

Guselkumab (Tremfya) – Patient Information

What does Guselkumab do?

Guselkumab blocks Interleukin-23 (IL-23), a protein found at higher levels in people with inflammatory arthritis.

It helps reduce:

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

NHS Grampian uses the brand **Tremfya**.

Licensed for use in:

- Psoriatic Arthritis (PsA)

(Not recommended for anyone under 18, as it has not been studied in this age group.)

Delivery

Your injections will be delivered to your home by **Lloyds Pharmacy Clinical Homecare (LPCH)**.

- First delivery usually takes 3-4 weeks
- Calls may appear as unknown or withheld numbers
- Future deliveries are arranged to avoid gaps in treatment
- LPCH can arrange a nurse visit to supervise your first injection
- Sharps bins are supplied and collected

LPCH Contact: ☎ 0345 263 6135 ✉ lpch.customerserviceglasgow@nhs.net

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

How do you take Guselkumab?

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

Dosing schedule

- 100 mg at week 0 (first injection)
- 100 mg at week 4
- Then every 8 weeks thereafter

For patients at high risk of joint damage, your consultant may recommend 100 mg every 4 weeks.

Injection device

- Available as a pre-filled pen or pre-filled syringe
- Clear, colourless to light yellow solution
- Single-use only
- You will receive training from a nurse

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

Possible Side Effects

Most people tolerate Guselkumab 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 Guselkumab 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 Guselkumab until:

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

Surgery/Operations

Stop Guselkumab:

- 8 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

Guselkumab is a newer treatment, and its effects in pregnancy are unknown.

- Women should use reliable contraception and wait 12 weeks after the last injection before trying to conceive
- It should not be used during pregnancy or breastfeeding
- Inform your rheumatologist if planning pregnancy - an alternative treatment may be offered
- There is no data on use in men trying to father a child; an alternative may be recommended

Vaccinations

Safe and recommended:

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

Avoid live vaccines:

- Zostavax (live shingles)

- Yellow Fever
- BCG
- MMR

Travel

Guselkumab must be kept cool when travelling.

- 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