

Upadacitinib (Rinvoq) – Patient Information

What does Upadacitinib do?

Upadacitinib reduces the activity of an enzyme called Janus Kinase (JAK), which plays a key role in inflammation. It is therefore known as a JAK inhibitor.

It helps reduce:

- Joint pain
- Swelling
- Stiffness
- Fatigue
- Long-term damage to bone and cartilage

These improvements can make daily activities easier and improve quality of life.

Licensed for use in:

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

How do you take Upadacitinib?

Upadacitinib is taken as a daily modified-release tablet.

Dosing

- 15 mg once daily

How to take it

- Swallow the tablet whole with water
- Take with or without food
- Do not split, crush, chew, or dissolve the tablet
- Avoid grapefruit and grapefruit juice, as they increase the level of Upadacitinib in your body and may increase side effects

Delivery

Your tablets 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

Sciensus Contact: ☎ 0333 103 9499

Possible Side Effects

Most people tolerate Upadacitinib well, but side effects can occur in a small number of patients. Some medicines cannot be taken alongside Upadacitinib.

More information:

- **Arthritis UK** – www.arthritis.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 Upadacitinib 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 Upadacitinib until:

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

Surgery/Operations

Stop Upadacitinib:

- 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:

- Upadacitinib should be stopped at least 4 weeks before trying to conceive
- Reliable contraception must be used during treatment and for 4 weeks after the last dose
- Upadacitinib cannot be used during breastfeeding
- There is limited evidence for use in men trying to father a child, so it is not recommended

Vaccinations

Safe and recommended:

- Flu
- Pneumonia
- COVID-19 vaccines
- Shingrix (inactive shingles vaccine; for adults over 18)

Avoid live vaccines:

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