

Secukinumab (Cosentyx) – Patient Information

What does Secukinumab do?

Secukinumab blocks Interleukin-17A (IL-17A), a protein involved in inflammation. It is therefore known as an IL-17A inhibitor.

It helps reduce:

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

NHS Grampian uses the brand **Cosentyx**.

Licensed for use in:

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

Dosing overview

Your dose depends on your condition and whether this is your first biologic:

Psoriatic Arthritis (PsA)

- *First biologic:* **150 mg monthly**
- *Not first biologic:* **300 mg monthly**
- *PsA with significant psoriasis:* **300 mg monthly**

Axial Spondyloarthritis (AxSpA)

- *First biologic:* **150 mg monthly**
- *If 150 mg not effective:* may increase to **300 mg monthly**

All dosing schedules begin with a **loading phase** (see below at dosing schedule).

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 nurses can supervise your first injection at home
- 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

Room-temperature option

Secukinumab can be kept:

- Up to 4 days
- Below 30°C
- In original packaging

Discard if:

- Out of the fridge longer than 4 days
- Exposed to temperatures above 30°C

How do you take Secukinumab?

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

Dosing schedule

- 150 mg or 300 mg monthly, depending on your condition
- Loading dose: one injection weekly for the first 5 weeks, then monthly thereafter

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 and syringe: [Cosentyx](#)

Possible Side Effects

Most people tolerate Secukinumab 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
- If your injection is due, delay it until antibiotics are finished
- Restart one week after finishing antibiotics, if you feel well

If you experience frequent infections, inform rheumatology.

COVID-19

Do not take Secukinumab until:

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

Surgery/Operations

Stop Secukinumab:

- 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):

- Secukinumab can be used until you become pregnant
- An alternative may be offered once pregnancy is confirmed
- If no suitable alternatives exist and disease is severe, it may be continued during pregnancy
- If used in the last 3 months of pregnancy, the baby should avoid live vaccines for 6 months (e.g., rotavirus, BCG)
- Limited safety data exists for breastfeeding

There is limited 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

Secukinumab 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
- Can be kept out of the fridge for up to 4 days below 30°C
- Discard if out longer than 4 days or exposed to higher temperatures

- Always carry medication in hand luggage
- Request a travel letter from rheumatology well in advance