Actemra ®

Tocilizumab (162mg/0.9ml solution for injection in a pre-filled syringe)

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What Actemra is used for

- Moderate to severe active rheumatoid arthritis (RA) in adults.
- Treatment of giant cell arteritis (GCA) in adult patients.
- Treatment of active polyarticular juvenile idiopathic arthritis in patients 2 years of age and older, in combination with methotrexate.
- Treatment of active systemic juvenile idiopathic arthritis in patients 2 years of age and older, to be given alone or in combination with MTX.

How Actemra works

Actemra contains the active substance tocilizumab. It is a protein made from specific immune cells (monoclonal antibody), that blocks the action of a specific protein (cytokine) called interleukin-6. Interleukin-6 is involved in inflammatory processes of the body, and blocking it can reduce the inflammation in your body.

Actemra helps to reduce symptoms such as pain and swelling in your joints and can also improve your performance of daily tasks. Actemra has been shown to slow the damage to the cartilage and bone of the joints caused by the disease and to improve your ability to do normal daily activities.

Actemra is usually given in combination with methotrexate. However, Actemra can be given alone if your doctor determines that methotrexate is inappropriate.

Before you use Actemra

When you must not use it

Do not use Actemra if:

- You have had an allergic reaction to tocilizumab or any of the other ingredients of this medicine listed at the end of this leaflet.
- Some symptoms of an allergic reaction:
  - hives or skin rash
  - swelling of the face, lips or tongue
  - wheezing or trouble breathing
  - faintness
- You have an active, severe infection.
- The package is torn or shows signs of tampering.
- The expiry date (EXP) printed on the pack has passed.

For the treatment of rheumatoid arthritis (RA) and giant cell arteritis (GCA)

Do not give Actemra to children under 18 years of age. Safety and effectiveness in children have not been established.

Before you start to use it

Firstly, your doctor must know all about the following:

Tell your doctor if:

- You or your female partner plan to become pregnant.
- Do not use Actemra during pregnancy unless clearly necessary. Inform you doctor if you are pregnant, may be pregnant, or intend to be pregnant.
- You currently have, or ever had any of the following medical conditions:
  - any kind of infection, short- or long-term, or if you often get infections
  - tuberculosis (persistent cough, weight loss, listlessness, mild fever)
  - intestinal ulcers or diverticulitis (symptoms including abdominal pain and unexplained changes in bowel habits with a fever)
  - liver disease
  - cancer
  - cardiovascular problems (such as raised blood pressure and raised cholesterol levels)
  - moderate to severe kidney function problems
  - persistent headaches
- If you have recently been vaccinated, or are planning a vaccination. All patients should be up to date with all their vaccinations before they start treatment with Actemra. Certain types of vaccines should not be given while using Actemra.
- You are allergic to any other medicines, foods, dyes or preservatives.

If you have not told your doctor about any of the above, tell them before you start taking Actemra.

Your doctor will perform a blood test before you receive Actemra to determine if you have a low white blood cell count, low platelet count or high liver enzymes.

Taking other medicines

Tell your doctor if you are taking any other medicines including any that you have bought from a pharmacy. You must tell your doctor if you are taking:

- atorvastatin, used to reduce cholesterol levels
- calcium channel blockers (e.g. amlodipine), used to treat raised blood pressure
- theophylline, used to treat asthma, bronchitis and emphysema
- warfarin, a blood thinning agent
- phenytoin, used to treat convulsions
- cyclosporine, used to suppress your immune system during organ transplants
- benzodiazepines (e.g. temazepam), used to relieve anxiety

Due to lack of clinical experience, Actemra is not recommended for use with other biological medicines for the treatment of rheumatoid arthritis.

Some medicines may interfere with Actemra or may affect how well it works. You may need to use different amounts of your medicine, or you may need to take different medicines. Your doctor will advise you. Your doctor or pharmacist has more information on medicines to be careful with or avoid while using Actemra. Ask your doctor or pharmacist if you are not sure about this list of medicines.

How to use Actemra

Follow all directions given to you by your doctor carefully. They may differ from the information contained in this leaflet.

How much to use

Treatment should be initiated by healthcare professionals experienced in the diagnosis and treatment of rheumatoid arthritis. Your doctor will tell you how much Actemra to inject according to your individual needs.

Actemra is usually administered as a 162mg per 0.9 mL injection (one pre-filled syringe) once a week.

If necessary, your dose may be changed by your doctor during therapy according

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to your response to Actemra. Your doctor will keep track of your response to Actemra by asking questions and performing occasional laboratory tests. Do not exceed or change the dose recommended by your doctor.

How to inject it

Read and follow the Instructions for Use that come with your Actemra prefilled syringe before you start using it and each time you get a prescription refill. Before you use Actemra prefilled syringe for the first time, make sure your healthcare provider shows you the right way to use it.

- Do not remove the needle cap until you are ready to inject Actemra.
- Do not try to take apart the syringe at any time.
- Do not reuse the same syringe.

Parts of your Actemra prefilled syringe (See Figure A).

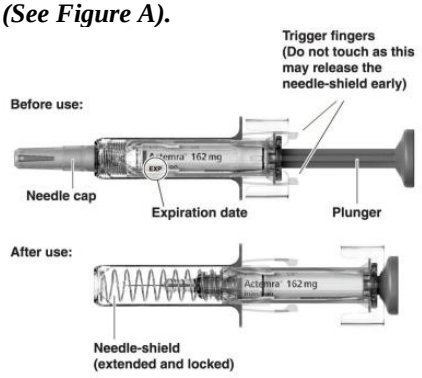

Figure A

Supplies needed for your Actemra Prefilled Syringe Injection (See Figure B):

- Actemra prefilled syringe
- alcohol pad
- sterile cotton ball or gauze
- puncture-resistant container or sharps container for safe disposal of needle cap and used syringes (See Step 4 "Dispose of the syringe")

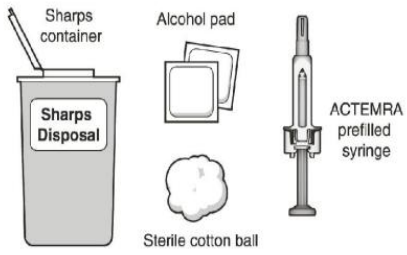

Figure B

Step 1. Preparing for an Actemra Injection

Find a comfortable space with a clean, flat, working surface.

- Take the box containing the syringe out of the refrigerator and open the box. Do not touch the trigger fingers on the syringe as this may damage the syringe.
- Remove 1 single-use Actemra prefilled syringe from the box and let it warm up for 30 minutes to allow it to reach room temperature. If the syringe does not reach room temperature, this could cause your injection to feel uncomfortable and make it difficult to push the plunger in.
- Do not speed up the warming process in any way, such as using the microwave or placing the syringe in warm water.
- Check the expiration date on the Actemra prefilled syringe (See Figure A). Do not use it if the expiration date has passed because it may not be safe to use. If the expiration date has passed safely dispose of the syringe in the sharps container and get a new one.

Do not remove the needle cap while allowing your Actemra prefilled syringe to reach room temperature.

- Keep your unused syringes in the original carton and keep in the refrigerator at 2°C to 8°C. Do not freeze.
- Once removed from the refrigerator, your prefilled syringe can be stored up to 2 weeks at or below 30°C. Your prefilled syringe must always be kept in the original carton in order to protect from light and moisture.
- Hold your Actemra prefilled syringe with the covered needle pointing down (See Figure C).

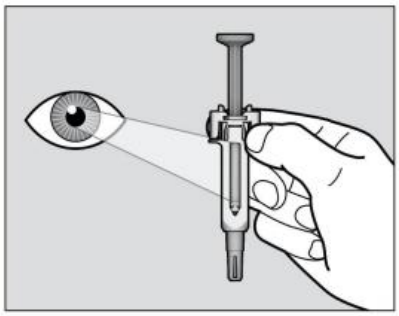

Figure C

- Check the liquid in the Actemra prefilled syringe. It should be clear and colorless to pale yellow. Do not inject Actemra if the liquid is cloudy, discolored, or has lumps or particles in it because it may not be safe to use. Safely dispose of the syringe in a sharps container and get a new one.
- Wash your hands well with soap and water.

Step 2. Choose and Prepare an Injection Site

Choose an Injection Site

- The front of your thigh and your abdomen except for the 2-inch area around your navel are the recommended injection sites (See Figure D).
- The outer area of the upper arms may also be used only if the injection is being given by a caregiver. Do not attempt to use the upper arm area by yourself (See Figure D).

Rotate Injection Site

- Choose a different injection site for each new injection at least 1 inch from the last area you injected.
- Do not inject into moles, scars, bruises, or areas where the skin is tender, red, hard or not intact.

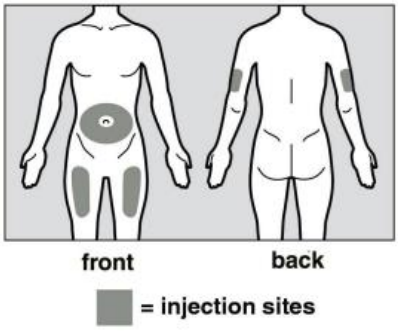

Figure D

Prepare the Injection Site

- Wipe the injection site with an alcohol pad in a circular motion and let it air dry to reduce the chance of getting an infection. Do not touch the injection site again before giving the injection.
- Do not fan or blow on the clean area.

Step 3. Injecting Actemra

- Hold the Actemra prefilled syringe with 1 hand and pull the needle cap straight off with your other hand (See Figure E). Do not hold the plunger while you remove the needle cap. If you cannot remove the needle cap you should ask a caregiver for help or contact your healthcare provider.

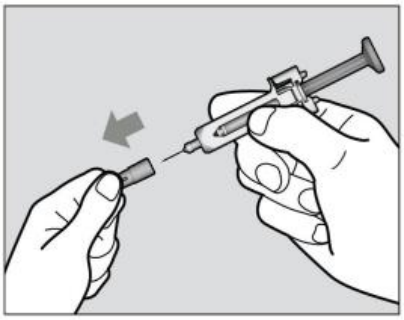

Figure E

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- Throw away the needle cap in a sharps container.
- There may be a small air bubble in the Actemra prefilled syringe. You do not need to remove it.
- You may see a drop of liquid at the end of the needle. This is normal and will not affect your dose.
- Do not touch the needle or let it touch any surfaces.
- Do not use the prefilled syringe if it is dropped.
- If it is not used within 5 minutes of needle cap removal, the syringes should be disposed of in the puncture resistant container or sharps container and a new syringe should be used.
- Never reattach the needle cap after removal.
- Hold the Actemra prefilled syringe in 1 hand between the thumb and index finger (See Figure F).

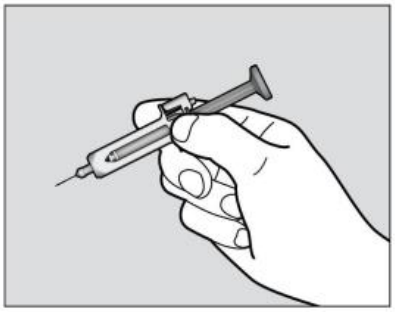

Figure F

- Do not pull back on the plunger of the syringe.
- Use your other hand and gently pinch the area of skin you cleaned. Hold the pinched skin firmly. Pinching the skin is important to make sure that you inject under the skin (into fatty tissue) but not any deeper (into muscle). Injection into muscle could cause the injection to feel uncomfortable.
- Do not hold or push on the plunger while inserting the needle into the skin.
- Use a quick, dart-like motion to insert the needle all the way into the pinched skin at an angle between 45° to 90° (See Figure G). It is important to use the correct angle to make sure the medicine is delivered under the skin (into fatty tissue), or the injection could be painful and the medicine may not work.

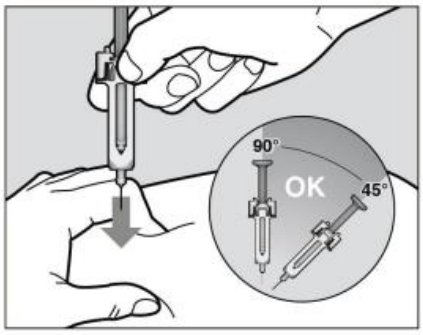

Figure G

- Keep the syringe in position and let go of the pinch of skin.
- Slowly inject all of the medicine by gently pushing the plunger all the way down (See Figure H). You must press the plunger all the way down to get the full dose of medicine and to ensure the trigger fingers are completely pushed to the side. If the plunger is not fully depressed the needle shield will not extend to cover the needle when it is removed. If the needle is not covered, carefully place the syringe into the puncture resistant container to avoid injury with the needle.

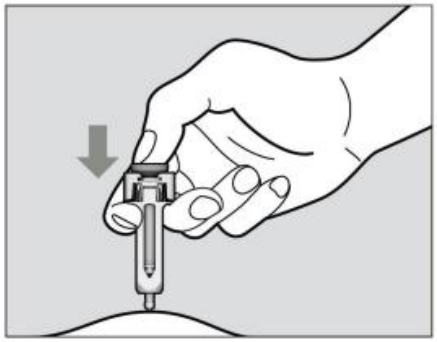

Figure H

- After the plunger is pushed all the way down, keep pressing down on the plunger to be sure all of the medicine is injected before taking the needle out of the skin.
- Keep pressing down on the plunger while you take the needle out of the skin at the same angle as inserted (See Figure I).

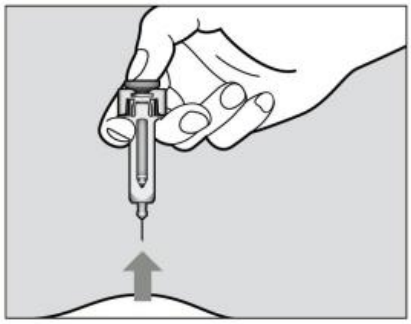

Figure I

- After the needle is removed completely from the skin, release the plunger, allowing the needle-shield to protect the needle (See Figure J).

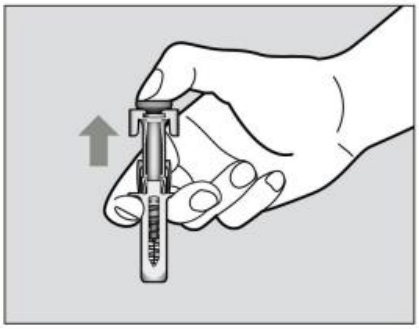

Figure J

After the Injection

- There may be a little bleeding at the injection site. You can press a cotton ball or gauze over the injection site.
- Do not rub the injection site.
- If needed, you may cover the injection site with a small bandage.

Step 4. Dispose of the syringe

- The Actemra prefilled syringe should not be reused.
- Put the used syringe into your puncture resistant container (See "How do I throw away used syringes?")
- Do not put the needle cap back on the needle.
- If your injection is given by another person, this person must also be careful when removing the syringe and disposing of the syringe to prevent accidental needle stick injury and passing infection.

How do I throw away used syringes?

- Put your used needles and syringes including Actemra in a sharps disposal container right away after use (See Figure K). Do not throw away (dispose of) loose needles and syringes in your household trash.

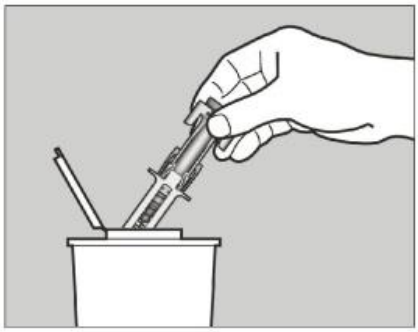

Figure K

- If you do not have a sharps disposal container, you may use a household container that is:
  - made of a heavy-duty plastic

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- can be closed with a tight-fitting, puncture-resistant lid, without sharps being able to come out
- upright stable during use
- leak-resistant
- properly labeled to warn of hazardous waste inside the container
  - When your sharps disposal container is almost full, you will need to follow your community guidelines for the right way to dispose of your sharps disposal container. There may be local laws about how you should throw away used needles and syringes.
  - Do not dispose of your used sharps disposal container in your household trash unless your community guidelines permit this. Do not recycle your sharps disposal container.

When to use it
Actemra is usually given as a single injection once a week.

If you are injecting this medicine yourself, use it at bedtime, as Actemra may cause unusual tiredness or flu-like symptoms.

If you are working, you should inject Actemra at the beginning of the weekend. This will help to reduce the impact of side effects of Actemra on your ability to work.

How long to use it
Continue taking Actemra until your doctor tells you to stop.

If you forget to use it
If you miss your weekly dose within 7 days, take your dose on the next scheduled day. If you miss your once every other weekly dose within 7 days, inject a dose as soon as you remember and take your next dose at your regular scheduled time. If you miss your weekly or once every other weekly dose more than 7 days or are not sure when to inject Actemra, call your doctor or pharmacist.

While you are using Actemra
Things you must do
Use Actemra exactly as your doctor has prescribed. Inform your doctors, dentists and pharmacists that you are using Actemra.

Call your doctor immediately to seek medical attention if you feel unwell. Actemra can reduce your body's ability to respond to infections. It may worsen an existing infection or increase the chance of getting a new infection. Be alert for the first signs of infection such as body aches, fever, chills, redness and unusual swelling of skin or joint.

Tell your doctor immediately if symptoms of tuberculosis appear during or after therapy (persistent cough, weight loss, listlessness, mild fever).

Tell your doctor immediately if you become pregnant while using Actemra. Extreme care must be taken to avoid pregnancy during treatment and for 3 months after completion of treatment. Stop breast-feeding if you are to be given Actemra, and talk to your doctor. Leave a gap of at least 3 months after your last treatment before you start breast-feeding. It is not known whether Actemra is passed into breast milk.

Tell your doctor if, for any reason, you have not used Actemra exactly as prescribed. Otherwise, your doctor may think that it was not effective and change your treatment unnecessarily.

Be sure to keep all of your appointments with your doctor so that your progress can be checked.

Things you must not do
Do not stop using Actemra or change the dose without first checking with your doctor. Do not let yourself run out of medicine over the weekend or on holidays. Do not give Actemra to anyone else even if they have the same condition. Do not use Actemra to treat other complaints unless your doctor says to. Do not switch brands without consulting your doctor because a change in dose may be required.

Do not take any other medicines whether they require a prescription or not without first telling your doctor or consulting a pharmacist.

Things to be careful of
Be careful while driving or operating machinery until you know how Actemra affects you. Do not drive or use machines if you feel dizzy. Actemra can cause dizziness, drowsiness or light-headedness. If you drink alcohol, dizziness, drowsiness or light-headedness may be worse.

Side effects
Tell your doctor or pharmacist as soon as possible if you do not feel well while you are using Actemra.
All medicines can have side effects, but not everybody gets them. Sometimes they are serious, most of the time they are not. Side effects could occur 3 months or more after your last dose.
If you notice any of the below, tell your doctor as soon as possible:

- Allergic reactions during or after injection:
  - difficulty breathing, chest tightness
  - rash, itching, hives
  - swelling of the lips, tongue or face
  These are serious side effects. You may need urgent medical attention. Serious side effects are rare. If you notice any of these, tell your doctor immediately.
- Infections:
  - Fever and chills
  - mouth or skin blisters
  - stomach ache

Tell your doctor if you notice any of the following and they worry you:
Very common side effects:
- upper respiratory tract infections with typical symptoms such as cough, blocked nose, runny nose, sore throat and headache
- high blood fat (cholesterol) levels

Common side effects:
- lung infection (pneumonia)
- shingles (herpes zoster)
- cold sores (oral herpes simplex), blisters
- skin infection (cellulitis) sometimes with fever and chills
- rash and itching, hives
- allergic (hypersensitivity) reactions
- eye infection (conjunctivitis)
- headache, dizziness
- high blood pressure
- mouth ulcer, stomach pain
- fluid retention (oedema) in the lower legs, weight increase
- cough, shortness of breath
- low white blood cell counts shown by blood tests (neutropenia, leucopenia)
- abnormal liver function tests (increased transaminases)
- increased bilirubin (from blood tests)

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- injection site reaction
- low fibrinogen level (hypofibrinogenemia)

Uncommon side effects:
- diverticulitis (fever, nausea, diarrhoea, constipation, stomach pain)
- red swollen areas in the mouth
- high blood fat (triglycerides)
- stomach ulcer
- kidney stones
- underactive thyroid.

This is not a complete list of all possible side effects. Your doctor or pharmacist has a more complete list. Others may occur in some people and there may be some side effects not yet known.

Tell your doctor if you notice anything else that is making you feel unwell, even if it is not on this list. Ask your doctor or pharmacist if you don't understand anything in this list**.**

You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Reaction Monitoring by visiting the website npra.gov.my [Consumers→ Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI)]

Storage and Disposal Actemra

Storage

Always keep this medicine in the carton to protect from light and moisture until it is time to take it. Heat and dampness can destroy some medicines. Protect Actemra from light.

Do not leave Actemra in the car or on window sills.

Store Actemra in the fridge at 2°C to 8°C. Do not freeze, keep in carton to protect from light, and keep dry. Once removed from the refrigerator, your prefilled syringe can be stored up to 2 weeks at or below 30°C. Your prefilled syringe must be kept in the carton to protect from light and keep dry.

Do not shake Actemra. Shaking can damage the medication.

Keep this medicine out of sight and reach of children.

Disposal

Throw the used syringes in a sharps container.

Sharps containers are available from your doctor or pharmacist.

Product Description

What Actemra looks like

Actemra is supplied as a 0.9mL pre-filled syringe containing 162mg tocilizumab solution. This solution for injection is colourless to slightly yellowish. Each pack contains 4 pre- filled syringes.

Ingredients

Active ingredient – tocilizumab

Inactive ingredients
- L-histidine
- L-histidine hydrochloride monohydrate
- L-arginine hydrochloride
- L-methionine
- Polysorbate 80
- Water for injections

MAL number

MAL16045065ACRZ

Manufacturer

Made for Hoffman-La Roche Ltd., Basel, Switzerland
by Vetter Pharma-Fertigung, GmbH & Co., KG, Ravensburg, Germany.

Product Registration Holder

Roche (M) Sdn. Bhd. Level 21, The Pinnacle,
Persiaran Lagoon, Bandar Sunway,
47500 Subang Jaya,
Selangor, Malaysia.

Date of Revision

23/06/2022

Serial Number

NPRA(R3/01)10012023/0235

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