

Ustekinumab (Wezenla) – Patient Information

What does Ustekinumab do?

Ustekinumab blocks Interleukin-12 (IL-12) and Interleukin-23 (IL-23), two proteins involved in inflammation. It is therefore known as an IL-12/23 inhibitor.

It helps reduce:

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

NHS Grampian uses the brand **Wezenla**.

Licensed for use in:

- Psoriatic Arthritis (PsA)

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)

Room-temperature option

Once removed from the fridge, Ustekinumab can be stored:

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

Discard if:

- Not used within 30 days
- Exposed to temperatures above 30°C

How do you take Ustekinumab?

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

Dosing schedule

- 45 mg every month (standard starting dose)
- 90 mg every month if you weigh more than 100 kg

Injection device

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

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

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

Further instructions are included in the patient information leaflet.

Possible Side Effects

Most people tolerate Ustekinumab 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 Ustekinumab 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 Ustekinumab until:

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

Operations

Stop Ustekinumab:

- 12 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:

- Ustekinumab can be used up to conception
- It may be used during pregnancy if disease is severe and no alternatives exist
- If used in the last 3 months of pregnancy, the baby should avoid live vaccines for 6 months (e.g., rotavirus, BCG)
- It can be used during breastfeeding, although evidence is limited

There is limited evidence on use in men 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

Ustekinumab 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 30 days below 30°C
- Discard if out longer than 30 days or exposed to higher temperatures
- Always carry medication in hand luggage
- Request a travel letter from rheumatology well in advance