

Bimekizumab (Bimzelx) – Patient Information

What does Bimekizumab do?

Bimekizumab blocks the activity of the **Interleukin-17A and Interleukin-17F (IL-17A/F)** proteins, which play a key role in inflammation. By reducing this inflammation, Bimekizumab helps to:

- Reduce joint pain
- Reduce swelling
- Improve mobility
- Lower the risk of long-term joint damage

NHS Grampian uses the brand **Bimzelx**.

Can be taken:

- With other cDMARDs (e.g., methotrexate)
- On its own (monotherapy)

Licensed for use in adults with:

- Psoriatic Arthritis (PsA)
- Axial Spondyloarthritis (AxSpA)
- (Also used in dermatology for psoriasis, but rheumatology indications are above)

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 visit your home to supervise your first injection
- Sharps bins are supplied and collected

HealthNet Contact: ☎ 011 3340 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 30–45 minutes before injecting to allow it to reach room temperature

Room-temperature option

Bimekizumab can be kept out of the fridge for up to 25 days, provided it stays below 25°C.

Discard the injection if:

- It is not used within 25 days
- It has been exposed to temperatures above 25°C

How do you take Bimekizumab?

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

Standard dosing

- Psoriatic Arthritis (PsA): 160 mg every 4 weeks
- Axial Spondyloarthritis (AxSpA): 160 mg every 4 weeks

If you have Psoriatic Arthritis with moderate-severe Psoriasis

- 320 mg (2 injections) at weeks 0, 4, 8, 12, 16
- Then either:
 - 320 mg every 8 weeks, or
 - 160 mg every 4 weeks

Injection device

- Available as a pen or pre-filled syringe
- Bimzelx solution should be clear to slightly opalescent, colourless to pale brownish-yellow
- You will receive training from a nurse - HealthNet can supervise your first injection at home

Video demonstration on how to inject: Bimzelx injection

Further instructions are available in the patient information leaflet included with your medication.

Possible Side Effects

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

For full details, refer to the patient information leaflet supplied 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 Bimekizumab 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 Bimekizumab until:

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

Surgery/Operations

Stop Bimekizumab:

- 4-5 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):

- IL-17 inhibitors can be used while trying to conceive, during pregnancy, and during breastfeeding

- However, Bimekizumab is relatively new (approx. 3 years of use), so we generally follow the manufacturer's guidance:
 - Stop 17 weeks before trying to conceive
- Women may breastfeed while taking IL-17 inhibitors, but safety data is limited
- Men can continue Bimekizumab when trying to father a child, though evidence is limited

Please discuss family planning with your rheumatologist or rheumatology nurse.

Vaccinations

Safe and recommended:

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

Avoid live vaccines:

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

Travel

If you will use the injections within 25 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