

Some people taking Humira may get serious side effects, including:

Infections:

- Humira helps people with certain inflammatory diseases. It does this by blocking a part of the immune system. However, this part of the immune system also helps fight infection. This means Humira can make you more likely to get infections or make any infection that you may have worse. This risk may increase if you have problems with your lungs. These infections may be serious and include tuberculosis, infections caused by viruses, fungi, parasites or bacteria and severe infections in the

blood (sepsis). In rare cases, these infections can be life-threatening.

Cancer:

- If you take Humira, the risk of getting lymphoma (a cancer that affects the lymph system), leukaemia (a cancer that affects the blood and bone marrow) or other cancers may increase.
- On rare occasions, an uncommon and severe type of lymphoma, has been seen in patients taking Humira. Some of those patients were also treated with azathioprine or 6-mercaptopurine.
- There have been cases of cancers, other than lymphoma in patients with a specific type of lung disease called Chronic Obstructive Pulmonary

Disease (COPD) treated with another TNF blocker. If you have COPD, or are a heavy smoker, you should discuss with your doctor whether treatment with a TNF blocker is appropriate for you.

- Cases of non-melanoma skin cancer have also been observed in patients taking Humira.

Nervous system problems:

- Some people have developed new or worsening nervous system problems with Humira. This includes multiple sclerosis.

Please read the Humira package leaflet for more information. These are not all of the possible side effects that may occur during treatment with Humira.



Call your doctor or get medical care right away if you have any of the following symptoms

of these possible serious side effects:

Infections:

- Fever, chills, unusual sweating, feeling unwell or more tired than normal, feeling or being sick (such as nausea or vomiting), diarrhoea, stomach pain, loss of appetite or weight loss, cough or coughing up blood or mucus, shortness of breath, problems urinating, skin sores, wounds, muscle aches, dental problems.

Cancer:

- Night sweats; swelling of the lymph nodes (swollen glands) in the neck,

armpits, groin or other areas; weight loss; new skin lesions or change in skin lesions (such as moles or freckles) you already have; severe itchiness that cannot be explained.

Nervous system problems:

- Numbness or tingling, vision changes, muscle weakness, unexplained dizziness.

Tell your doctor about any unusual symptoms that you may have during treatment with Humira.

These are not all of the possible symptoms of these side effects.

Information for you and health care professionals involved in your medical care or treatment

Your name: _____

Doctor's name (who prescribed Humira): _____

Doctor's phone number: _____

Pharmacy name: _____

Pharmacy phone number: _____

Date of your first Humira injection: _____

Dose of your Humira injection: _____

Date of your last Humira injection (if no longer taking Humira): _____

Tuberculosis (TB) Tests

Please record the date and results of your last screening for TB below:

Tuberculin test : _____

Chest X-ray: _____

Please read the Humira package leaflet for more information.

If you have any other questions, talk to your doctor or another health care professional.

Please fill out information for you and health care professionals involved in your medical care or treatment.

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ADULT Patient Reminder Card

HUMIRA[®]
adalimumab
(TNF Inhibitor)

Information for you and health care professionals involved in your medical care or treatment. **Not all possible side effects are listed on this card.**

Please read the Humira package leaflet or talk with your doctor for more information about side effects.

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This card contains select important safety information that you need to know before and during treatment with Humira.

- Keep this card with you at all times and for 5 months after your last injection of Humira.
- Show this card to any doctor or health care professional that you see.
- Record information about any tuberculosis tests or treatment you have had on the back of this card.

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Introduction

Humira is a medicine that is intended to treat certain diseases that affect a part of the immune system. While Humira can be effective in treating these diseases, some people can have one or more side effects. It is important to talk to your doctor about the possible benefits and possible side effects of taking Humira. These can be different for each person.

- The purpose of this card is to tell you about some of the possible side effects of Humira.
- Some of the serious side effects that could occur include infections

(including tuberculosis), cancer, and nervous system problems.

- Certain vaccines may cause infections and should not be given while receiving Humira. Please check with your doctor before you receive any vaccines.
- These are not all of the possible side effects of Humira.

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Before Humira Treatment

- **Tell your doctor about any health problems you have and any medicines you take.** This will help you and your doctor decide if Humira is right for you.
- Your doctor should check you for signs and symptoms of tuberculosis before starting Humira. This will include a medical examination including your medical history and appropriate screening tests (for example chest X-ray and a tuberculin test). The conduct and results of these tests should be recorded on this card. It is important that you tell your doctor if you have ever had tuberculosis or if you have been in close contact with someone who has had tuberculosis.

Tell your doctor if you:

- Have or have had cancer.
- Have any numbness or tingling or have a problem that affects your nervous system, such as multiple sclerosis.
- Have an infection including long-term or localised infection. It is important that you tell your doctor if you have symptoms of an infection (e.g. fever, wounds, feeling tired, dental problems).
- Reside or travel in regions where fungal infections such as histoplasmosis, coccidioidomycosis or blastomycosis are endemic.

3

Vaccinations

- Certain vaccines may cause infections and should not be given while receiving Humira. Please check with your doctor before you receive any vaccines.
If you receive Humira while you are pregnant, your baby may be at higher risk for getting such an infection for up to approximately five months after the last Humira dose you receive during pregnancy. It is important that you tell your baby's doctors and other health care professionals about your Humira use during your pregnancy so they can decide when your baby should receive any vaccine.

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During Humira Treatment

To make sure that Humira is working properly and safely for you, you should check in with your doctor regularly to discuss how you are doing. Tell your doctor right away about any changes in your condition. Keep your doctor informed about how Humira is working for you.

- **It is important to call your doctor right away about any unusual symptoms you may have.** This will help make sure you get the right care. It may also help lower the chance of a side effect becoming worse.
- Many side effects, including infections, can be managed if you tell your doctor right away.

- If you get a side effect, your doctor will decide if you should continue or stop your Humira treatment. It is important to talk with your doctor to find out what is right for you.
- Since side effects can happen after your last dose of Humira, tell your doctor about any problems that you may have up to 4 months after your last injection of Humira.

Tell your doctor about:

- Any new medical conditions that you have.
- New medicines you are taking.
- Any surgery or operation that is planned for you.