

PRESCRIBING OF APREMILAST FOR DERMATOLOGY AND RHEUMATOLOGY- INFORMATION FOR GPs

This patient has been recommended Apremilast by the secondary care clinical team. Since this is a new drug to be prescribed via primary care with small patient numbers receiving this treatment, we have compiled some information for you regarding the prescribing of this medication.

APREMILAST

Brand name: Otezla®

Licensed indication: Psoriatic Arthritis, Psoriasis and Behçet's disease.

Drug action: Apremilast is an oral small molecule inhibitor of phosphodiesterase 4 which works to modulate pro-inflammatory and anti-inflammatory mediators.

Dosage: An initial dosage titration regime is required:

Day 1: 10mg once daily

Day 2: 10mg twice daily

Day 3: 10mg morning 20mg night

Day 4: 20mg twice daily

Day 5: 20mg morning 30mg night

Day 6 and thereafter: 30mg twice daily

The recommended dose of Apremilast is 30 mg twice daily taken orally (once daily if CrCl <30mls/min), with no food restrictions (see Appendix 1). Treatment duration will be reviewed at the secondary care clinic. If there is a treatment break (> 2 weeks) then the secondary care team should be contacted which patients have been advised of. **The initiation pack will be prescribed by the secondary care team.**

Prescribing information: Available as 30mg tablets and initiation pack. Pack size – 56. Due to cost, supply is limited to **28 days** per prescription.

Monitoring: Nil for primary care. Secondary care to monitor disease activity, weight, renal function and potential side effects at outpatient appointments.

Cautions and Contraindications:

See information in product SPC or BNF:

Apremilast Data Sheet (EMC)

<https://www.medicines.org.uk/emc/product/3648>

Apremilast monograph (BNF)

<https://www-medicinescomplete-com.knowledge.idm.oclc.org/#/content/bnf/340167527?hspl=apremilast>

Further treatment guidance can be found at:

SMC Psoriasis

www.scottishmedicines.org.uk/media/1254/apremilast_otezla_plaque_psoriasis_final_may_2015_revised_010615_for_website.pdf

SMC Psoriatic Arthritis

https://www.scottishmedicines.org.uk/media/1255/apremilast_otezla_psoriatic_arthritis_final_may_2015_revised_010615_for_website.pdf

Please do not hesitate to contact the clinical team (see contact numbers) who initiated the medication who will be more than happy to answer any questions. We appreciate your ongoing support with the prescribing of Apremilast.

Contact Numbers

RHEUMATOLOGY		
Glasgow Royal Infirmary	0141 211 4329	
Stobhill Hospital	0141 355 1521 or 0141 355 1062	
Queen Elizabeth University Hospital	0141 451 5707 – pharm 0141 451 6081 - helpline	
Gartnavel General Hospital	0141 211 3067	
New Vic Hospital	0141 347 8058	
Royal Alexandria Hospital	0141 314 9557 – Rheum advice line	Or GPs can use SCI advice for direct queries
Inverclyde Royal Hospital		
Vale of Leven Hospital		

DERMATOLOGY	
Glasgow Royal Infirmary	0141 201 5456
Stobhill ACH	0141 355 1276
West Glasgow ACH	0141 201 6922
Vale of Leven Hospital	01389 87656
Queen Elizabeth University Hospital	0141 452 3238
New Victoria Hospital	0141 347 8260
Royal Alexandria Hospital	0141 314 6068
Inverclyde Royal Hospital	01475 504940