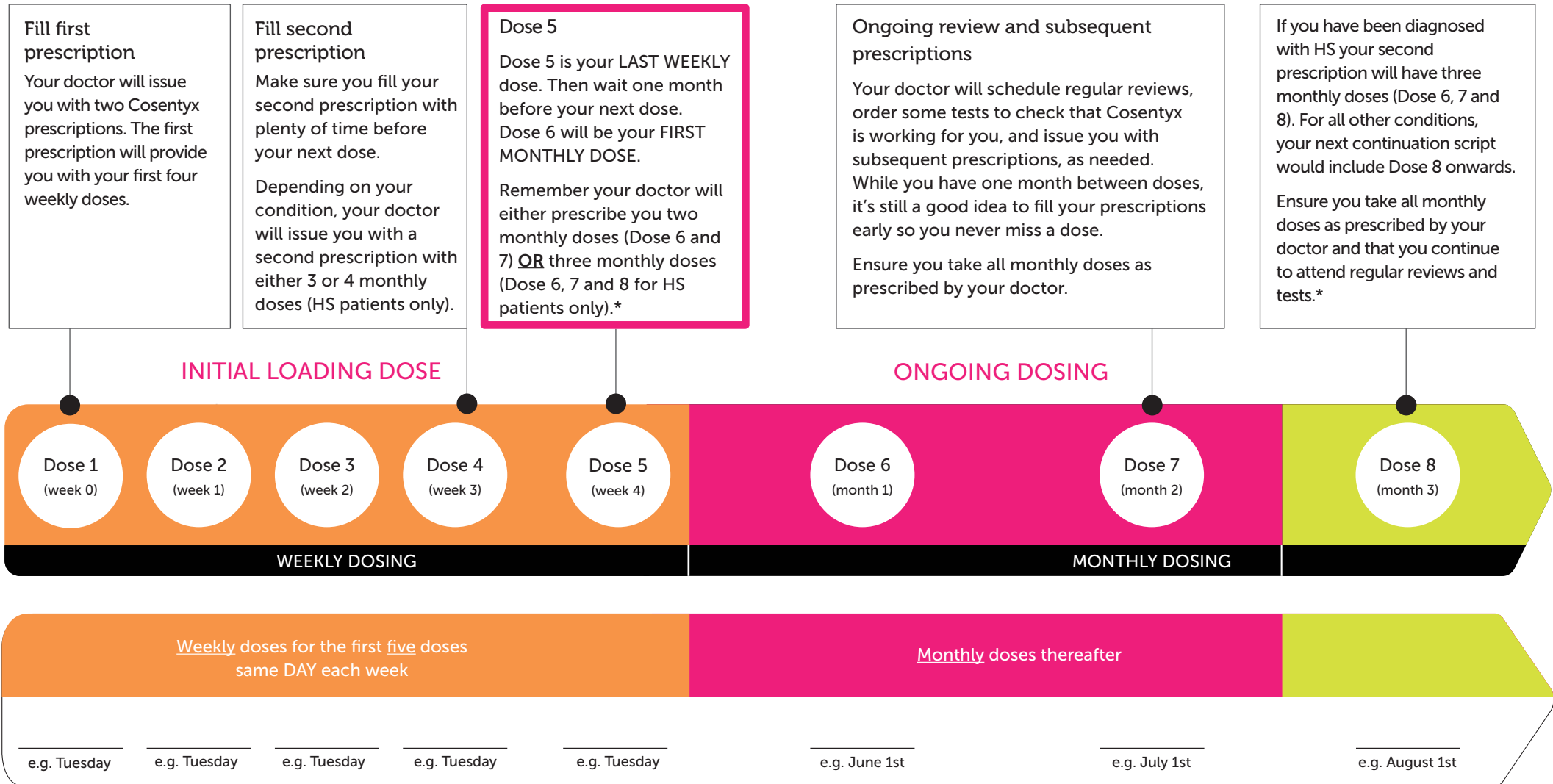
Starting Cosentyx

This visual shows the recommended dosing schedule for people who have been prescribed an initial loading dose.

If you have not been prescribed a loading dose, your dosing schedule will be MONTHLY.

Speak to your nurse or doctor if you do not know your dose or are unsure about any aspect of your treatment with Cosentyx.

Use this page to record when your doses are due



* Some patients with HS could be on fortnightly dosing.

What if I forget to take a dose of Cosentyx?

If you forget to take your Cosentyx, take the dose as soon as you remember. Then speak to your doctor to discuss when you should take the following dose. If you're not sure what to do, ask your doctor or pharmacist.

What if I use more Cosentyx than I should?

If you've used more Cosentyx than you should, or your dose has been given sooner than your doctor has recommended:

- Contact your doctor immediately, or
- Contact the Poisons Information Centre (13 11 26), or
- Go to Accident and Emergency at your nearest hospital. You should do this even if there are no signs of discomfort or poisoning.

What if I stop using Cosentyx?

It's not dangerous to stop using Cosentyx, but if you stop treatment, the symptoms of your condition may return.

Stopping Cosentyx without talking to your doctor may have an impact on how and when you can restart treatment in the future. Always speak with your doctor before stopping Cosentyx.

How should I store Cosentyx?

Your Cosentyx pen should be stored safely in the box to protect it from light, in the refrigerator between 2°C and 8°C, and out of reach of children.

If necessary, Cosentyx can be left out of the refrigerator for a single period of up to 4 days at room temperature, not above 30°C. Do not put back in the refrigerator after it has reached room temperature. Discard any unused product.

You should not use your pen if it's been dropped after the cap has been removed, if it has been shaken, or frozen.







How do I keep receiving Cosentyx through the PBS?

Cosentyx is subsidised by the government through the Pharmaceutical Benefits Scheme (PBS). Ongoing treatment with Cosentyx can only be provided to people who continue to respond to treatment. Your doctor will work closely with you to ensure that any necessary follow-up tests are completed on time so there are no gaps in your treatment.

For this reason, it's important you attend all appointments requested by your doctor.

What are the possible side effects of Cosentyx?

Like all medicines, Cosentyx can cause side effects, some of which may be serious. However, not everyone will get them.

Very common (More than 1 in 10 people)	Common (Up to 1 in 10 people)
 sore throat	 cold sore
 stuffy nose	 diarrhoea
	 runny nose
	 hives

There are some adverse events you should be aware of and, if you experience them, you are encouraged to report them to your healthcare professional. Please refer to the Consumer Medicine Information (CMI) for the full list of adverse events.

Two important side effects to be aware of are allergic reactions and serious infections

POSSIBLE SIGNS OF ALLERGIC REACTIONS

Stop using Cosentyx and seek immediate medical help if you experience signs or symptoms of an allergic reaction, which may include:

- Difficulty breathing or swallowing
- Low blood pressure, which can cause dizziness or light-headedness
- Swelling of the face, lips, mouth or throat.
- Severe itching of the skin with a red rash or raised bumps

POSSIBLE SIGNS OF SERIOUS INFECTIONS

Stop using Cosentyx and tell your doctor or pharmacist immediately if you experience any signs or symptoms of a potentially serious infection, which may include:

- Fever, flu-like symptoms, night sweats
- Feeling tired or short of breath; cough which will not go away
- Warm, red and painful skin or a painful skin rash with blisters
- Burning sensation when passing urine.



If you experience any side effects (including those not listed here), talk to your doctor, nurse or pharmacist.

For more information on side effects, please see the [Cosentyx Consumer Medicine Information](#) leaflet accompanying this booklet.

Administering Cosentyx

A step-by-step guide

This step-by-step guide takes you through the process of preparing your pen for administering your dose of Cosentyx, and tidying up afterwards.



Before you use Cosentyx, it's important that you have received training from your doctor or another healthcare professional. After this training, you and your doctor can decide whether you should administer Cosentyx yourself.

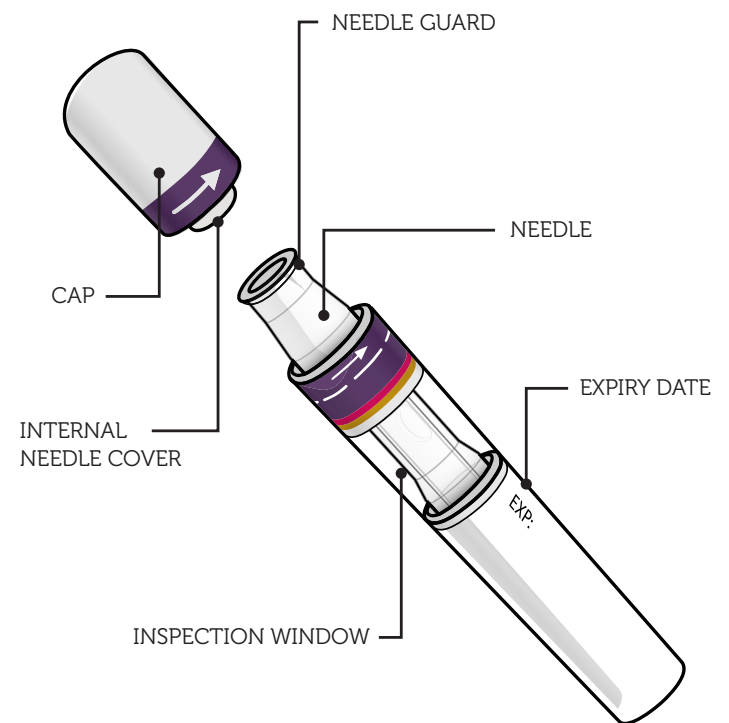
A caregiver may also be able to give you your Cosentyx after proper training.

If you have any questions about how to use your pen, please contact your doctor, nurse or pharmacist. If you are enrolled in Altogether You, you can call 1800 023 826 for advice, or to arrange further training (including one-on-one home visits from a nurse).

The [Cosentyx Consumer Medicine Information](#) leaflet accompanying the booklet and also included in the Cosentyx packaging, contains important information that you should read before you use Cosentyx (you can also download the most recent copy of this leaflet by visiting www.novartis.com.au/products/consumer-information).

GETTING TO KNOW YOUR COSENTYX PEN

The Cosentyx pen is specially designed to make using Cosentyx quick and easy. Each pen is prefilled with Cosentyx and is designed for single use. The parts of the pen are labelled in the diagram.

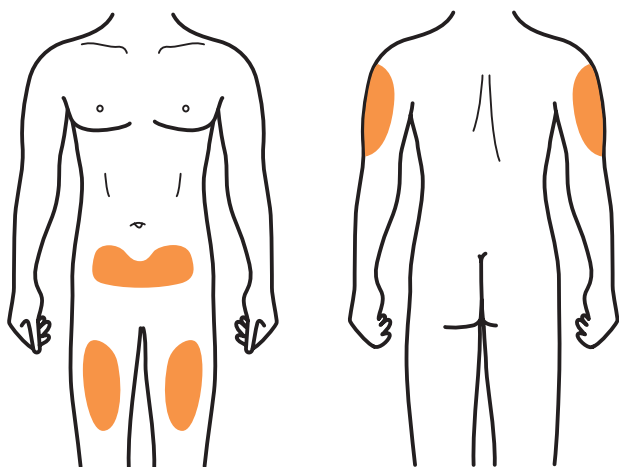


Choosing the site to administer Cosentyx

Before you start, choose a place to administer your Cosentyx (see the diagram below). The best place is the front of the thighs. You can also use your stomach, but be careful to stay 5 cm away from your navel (belly button).

Choose a different site each time and avoid areas where the skin is tender, bruised, red, scaly or hard. Also avoid areas with scars or stretch marks.

If a caregiver or healthcare professional is administering your Cosentyx, they may also use the outer upper arm.



Best places for you to administer your Cosentyx

Additional sites for caregivers or healthcare professionals

Important safety information

- Ensure you (or your caregiver) have been trained by your doctor, nurse or pharmacist before using Cosentyx.
- Your Cosentyx pen should be stored safely in the box, in the refrigerator between 2°C and 8°C, and out of reach of children. If necessary, Cosentyx can be left out of the refrigerator for a single period of up to 4 days at room temperature, not above 30°C. Do not put back in the refrigerator after it has reached room temperature. Discard any unused product.
- You should not use your pen if it has been dropped after the cap has been removed, if it has been shaken, or frozen.
- Before you use your pen there are a few important safety checks:
 - The liquid within the pen should be clear, although its colour may vary from colourless to slightly yellow, and you may see a small air bubble.

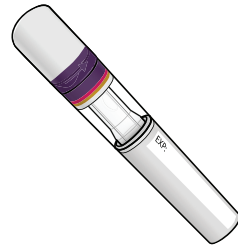
Contact your pharmacist if:

- The liquid in the pen contains easily visible particles, is cloudy or distinctly brown
- The expiry date has passed, or
- The safety seal has been broken.

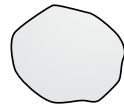
Preparing your Cosentyx pen(s)

1

To get started, you'll need a new and unused Cosentyx pen.

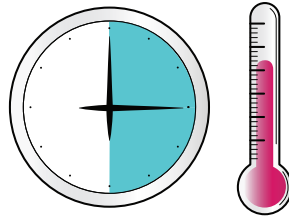


You will also need an alcohol wipe, cotton ball or gauze, and a sharps disposal container.



2

To make administration more comfortable, take the pen out of the refrigerator 30–45 minutes before using it to allow it to reach room temperature.



3

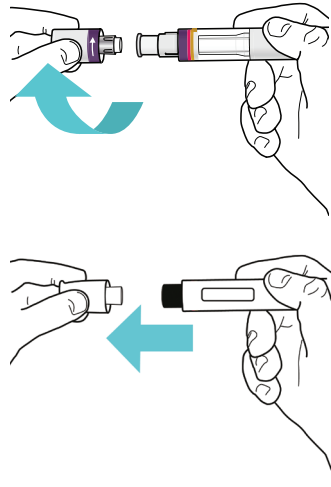
Wash your hands with soap and water. Then, using a circular motion, clean the site with the alcohol wipe.



Leave it to dry and do not touch the cleaned area again before starting your treatment.

4

Depending on your pen, you will either need to twist or pull off the cap of the pen.

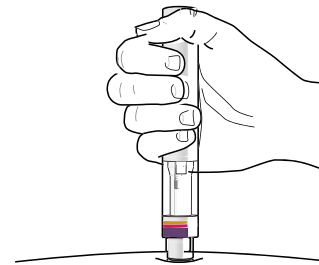


The cap cannot be reattached, so throw the cap away and use the pen within 5 minutes.

Administering Cosentyx

5

Hold the pen at 90 degrees to the cleaned site and press the pen firmly against your skin.



6

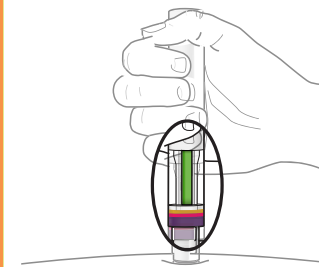
While administering Cosentyx you will hear 2 clicks.

The first click means that delivery of your Cosentyx has started.

Keep holding the pen firmly against your skin and listen for the second click.

The second click means that the treatment is almost complete.

After the second click, check that the green indicator fills the window and has stopped moving.

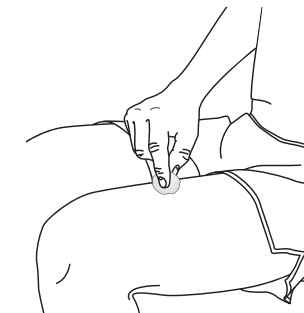


This means that the medicine has been delivered and the pen can be removed. Contact your doctor if the green indicator is not visible.

7

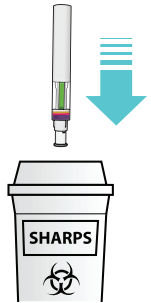
When you remove the pen, there may be a small amount of blood at the site.

Press a cotton ball or gauze over the site and hold it for 10 seconds without rubbing. If you need to, you can cover the site with a small adhesive bandage.



8

Cosentyx pens can only be used once. Dispose of the used pen in a sharps disposal container.



If your prescribed dose is two pens rather than one, choose a different site and repeat steps 2–8.

Other tips & tricks

Tips for a good relationship with your healthcare team

Your healthcare team is there to help you get the most out of your treatment. So, it's important to have a good relationship. Here are some helpful tips to keep in mind:

- Don't be afraid to ask questions, no matter what the topic – your healthcare team are professionals and want to help.
- If you have questions, write them down in the Notes section at the end of this booklet, so that you remember to ask them at your next appointment.
- If you find it difficult to remember information from your consultation, take notes or record the consultation on a smartphone. Or ask a family member or friend to come with you to appointments.
- Ask for help if you need it – living with a long-term condition can be challenging, but you're not alone. There are many places you can get support, so talk to your healthcare team about how they can help you.
- Use the Treatment Tracker or dosing card to remind you to take Cosentyx – or sign up for reminders through Altogether You.
- Fill out the Symptom Tracker and take it to your appointments to help your healthcare team monitor your progress and help you achieve your goals.

Tips for travelling with Cosentyx

Your checklist



Make sure you have enough Cosentyx and supplies (alcohol wipes etc.) for the duration of your trip and that there's a refrigerator at your destination to store Cosentyx.

- Enough Cosentyx and supplies for the duration of your trip
- Refrigerator at your destination



Always make sure Cosentyx is kept at the correct temperature (2–8°C) while travelling.

Use the Cosentyx insulated travel pack to keep Cosentyx cool for up to 8 hours.

For longer journeys, ask the flight attendant to store Cosentyx in the on-board refrigerator.

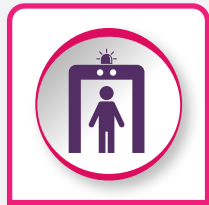
- Travel pack/cooler bag



When flying, always keep Cosentyx with you in your carry-on luggage (Cosentyx may freeze if it's in your checked luggage in the cargo hold).

Check with your airline about any regulations around travelling with an injectable medication.

- Contact airline prior to travel



When going through airport security, let them know you have Cosentyx with you. It's also a good idea to have your prescription and a letter from your doctor ready to show them.

Airport security machines such as metal detectors and X-ray machines will not affect Cosentyx.

- Prescription and travel letter from your doctor



Ask your doctor well before your travel date if you need any vaccinations for your destination.

Cosentyx should not be given with live vaccines.

- Travel vaccinations are up to date

Notes



If you require a travel pack, please call
Altogether You on 1800 023 826.

References:

1. Armstrong AW *et al.* *Nutrition & Diabetes* 2012;2(12):e54.
2. Cleveland Clinic. Guidance at last on managing comorbidities of psoriatic arthritis. Available at <https://consultqd.clevelandclinic.org/2015/04/guidance-at-last-on-managing-comorbidities-of-psoriatic-arthritis/>. Accessed February 2024.
3. Kang J-H *et al.* *Annals of the Rheumatic Diseases* 2010;69(6):1165–68.
4. WebMD. The emotional effects of psoriatic arthritis. Available at <https://www.webmd.com/arthritis/psoriatic-arthritis/the-emotional-toll-of-psoriatic-arthritis#1>. Accessed February 2024.
5. National Psoriasis Foundation. The immune system and psoriatic disease. Available at: <https://www.psoriasis.org/research/science-of-psoriasis/immune-system>. Accessed February 2024.
6. Australian Rheumatology Association. Patient information on secukinumab. Available at: https://rheumatology.org.au/Portals/2/Documents/Public/Patients/Medication_Information/Secukinumab_June2022.pdf?ver=2022-06-23-125411-637. Accessed February 2024.

▼ This medicine is subject to additional monitoring. This will allow quick identification of new safety information. You can help by reporting any side effects you may get. You can report side effects to your doctor, or directly at www.tga.gov.au/reporting-problems. See the full CMI for further details.

Novartis encourages healthcare professionals and consumers to report any adverse events associated with our products. You can also report side effects to the Altogetheryou Nurse Team on 1800 023 826 or via email at support@altogetheryou.com.au.

Side effects (adverse events) also include special situations such as pregnancy, dose reduction, or discontinuation due to a side effect, or a product quality complaint.

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