

Adalimumab and Biosimilars

Switching from Humira to Idacio

This leaflet offers more information about your medicines for your rheumatological condition and our plan to switch your treatment from Humira to Idacio. If you have any further questions or concerns after reading this leaflet, please speak to the Diane Hill Biologics Coordinator (020 8266 6801) or Malama Sumbwanyambe Biologics Nurse (020 8266 6807).

Why am I receiving this leaflet?

You are currently undergoing treatment with Adalimumab (Humira). You may be aware that the patent for **Humira** has expired and that generic versions of Adalimumab (called **biosimilar drugs**) have now been approved and are available to patients. The biosimilar version of Humira used at St George's is called **Idacio**.

What is a biosimilar?

The World Health Organization (WHO) has defined a biosimilar as a **drug that is similar in terms of quality, safety and efficacy (effectiveness) to the original licensed product**. This means that biosimilars (such as Idacio) are allowed to have small structural differences from the original licensed product (Humira) but this must not alter how well the drug works, how safe it is, or how the drug reacts with the body's immune system.

Biosimilars are regulated in a similar way to the original licensed product. The European Medicines Agency has approved the use of Idacio as it has been shown to be as safe and as effective as Humira.

We are confident that Idacio is just as effective and has the same safety profile as Humira. Because Idacio offers significant cost savings we

have been directed by NHS England to switch patients currently using Humira to Idacio. The switch is compulsory.

What does this mean for me?

Because Idacio and Humira contain the same active product (Adalimumab), treatment for your rheumatological condition remains unchanged. An information leaflet on Adalimumab, written by Versus Arthritis, is attached to this leaflet. If you have any questions about this leaflet please speak to the nurse or doctor in charge of your care.

Like Humira, Idacio is administered by subcutaneous injection and can be given either by pre-filled pen or pre-filled syringe. You can choose which you would like. You should inject Idacio as frequently as you currently inject Humira.

Idacio prescriptions and delivery to your home will be managed by a different company called Calea.

Will any additional monitoring be required?

We are not required to make any additional safety checks in patients switched to Idacio but we still plan to monitor every patient who switches. You will be contacted by telephone by a member of the rheumatology team eight weeks after you switch in order for us to check that Idacio is working just as well as Humira and to follow up on any issues you may have encountered. If you do have a problem with Idacio, either finding it to be less effective or you have difficulties with the injection device, injection reactions or other side effects, then it may be possible to switch back to Humira.

What if I have further questions?

If you have concerns about switching to Idacio, we are here to help. Please ask Diane, the Biologics Coordinator or Malama, the Biologics nurse. If necessary they will arrange a meeting with one of the doctors to answer any further questions you may have.

Contact us

If you have any further questions, please contact the outpatient rheumatology clinic on **020 8266 6801 - Diane Hill** or **020 8266 6807 - Malama Sumbwanyambe** (Monday to Friday, 9am to 5pm) or you can email Anti-TNF.enquiries@stgeorges.nhs.uk.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

Web: www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Tel: 111

AccessAble

You can download accessibility guides for all of our services by searching 'St George's Hospital' on the AccessAble website (www.accessable.co.uk). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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