

# Adalimumab and Biosimilars

## Switching from Humira to Yuflyma

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

## 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 Yuflyma) 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 Yuflyma which has been shown to be as safe and as effective as Humira.

We are confident that Yuflyma is just as effective and has the same safety profile as Humira. Because Yuflyma offers significant cost savings we have been directed by NHS England to switch patients currently using Humira to Yuflyma. The switch is compulsory.

## What does this mean for me?

Because Yuflyma and Humira contain the same active product (Adalimumab), treatment for your rheumatological condition remains unchanged.

Like Humira, Yuflyma 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 Yuflyma as frequently as you currently inject Humira.

Yuflyma prescriptions and delivery to your home will be managed by a different company called Personal Homecare.

## Will any additional monitoring be required?

We are not required to make any additional safety checks in patients switched to Yuflyma 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 for us to check that Yuflyma 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 Yuflyma, 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 Yuflyma, we are here to help. Please ask Diane, the Biologics Coordinator or Christina, the Biologics nurse. If necessary, they will arrange a meeting with one of the doctors to answer any further questions which 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- Christina Oviawe** (Monday to Friday, 9am to 5pm) or you can email [Anti-TNF.enquiries@stgeorges.nhs.uk](mailto: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](http://www.stgeorges.nhs.uk)**

---

## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you advice and information when you have comments or concerns about our services or care. You can contact the PALS team on the advisory telephone line Monday, Tuesday, Thursday and Friday from 2pm to 5pm.

A Walk-in service is available:

Monday, Tuesday and Thursday between 10am and 4pm

Friday between 10am and 2pm.

Please contact PALS in advance to check if there are any changes to opening times.

The Walk-in and Advisory telephone services are closed on Wednesdays.

PALS is based within the hospital in the ground floor main corridor between Grosvenor and Lanesborough Wing.

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### **NHS UK**

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

**Web:** [www.nhs.uk](http://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 our services by searching

'St George's Hospital' on the AccessAble website ([www.accessable.co.uk](http://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.



**Reference:** RHE\_H2Y\_01 **Published:** July 2024 **Review date:** July 2026