

# Doctor discussion guide



NUCALA is a prescription medicine indicated as an add-on treatment for relapsing or refractory Eosinophilic Granulomatosis with polyangiitis (EGPA) in adult patients aged 18 years and above.<sup>1</sup>

Now that you've scheduled a doctor's visit, it's time to prep. Here are some important questions to ask.



**PRO TIP:** Print out this guide, add your own questions, and bring it along to keep track

## BEFORE: Things to consider for your appointments

- When did I get my EGPA diagnosis?
- When was my last flare-up or relapse?
- What symptoms am I experiencing? (Symptoms include, but are not limited to: Fatigue, difficulty breathing, nasal sinus symptoms, weight loss, muscle and/or joint pain)<sup>2-5</sup>
- What medications am I taking?

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## DURING: Questions to ask your doctor

- What are eosinophils? How do they contribute to EGPA?
- Is NUCALA right for my EGPA?
- What type of treatment is NUCALA?
- Could NUCALA affect my chances of having another flare-up or relapse?
- Could NUCALA change how much steroid medication I take?
- What else could I expect with NUCALA?

For NZ residents only

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## **AFTER: Some things to monitor after starting treatment**

- Side effects
  - Dates of flares-ups or relapses
  - Changes in EGPA symptoms
  - Changes in medications
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### **Important Safety Information<sup>1,6</sup>**

**Do not use NUCALA** if you are allergic to mepolizumab or any of the ingredients in NUCALA. Do not use to treat sudden breathing problems.

#### **NUCALA can cause serious side effects, including:**

- **allergic (hypersensitivity) reactions, including anaphylaxis.** Serious allergic reactions can happen after you get your NUCALA injection. Allergic reactions can sometimes happen hours or days after you get a dose of NUCALA. Tell your healthcare provider or get emergency help right away if you have any of the following symptoms of an allergic reaction:
  - swelling of your face, lips, and tongue
  - breathing problems
  - drop in blood pressure (fainting, dizziness, feeling lightheaded)
  - rash
  - hives
- **Herpes zoster infections** Shingles has been reported to occur in patients treated with NUCALA.

#### **Before receiving NUCALA, tell your healthcare provider about all of your medical conditions, including if you:**

- are taking oral or inhaled corticosteroid medicines. Do not stop taking your other medicines, including your corticosteroid medicines, unless instructed by your healthcare provider
- have a parasitic (helminth) infection
- are pregnant or plan to become pregnant. It is not known if NUCALA may harm your unborn baby

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- are breastfeeding or plan to breastfeed. It is not known whether the ingredients of NUCALA can pass into breast milk. You and your healthcare provider should decide if you will use NUCALA or breastfeed.
- are taking prescription and over-the-counter medicines, vitamins, and herbal supplements

**Side effects of NUCALA in EGPA patients include:** headache, joint pain, nausea, sinusitis, upper respiratory tract infection, diarrhoea, vomiting, and injection site reaction. This is not a full list.

## Reference

1. GlaxoSmithKline New Zealand. Nucala Data Sheet. GSK NZ; 2023. Available at <https://medsafe.govt.nz/profs/Datasheet/n/nucalainj.pdf>. Last accessed 5/11/24
2. Cottin, V.; et al. (2016). *Europ Respir Jour* 48:1429-1441.
3. Mohammad, N. & Ghazali, W.S.W. (2017). *BMJ Case Rep*.
4. Doubelt, I.; et al. (2021). *ACR OpenRheumatol*. 3(6): 404-412.
5. Low, M.C.; et al. (2019). *Int Forum Allergy Rhinol*. 10(2): 217-222.
6. GlaxoSmithKline New Zealand. Nucala Consumer Medicine Information. GSK NZ; 2023. Available at <https://www.medsafe.govt.nz/Consumers/CMI/n/nucalasolution.pdf> Last accessed 14/11/24

**Please see Consumer Medicine Information for NUCALA available at [www.medsafe.govt.nz](http://www.medsafe.govt.nz)** Adverse events involving GlaxoSmithKline products should be reported to GSK Medical Information on 0800 808 500.

**Nucala** (mepolizumab 100 mg) is a **Prescription Medicine**, available as a 100 mg/mL pre-filled pen (auto-injector). Each pre-filled pen delivers 100 mg mepolizumab in 1 mL. *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 corticosteroids 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 and EGPA 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.

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**Nucala**   
(mepolizumab)