

Golimumab (Givobaz) – Patient Information

What does Golimumab do?

Golimumab 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 brand **Givobaz**.

Can be taken:

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

Licensed for use in:

- Rheumatoid Arthritis (RA)
- Psoriatic Arthritis (PsA)
- Axial Spondyloarthritis (AxSpA)

Golimumab is also licensed for polyarticular juvenile idiopathic arthritis in children aged 2 years and older.

Delivery

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

- First delivery usually takes 3-4 weeks
- Calls may appear as unknown or withheld numbers
- Future deliveries are arranged to avoid gaps in treatment
- No home-nurse supervision is available from Sciensus for this medication
- The rheumatology team can supervise your first injection in clinic
- If you live outside Aberdeen, your practice nurse may supervise your first dose (with prior agreement)

- Sharps bins are supplied and collected

Sciensus Contact: ☎ 0333 103 9499

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

Golimumab can be kept out of the fridge for up to 30 days, provided it stays below 25°C and is still within its expiry date.

Discard the injection if:

- It is not used within 30 days
- It becomes warmer than 25°C
- It has been kept at room temperature and then returned to the fridge (do not re-refrigerate)

How do you take Golimumab?

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

Dosing schedule

- 50 mg once a month, on the same date each month
- If you weigh more than 100 kg, your dose may be increased to 100 mg once a month

Injection device

- Available as a pen or pre-filled syringe
- Single-use only
- Remove from fridge 30 minutes before injecting
- You will receive training from a nurse

Video demonstration on how to inject using pre-filled pen: [Givobaz pen](#)

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

Possible Side Effects

Most people tolerate Golimumab 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 Golimumab 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 Golimumab until:

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

Operations

Stop Golimumab:

- 4 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):

- Golimumab can be used while trying to conceive, during pregnancy, and during breastfeeding
- If Golimumab is stopped by 28 weeks, a full-term infant can follow the normal vaccination schedule
- We recommend stopping Golimumab 4 weeks before your due date, especially if a caesarean section is possible, to reduce infection risk

Men can continue Golimumab 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

Travel

If you will use the injections within 30 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