



Getting Started With HADLIMA[®]

Learn more about your treatment and
how to take it

Disclaimer: This educational booklet is only for use by patients in Australia prescribed HADLIMA. The information in this booklet is provided for educational purposes only, and is not intended to be used for any self-diagnosis purposes nor to replace the information or advice provided by your doctor or healthcare professional. If you have any questions about HADLIMA or your condition always speak to your doctor, nurse or pharmacist. Please ask your pharmacist for a copy of the Consumer Medicine Information.

What is HADLIMA[®] (adalimumab)

HADLIMA is a type of biologic medicine called a biosimilar.

Biologics are medicines made from living organisms. Some examples of living organisms include human cells, animal cells, and microorganisms, like yeast and bacteria. Biologic medicines are different from other prescription medicines, which are made from chemicals.

There are two types of biologic medicines: “originators” – the original versions of biologic medicines, and “biosimilars” – other versions of the same medicines.

HADLIMA is a biosimilar to the originator adalimumab.

HADLIMA is used in adults and children for the treatment of:

- Rheumatoid Arthritis
- Ankylosing spondylitis
- Psoriatic arthritis (**adults only**)
- Juvenile Idiopathic Arthritis
- Crohn’s Disease (**≥6 years**)
- Ulcerative Colitis (**adults only**)
- Hidradenitis suppurativa (**≥12 years**)
- Psoriasis (**≥4 years**)
- Uveitis (**adults only**)

Your doctor may have prescribed HADLIMA for another reason. Ask your doctor if you have any questions about why HADLIMA has been prescribed for you.

Talk with your doctor before you start HADLIMA

Before you start HADLIMA, tell your doctor:

- About any other medical conditions
- About any allergies to other medicines or other substances
- If you are pregnant or breastfeeding
- If you are about to have major surgery
- if you have or have had an infection or symptoms of an infection (such as fever, wounds, feeling tired, dental problems)
- if you have tuberculosis or have been in close contact with someone with tuberculosis
- have or have had cancer.
- have any numbness or tingling or have a problem that affects your (or your child's) nervous system, such as multiple sclerosis.

What do I need to know about taking other medications with HADLIMA?

Tell your doctor if you are taking any other medicines, including any that you buy without a prescription from your pharmacy, supermarket or health food shop. HADLIMA is known to interact with a number of medicines, including some of those used treat rheumatoid arthritis and other inflammatory disease. Your doctor or pharmacist will be able to tell you what to do when using HADLIMA with other medicines.

Who should not use HADLIMA

Do not use HADLIMA if:

- 1 You have an allergy to HADLIMA or any of the ingredients. Symptoms of an allergic reaction may include wheezing, shortness of breath, difficulty breathing, or a tight feeling in your chest, swelling of the face, lips, tongue or other parts of the body, rash, itching, hives or flushed red skin, dizziness or light-headedness.
- 2 You have, or are at risk of developing, sepsis (blood poisoning) or long-term or localised infection (for example, leg ulcer). Sepsis is a serious infection causing fever, headache, joint-aches and pains, sore or weak muscles and increased heart rate. HADLIMA can affect your body's ability to fight a serious infection. If you are not sure whether you have a serious infection, check with your doctor.
3. You have a severe infection including infection of the bloodstream, active tuberculosis and other infections that can occur when the body's natural defences are lowered.
4. You have moderate to severe heart failure.
- 5 You are currently taking anakinra or abatacept.
- 6 The packaging is torn or shows signs of tampering.
- 7 The expiry date (EXP) printed on the pack has passed. If you use HADLIMA after the expiry date has passed, it may have no effect at all, or worse, have an entirely unexpected effect.

If you are not sure whether you should start using HADLIMA, contact your doctor.

What are the most common side effects

Check with your doctor as soon as possible if you have any problems while taking HADLIMA, even if you do not think the problems are connected with the medicine or are not listed here.

Like other medicines, HADLIMA can cause some side effects. If they occur, most are likely to be minor and temporary. However, some may be serious and need medical attention.

Some people taking HADLIMA may get serious side effects, including:

- **Infections**

HADLIMA helps people with certain inflammatory diseases. It does this by blocking a part of the immune system. However, this part of the immune system also helps fight infection. This means HADLIMA can make you more likely to get infections or make any infection that you may have, worse. This includes infections such as colds or more serious infections like tuberculosis.

- **Cancer**

If you take HADLIMA, the risk of getting certain types of cancer may increase.

- **Nervous system problems**

Adalimumab has been associated in rare cases with new onset or exacerbation of clinical symptoms and/or radiographic evidence of central nervous system demyelinating disease, including multiple sclerosis, and optic neuritis, and peripheral demyelinating disease, including Guillain Barré syndrome.

Call your doctor as soon as possible if you notice any of the following signs of potentially serious side effects.

- **Infections**

Fever, chills, unusual sweating, feeling unwell or more tired than normal, feeling or being sick (such as nausea or vomiting), diarrhoea, stomach pain, loss of appetite or weight loss, cough or coughing up blood or mucus, shortness of breath, problems urinating, skin sores, wounds, muscle aches, dental problems.

- **Cancer**

Night sweats, swelling of the lymph nodes (swollen glands) in the neck, armpits, groin or other areas, weight loss, new skin lesions or change in existing skin lesions (such as moles or freckles); severe itchiness that cannot be explained.

- **Nervous system problems**

Numbness or tingling, vision changes, muscle weakness, unexplained dizziness.

Please read the HADLIMA package leaflet for more information. These are not all of the possible side effects that may occur during treatment with HADLIMA .

How to take HADLIMA®

HADLIMA is administered by an injection under the skin. You may continue to use other medicines that help treat your condition while taking HADLIMA, such as methotrexate, non-steroidal anti-inflammatory drugs (NSAIDs) and prescription steroids, as recommended by your healthcare professional

Your injection training should come from your doctor, nurse or pharmacist. But it can be a lot to remember at one time. If you need a refresher on how to inject HADLIMA, you can refer to the instructional videos below.

Scan the QR code with your device or enter the web address to your browser



**Instructions for
PushTouch® auto-
injector patients**



**Instructions for
pre-filled syringe
patients**

Web address: mybiosimilar.com.au/adapfs6jsp

Remember to use different injection sites

It's important to rotate injection sites when it's time for your next dose of HADLIMA. Be sure to review the Instructions for Use to learn the areas of the body where you should inject the medicine. As part of your injection routine, you may find it helpful to use a calendar to keep a record of when and where you inject each time.

Step by step instructions:

The Consumer Medicine Information leaflet for HADLIMA will be included with your medicine. It includes simple illustrations that show each step in the injection process. Be sure to have the Consumer Medicines Information handy when you review the video and any time you inject.

HADLIMA is available as a PushTouch® auto-injector or a pre-filled syringe. Your doctor will decide which one is suitable for you.



For more information and support:



The Arrotex SupportED Patient Website is here to provide you with support and resources to help you with your treatment journey. We've got you SupportEd.

For further information and support visit www.supportedpsp.com.au or scan the QR code and enter the last 6 digits that appear under the barcode on your medication pack. You can access information, injection training videos and other resources to help you on your treatment journey with HADLIMA.

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AU-ADA-110329. November 2024.

PRESCRIPTION-002704 Arrotex Pharmaceuticals, Cremorne VIC.
ABN 30 605 552 234.

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