

Adalimumab (Yuflyma) – Patient Information

What does Adalimumab do?

Adalimumab blocks Tumour Necrosis Factor (TNF), a protein involved in inflammation. It is therefore known as a TNF inhibitor.

It helps reduce:

- Joint pain
- Swelling
- Stiffness
- Long-term joint damage

NHS Grampian uses the biosimilar **Yuflyma**.

Licensed for use in:

- Rheumatoid Arthritis (RA)
- Psoriatic Arthritis (PsA)
- Juvenile Idiopathic Arthritis (JIA)
- Axial Spondyloarthritis (AxSpA)

Adalimumab can be taken with methotrexate or other cDMARDs, or on its own (monotherapy).

Delivery

Your injections will be delivered to your home by HealthNet Homecare.

- First delivery usually takes 3-4 weeks
- Calls may appear as unknown or withheld numbers
- Future deliveries are arranged to avoid gaps in treatment
- HealthNet nurses can supervise your first injection via video call
- Sharps bins are supplied and collected

HealthNet Contact: ☎ 0113 340 1790

Storage

- Store in the fridge (2–8°C)

- Do not freeze
- Keep in original packaging to protect from light
- Avoid storing at the back of the fridge (risk of freezing)
- Remove from fridge 30 minutes before injecting

Room-temperature option

Yuflyma can be stored:

- Up to 31 days
- Below 25°C
- In original packaging

Discard if:

- Not used within 31 days
- Exposed to temperatures above 25°C

How do you take Adalimumab?

Adalimumab is given as a subcutaneous (under the skin) injection.

Dosing schedule

- 40 mg every 2 weeks

Injection device

- Available as a pen or pre-filled syringe
- Single-use only
- You will receive training from a nurse

Video demonstration on how to use the pre-filled pen: [Yuflyma](#)

Digital guide on injection: [🔗 Yuflyma IFU – AI Pen Digital Guide](#)

Potential Side Effects

Most people tolerate Adalimumab well, but side effects can occur in a small number of patients.

More information:

- **Arthritis UK** – www.arthritis-uk.org
- Patient information leaflet included with your medication

If you experience side effects requiring medical attention:

- Contact your GP or NHS 24 (111)
- Inform the rheumatology team, as your treatment may need review

Illness

If you develop an infection:

- Contact your GP to check if antibiotics are needed
- Stop Adalimumab while taking antibiotics
- Restart one week after finishing antibiotics, if you feel well

If you experience frequent infections, inform rheumatology.

COVID-19

Do not take Adalimumab until:

- 2 weeks after symptoms start, and
- You are feeling better

Surgery/Operations

Stop Adalimumab:

- 2 weeks before surgery
- Restart 2 weeks after surgery, provided wounds are healing well and there is no infection

Some surgeons may request you wait until your postoperative review before restarting.

Pregnancy & Breastfeeding

According to BSR guidelines (2022):

- Adalimumab can be used while trying to conceive, during pregnancy, and during breastfeeding
- If disease is stable and Adalimumab is stopped at 28 weeks, a full-term infant can follow the normal vaccination schedule
- Men can continue Adalimumab when trying to father a child

Vaccinations

Safe and recommended:

- Flu
- Pneumonia
- COVID-19 vaccines
- Shingrix (inactive shingles vaccine)

Avoid live vaccines:

- Zostavax (live shingles)
- Yellow Fever
- BCG
- MMR

Timing tip:

- If using injections, consider having vaccines mid-cycle to maximise immune response

Travel

If you will use the injections within 31 days, and they remain below 25°C, you do not need a cool bag. Keep them in original packaging to protect from light.

Otherwise:

- Use a cool bag with ice packs
- Do not let the injection touch the ice (wrap in bubble wrap)
- Bring extra resealable bags for long flights
- Always carry medication in hand luggage
- Request a travel letter from rheumatology well in advance