

# Taking Roxadustat (Evrenzo) for renal anaemia

This leaflet aims to answer your questions about taking Roxadustat to treat your renal anaemia. If you have any questions or concerns, please speak to a doctor or nurse caring for you.

## What is Roxadustat?

Roxadustat is a tablet which helps in treating your anaemia caused by your kidney disease. Patients with kidney disease are not able to make enough of a hormone called erythropoietin which helps in the production of red blood cells.

Red blood cells carry oxygen around your body. Anaemia is when you do not have enough red blood cells to carry sufficient oxygen to your body's tissues. We measure this with the haemoglobin blood test.

## How do I take Roxadustat?

You have been asked to start Roxadustat tablets at a dose of 70 mg or 100 mg. You should take the tablets three times a week on non-consecutive days. For example, Monday, Wednesday and Friday OR Tuesday, Thursday and Saturday.

Roxadustat comes as a red tablet that you take by mouth whole and not crushed or chewed. It can be taken with food or between meals.

If you are taking any phosphate binders, such as calcium carbonate, calcium acetate or Sevelamer, it is recommended that you take your Roxadustat one hour after your phosphate binders.

You will be requested to come for regular blood test for the first 12 weeks after commencing the tablet. This will be every 2 to 4 weeks. This is important in monitoring your haemoglobin blood level and reviewing how you are responding to treatment. This frequency will change when your haemoglobin is more stable. Your Roxadustat dose may be changed based on your blood test results.

## What should I do if I forget to take the medicine?

If you missed a dose; you can take the tablet only if you have more than 24 hours left before your next dose.

**Never** take a double dose to make for up a missed dose.

## Are there any side effects?

Like every medication, some side effects do exist. Below is a list of the side effects that are possible with Roxadustat.

### **Very common (may affect more than 1 in 10 people)**

Increased potassium level in your blood

Increased blood pressure

Feeling sick

Diarrhoea

Swelling due to fluid retention (in ankles, feet, legs, arms).

### **Common (may affect up to 1 in 10 people)**

Difficulty in sleeping                      Constipation

Headache                                      Vomiting

Seizures

Deep Vein Thrombosis (blood clot in the legs)

Sepsis, a severe infection.

### **Uncommon (may affect between 1 in 1000 up to 1 in 100 people)**

Pulmonary Embolism (blood clot in the lung).

A full list of side effects can be found in the information leaflet provided with your medication.

## Caution

If you have any allergic reactions or unusual symptoms, you should let your specialist nurse know before taking the next dose

If you experience any of the above signs or symptoms including any leg pain or tenderness of calf, warm touch or reddish discolouration on the leg, unexplained shortness of breath, chest pain or rapid heart rate, please contact your Renal Team or seek medical urgent medical advice by attending your local Emergency Department (A&E).

Roxadustat should be avoided in pregnancy and when breastfeeding. Speak to your renal doctor if you are considering becoming pregnant. Females of childbearing potential should use highly effective contraception during treatment and for at least one week after the final treatment.

## Is there anything else I need to know?

It is important that you monitor your blood pressure whilst on this tablet as it can increase your blood pressure in the first week of treatment.

## How do I get a repeat prescription?

You will receive your prescription from the hospital. You will have to collect the prescription from our Outpatient Pharmacy on Ground Floor, Lanesborough Wing. If there are any changes in doses, we will supply new prescriptions to you. After 12 weeks, you may be able to receive it from our home delivery service

## Useful sources of information

Kidney Care UK

<https://www.kidneycareuk.org>

Starting Roxadustat : information for patients and caregivers Booklet by Astellas.

You can make use of the table below to keep a record of any dose adjustment, haemoglobin and dates for blood test

Date for blood test	Dose	Haemoglobin level	Comments
Commence Roxadustat Date:			
1 <sup>st</sup> blood test			
2 <sup>nd</sup>			
3 <sup>rd</sup>			
4 <sup>th</sup>			
5 <sup>th</sup>			
6 <sup>th</sup>			
7 <sup>th</sup>			

## Contact us

If you have any other questions about your medication, please contact the Advanced Kidney Care team / Anaemia Specialist Nurses on 020 8725 3856

(Monday to Friday 8am to 4pm)

Out of hours, please contact 020 8725 1080. You can also call the switchboard on 020 8725 1000 and ask for Bleep number 7125 on Monday to Friday 8am to 4pm.

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)

## Was this information helpful? Yes / No

Please let us know, contact [patient.information@stgeorges.nhs.uk](mailto:patient.information@stgeorges.nhs.uk) and include the leaflet title.

Thank you.

## 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.

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

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

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

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

### NHS UK

The NHS 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.



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