

Anakinra (Kineret) – Patient Information

What does Anakinra do?

Anakinra blocks Interleukin-1 (IL-1), a protein involved in inflammation. It is therefore known as an IL-1 inhibitor.

It helps reduce:

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

NHS Grampian uses the brand **Kineret**.

Licensed for use in adult rheumatology:

- Rheumatoid Arthritis (RA)
- Periodic Fever Syndromes
- Adult Still's Disease

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

Delivery

Your injections will be delivered to your home by **Alcura**.

- First delivery usually takes 3-4 weeks
- Calls may appear as unknown or withheld numbers
- Future deliveries are arranged to avoid gaps in treatment
- Sharps bins are supplied and collected

Alcura Contact: ☎ 01604 433 510

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

Anakinra can be stored:

- Up to 72 hours
- Below 25°C
- Protected from light

Discard if:

- Not used within 72 hours
- Exposed to temperatures above 25°C

How do you take Anakinra?

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

Dosing schedule

- 100 mg once daily

Injection device

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

Video demonstration on how to inject: [!\[\]\(9c2e8d1b5bd77cb5c9f83b7a9cff79fd_img.jpg\) KINERET® \(anakinra\) – Using Kineret for RA](#)

Potential Side Effects

Most people tolerate Anakinra 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 Anakinra while taking antibiotics
- Restart a couple of days after finishing antibiotics, if you feel well

If you experience frequent infections, inform rheumatology.

COVID-19

Do not take Anakinra until:

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

Surgery/Operations

Stop Anakinra:

- 1 week 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):

- Anakinra should be stopped once you become pregnant
- If no alternatives exist and disease is severe, it may be continued during pregnancy under specialist supervision
- If used in the last 3 months of pregnancy, the baby should avoid live vaccines for 6 months (e.g., rotavirus, BCG)
- It can be used during breastfeeding, although evidence is limited

Men may continue Anakinra when trying to father a child, though safety data is limited.

Vaccinations

Safe and recommended:

- Flu

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

Avoid live vaccines:

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

Travel

Anakinra must be kept cool when travelling.

- Use a cool bag with ice packs
- Do not let the syringe touch the ice (wrap in bubble wrap)
- Bring extra resealable bags for long flights
- Can be kept out of the fridge for up to 72 hours below 25°C
- Discard if out longer than 72 hours or exposed to higher temperatures
- Always carry medication in hand luggage
- Request a travel letter from rheumatology well in advance