

Baricitinib – Patient Information

What does Baricitinib do?

Baricitinib 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
- Long-term joint damage

In rheumatology, Baricitinib is licensed for Rheumatoid Arthritis (RA).

How do you take Baricitinib?

Baricitinib is taken as a **daily tablet**.

Dosing

- 2 mg or 4 mg once daily
- The 2 mg dose is recommended if:
 - You are over 65 years old
 - You have an increased risk of infections, blood clots, heart disease, or cancer
 - You have reduced kidney function

How to take it

- Swallow the tablet whole with water
- Do not crush, split, or dissolve the tablet

Delivery

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

Possible Side Effects

Most people tolerate Baricitinib well, but side effects can occur in a small number of patients.

More information:

- **Arthritis UK** – www.arthritis-uk.org

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 Baricitinib 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 Baricitinib until:

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

Operations

Stop Baricitinib:

- 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:

- Baricitinib should be stopped at least 2 weeks before trying to conceive
- It 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)

Avoid live vaccines:

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