

MEMORY-AID TO HELP YOU MANAGE YOUR MEDICATIONS

THIS DOCUMENT IS AIMED AT EDUCATING PATIENTS SUFFERING FROM ARTHRITIS WHO ARE TREATED BY PEDIATRIC RHEUMATOLOGISTS IN ORDER TO HELP THEM MANAGE THEIR MEDICATIONS.

STEPS TO TAKE

BEFORE TAKING YOUR IMMUNOSUPPRESSIVE DRUG

(ex.: Methotrexate™, Enbrel™, Humira™, Remicade™ et Arava™)

MEDICATION

ACTION

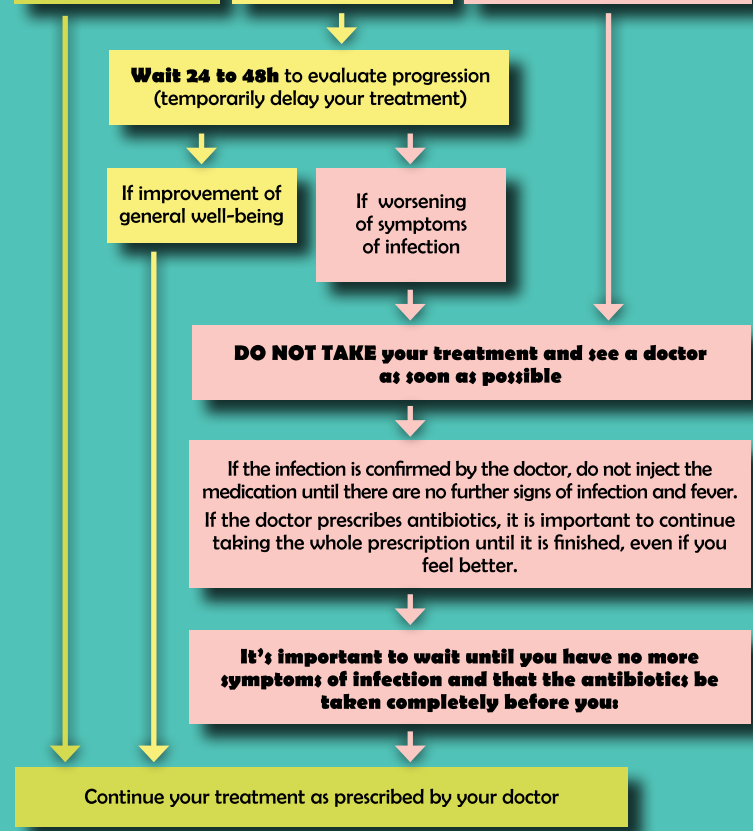
SIDE EFFECTS TO WATCH OUT FOR

DON'T FORGET!

MEDICATION	ACTION	SIDE EFFECTS TO WATCH OUT FOR	DON'T FORGET!
Stomach Protection Losec™ (Omeprazole) ¹ Prevacid™ (Lansoprazole) ²	Protects stomach against irritation caused by NSAIDs	Rare	Take 30 minutes before breakfast.
Non steroidal anti-inflammatory drugs (NSAIDs) Naprosyn™ (Naproxen) ³ Indocid™ (Indomethacin) ⁴ Voltaren™ (Diclofenac) ⁵ Mobicox™ (Meloxicam)	Reduces pain and inflammation caused by arthritis	<ul style="list-style-type: none"> Abdominal pain Blood in the stools Increased risk of bleeding (bruises) Headache 	<ul style="list-style-type: none"> Take it after your meal. ★ Stop your medication and contact your physician if you suffer from these side effects. If you are in pain, you may take Tylenol™ (acetaminophen), but you must never take Ibuprofen (Advil™, Motrin™) in addition to your anti-inflammatories.
Corticosteroids Prednisone ^{MD} (Apo-Prednisone) ⁶	Reduces inflammation	<ul style="list-style-type: none"> Increased appetite Trouble sleeping Mood change/irritability Abdominal pain Osteoporosis (makes bones more fragile) Rounder cheeks Risk of adrenal gland dysfunction Increase risk of infections Acne Hypertension (high blood pressure) 	<ul style="list-style-type: none"> Never stop without doctor's advice. If fever (≥38,0°C), see a doctor as soon as possible. Follow carefully the plan of weaning your doctor provides to you. Take it, in the morning, at the same time. Watch what you eat to prevent gaining weight (salt, sugar, fat). Take calcium and vitamin D to maintain healthy bones.
Disease modifying antirheumatic drugs (DMARDs) Salazopyrine™ (Sulfasalazine) ⁷ Plaquenil™ (Hydroxychloroquine Sulfate) ⁸ Arava™ (Leflunomide) Methotrexate ^{MD} (MTX) ⁹	Reduces inflammation	<ul style="list-style-type: none"> Abdominal pain Diarrhea Nausea and vomiting In the long term, risk of retinal toxicity, blurred vision (Plaquenil™) Liver toxicity Mouth cankers Increase in the risk of infection (*See diagram on STEPS TO TAKE) 	<ul style="list-style-type: none"> See an ophthalmologist every 6 months to prevent damage to the eyes (Plaquenil™). Always get your blood test each month or as recommended by your doctor. If you feel nausea in the 2 days after taking your MTX, inform your doctor; a drug to prevent nausea (ex.: Gravel™, Zofran™) may be prescribed. Take your folic acid supplement as prescribed by your doctor. Use contraception at all times. Take a flu shot each year.
Biologic response modifying drugs Enbrel™ (Etanercept) ¹⁰ Humira™ (Adalimumab) ¹¹ Remicade™ (Infliximab)	Reduces inflammation	<ul style="list-style-type: none"> Increased risk of infections (*See diagram on STEPS TO TAKE) Redness at injection site Headache 	<ul style="list-style-type: none"> Need to stop if you will have surgery. Avoid live vaccines (RRO and VZV). Take a flu shot each year. Respect injection schedule carefully.

● **SUPER!**
● **BE ALERT!**
● **BE CAREFUL!**

- SUPER!**
 - No fever
 - No symptoms of infection
 - Good drug tolerance
- BE ALERT!**
 - Mild symptoms of infection (ex.: clear nasal discharge, mild dry cough).
 - No fever
 - General well being
- BE CAREFUL!**
 - Infection:
 - Localised (ex.: ingrown nail)
 - Generalized (ex.: flu, tonsillitis, urinary tract infection, etc.)
 - Fever ≥38,0°C
 - Surgery



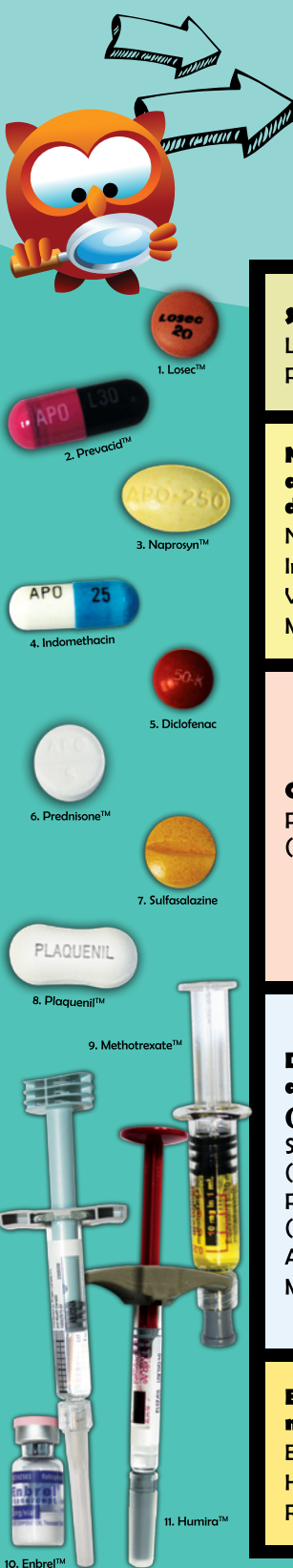
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FOR FURTHER INFORMATION, PLEASE CONTACT THE RHEUMATOLOGY CLINIC AT 514-345-4931 ext. 4713



*The appearance of these medications may vary. The side effects mentioned here are only the main adverse events and do not represent an exhaustive list. Please refer to the product monographs for the complete lists of side effects associated with these drugs or consult with your doctor or treatment team for further information.