For New Zealand residents only

# Doctor discussion guide

NUCALA mepolizumab

NUCALA is an add-on prescription treatment in adult patients (18 years and above) with severe chronic rhinosinusitis with nasal polyps (CRSwNP) with an inadequate response to intranasal corticosteroids.[1]

Doctor's visit scheduled? Check. Now, it's time to prep. Below are some important questions to ask about your severe chronic rhinosinusitis with nasal polyps and how NUCALA may be able to help.

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

## To help you get the most out of your Doctor's visit, have a think about your recent history with your chronic rhinosinusitis with nasal polyps

How long have you been affected by CRSwNP?

How many nasal polyp surgeries have you had?

What treatments have you used to treat CRSwNP? And how many times in the last year have you used oral steroids?

How often does your CRSwNP symptoms (nasal congestion, fatigue, facial pain and/or difficulty falling asleep) occur?

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## Some key questions you might consider asking your Doctor

What are eosinophils? Can they affect my chronic rhinosinusitis with nasal polyps (CRSwNP)?

Is NUCALA an appropriate treatment option for my CRSwNP?

How is NUCALA different from surgical intervention and my other CRSwNP medications?

What can I expect when I start taking NUCALA?

Anything else? Jot it down here:

### Important Safety Information [1,2]

**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, andtongue
  - breathing problems
  - drop in blood pressure (fainting, dizziness, feeling lightheaded)
  - rash
  - hives

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**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 asthma medicines, including your corticosteroid medicines, unless instructed by your healthcare provider because this may cause other symptoms to come back
- have a parasitic (helminth) infection.
- are pregnant or plan to become pregnant. It is not known if NUCALA may harm your unborn baby
- are breastfeeding or plan to breastfeed. You and your healthcare provider should decide if you will use NUCALA and breastfeed. You should not do both without talking with your healthcare provider first
- are taking prescription and over-the-counter medicines, vitamins, and herbal supplements

**The most common side effects of NUCALA include:** headache, injection site reactions (pain, redness, swelling, itching, or a burning feeling at the injection site), back pain, and tiredness (fatigue).

**References**


1. Data Sheet GlaxoSmithKline New Zealand. Nucala Data Sheet. GSK NZ; 2024. Available at https://www.medsafe.govt.nz (Last accessed April 2026)
2. Consumer Medicine Information GlaxoSmithKline New Zealand. Nucala Consumer Medicine Information. GSK NZ; 2023. Available at https://www.medsafe.govt.nz (Last accessed April 2026)


**Please see Consumer Medicine Information for NUCALA available at www.medsafe.govt.nz** You are encouraged to report negative side effects of prescription drugs to the Medsafe. Visit www.medsafe.govt.nz, or call 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. Ask your doctor if Nucala is right for you. Normal doctor's charges apply.  Marketed by GlaxoSmithKline NZ Limited, Auckland. **Adverse events involving GlaxoSmithKline products should be reported to GSK Medical Information on 0800 808 500. TAPS NP24645 PM-NZ-MPL-PSP-230002** Date of Approval **04 2026** Date of Expiry **04 2028**

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