

**Nucala**  
mepolizumab

# Nu you

**Frequently asked  
questions**

This booklet is intended for use by patients prescribed Nucala for injection at home. For full information, please refer to the patient information leaflet that came with the Nucala carton.

Adverse events should also be reported to GlaxoSmithKline on 0800 808 500.

Always read the patient information leaflet before taking this medicine. If you have any questions speak to your doctor, nurse or pharmacist.

**Q.**

***I've found out  
I have severe  
eosinophilic asthma.  
What does this mean?***

**A.**

Eosinophils are a type of white blood cell. They play a role in regulating your immune system and help to defend your body from infections.

Eosinophilic asthma can develop if there are too many eosinophils in your blood and your airways. They can cause your airways to become inflamed and narrowed, potentially increasing the risk of an asthma attack.

**Q.**

***What is Nucala  
and how does  
it work?***

**A.**

Nucala (also known as mepolizumab) is a biologic medicine specifically designed to treat severe eosinophilic asthma. It's different from other severe asthma treatments because it's an injection you take once every 4 weeks – either at home or at your doctor's office – in addition to your current asthma medications.

It works by lowering the number of eosinophils in your blood, which decreases the airway inflammation that may trigger an asthma attack.

**Q.**

***I've been prescribed  
Nucala to take home.  
How often should  
I use it?***

**A.**

You need to take Nucala every 4 weeks as prescribed by your doctor, even if you're feeling better. Nucala is taken in addition to your other asthma medications.

It may be easier to remember to take Nucala every 4 weeks if you make it part of your routine. Write down the day in a calendar or on the tracker provided in this pack.

**Q.**

***How should I store  
my Nucala at home?***

**A.**

Until you need it, keep your Nucala in its original carton, in your fridge and out of the light. Nucala should be stored between 2–8°C. Unopened cartons can be stored at up to 30°C, for up to 7 days (again, out of the light).

Safely dispose of any Nucala that is out of date, no longer needed or has been outside its carton for more than 8 hours, or out of the fridge for more than 7 days. Speak to your pharmacist if you have any questions about this.

**Q.**

***How do I use my  
Nucala at home?***

**A.**

Please follow the instructions provided in the carton with your medicine. Detailed instructions on preparing your Nucala and your injection site, as well as instructions for self-injecting, can also be found in the 'Instructions for use' leaflet that came with this kit. If you have any questions, please ask your doctor.

**Q.**

***How do I safely  
dispose of  
my Nucala?***

**A.**

You should safely dispose of your used or expired Nucala as per your local requirements. If you have any other questions, please speak with your doctor, nurse or pharmacist.

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### What if I miss a dose?

If you realise you've missed a dose, you or your caregiver should inject the next dose of Nucala as soon as you remember.

If it is already time for your next dose, then just inject the next dose as planned. If you are not sure what to do, ask your doctor, nurse or pharmacist.

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### How do I travel with my Nucala?

Travelling with Nucala isn't a problem as long as you keep it in the original packaging and protected from light. You may keep it at room temperature, up to 30°C, for no more than 7 days when kept in the original carton.

If you do take your medicine out of its carton, it should be used within 8 hours. Throw the Nucala away if it has been kept out of the refrigerator for more than 7 days.

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### How well will Nucala work?

As with any medication, the response to Nucala differs from person to person.

Any improvements you may see might take a bit of time, so it's a good idea to keep track of your asthma symptoms. The monthly tracker provided in this kit will help you do this, and is useful to take back to your specialist appointments, so they can monitor any progress you do make.

**Nucala can only have an effect if you keep taking it, so you need to keep taking Nucala regularly – even if you feel better.**

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### What possible side effects might I get?

Like all medication, Nucala can cause side effects, although not everybody gets them. The side effects caused by Nucala are usually mild to moderate but can occasionally be serious.

Do not use NUCALA if:

- you are allergic to mepolizumab or any of the other ingredients of this medicine.

#### Allergic Reactions:

Allergic or allergic-like events often occur within minutes to hours after the medicine is administered, but in some instances symptoms can have a delayed onset of up to several days.

#### Some of the symptoms of an allergic reaction may include:

- chest tightness, cough, wheezing or difficulty breathing
- drop in blood pressure (fainting, dizziness, feeling lightheaded)

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- swelling of the face, lips, tongue or other parts of the body
- rash, itching, hives or redness on the skin
- stomach pain or discomfort
- vomiting

If you think any of these apply to you, do not use NUCALA until you have checked with your doctor.

#### Very common side effects:

This may affect more than 1 in 10 people:

- headache

#### Common side effects:

These may affect up to 1 in 10 people:

- injection-site reaction (pain, redness, swelling, itching, and burning sensation of the skin near where the injection was given)
- eczema (itchy red patches on the skin)
- back pain

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- pharyngitis (sore throat)
- lower respiratory tract infection (congestion, cough, discomfort)
- nasal congestion (stuffy nose)
- upper abdominal pain (stomach pain or discomfort in the upper area of the stomach)
- urinary tract infection (blood in urine, painful and frequent urination, fever, pain in lower back)
- fever (high temperature)

Tell your doctor or pharmacist if you experience any of the side effects listed, particularly if they become severe or troublesome, or if you notice any side effects not listed in this leaflet.

If you think you are having an allergic reaction to NUCALA, stop using this medicine and tell your doctor or a nurse immediately and go to the Emergency Department at your nearest hospital.

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### Where can I get further support?

[www.severeasthma.co.nz](http://www.severeasthma.co.nz)  
Asthma and Respiratory Foundation  
[www.asthmafoundation.org.nz](http://www.asthmafoundation.org.nz)  
[www.healthnavigator.org.nz](http://www.healthnavigator.org.nz)

Asthma New Zealand  
[www.asthma.org.nz](http://www.asthma.org.nz)

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**Nucala** (mepolizumab 100 mg) is a **Prescription Medicine**, available as a 100 mg powder for injection (100 mg/mL after reconstitution) and as a 100 mg/mL pre-filled pen (auto-injector). **Nucala** is used as an add-on treatment for; severe eosinophilic asthma in patients 12 years and over, severe chronic rhinosinusitis with nasal polyps (CRSwNP) with an inadequate response to intranasal corticosteroid in adult patients 18 years and older, relapsing or refractory Eosinophilic Granulomatosis with Polyangiitis (EGPA) in adult patients aged 18 years and over, and in adult patients with inadequately controlled hypereosinophilic syndrome (HES) without an identifiable non-haematologic secondary cause. **Nucala** is given by injection under your skin (subcutaneous). **Nucala is fully funded for severe eosinophilic asthma only; Special Authority criteria apply. Use strictly as directed. Nucala has risks and benefits. Do not stop taking your other asthma medications including inhaled and/or oral steroid asthma medications. Tell your doctor if:** you have a parasitic (helminth) infection; you are taking prescription and over-the-counter medicines, vitamins, and herbal supplements; you are pregnant or plan to become pregnant; you are breastfeeding or plan to breastfeed. **Nucala** does not treat acute asthma symptoms, such as sudden asthma attack. Tell your healthcare professional or get emergency help immediately if you have any of the following symptoms of an allergic reaction: swelling of your face, mouth, and tongue; breathing problems; fainting; dizziness; feeling light-headed (low blood pressure); rash or hives. **Side effects:** headache, injection site reactions (pain, redness, swelling, itching, or a burning feeling at the injection site), back pain, and fatigue. Serious side effects may include allergic (hypersensitivity) reactions, including anaphylaxis. Serious allergic reactions can happen after you get your injection of **Nucala**. Allergic reactions can sometimes happen hours or days after you get a dose of **Nucala**. Herpes zoster infections that can cause shingles have happened in people who received **Nucala**. **If symptoms continue or you have side effects, see your doctor, pharmacist or health care professional.** For more information, see **Nucala** Consumer Medicine Information at [www.medsafe.govt.nz](http://www.medsafe.govt.nz). Ask your doctor if **Nucala** is right for you. Normal doctor's charges apply. Trademarks are owned by or licensed to the GSK group of companies. ©2023 GSK group companies or its licensor. Marketed by GlaxoSmithKline NZ Limited, Auckland. **Adverse events involving GlaxoSmithKline products should be reported to GSK Medical Information on 0800 808 500. TAPS DA2301VL-PM-NZ-MPL-PINF-200005** Date of Approval **April 2023** Date of Expiry **April 2025**