



Action for
Pulmonary Fibrosis

Nintedanib

Antifibrotic medication



This leaflet has been written to answer some questions you might have about nintedanib. It isn't a substitute for advice from your interstitial lung disease (ILD) team so if you have any questions or concerns, discuss these with the team.

What is nintedanib and how does it work?

Nintedanib is an anti-fibrotic medication that is prescribed to slow down the rate of scarring in the lungs. Nintedanib does not reverse the scarring that has already happened or stop any future scarring.

The brand name for nintedanib is Ofev®.

Who can and can't take nintedanib?

Nintedanib can be prescribed to treat various types of pulmonary fibrosis (PF) including idiopathic PF (IPF), hypersensitivity pneumonitis, sarcoidosis, rheumatoid arthritis-related ILD, systemic sclerosis-associated ILD and asbestosis.

For people with IPF, nintedanib might be used when your forced vital capacity (FVC) is above 50% of the predicted value for someone of your age and gender. FVC is the amount of air that you can breathe out in one breath, after fully inhaling. This is a measure that's often used to see how well your lungs are working.

For people who have other types of pulmonary fibrosis, nintedanib can be prescribed in some situations. Your ILD team will monitor you over time and if there is evidence that your lung condition is not stable, they might suggest treatment with nintedanib.



Nintedanib isn't suitable for everyone with pulmonary fibrosis, however.

It can't be used by people who:

- Are allergic to peanuts, soya, or any ingredients of nintedanib (listed on the information sheet within the packaging).
- Have severely impaired liver function.
- Are under the age of 18.
- Are pregnant, planning a pregnancy or might get pregnant. We do not know enough about the risk to an unborn child. If you are breastfeeding, speak to your doctor to discuss the risks and benefits.

You should let your ILD team know if you have had any problems with your heart or any recent or planned surgeries, and if you have any allergies.

There may be other conditions that make nintedanib unsuitable for you. Make sure to tell your ILD team about any current or previous medical conditions.



What dose of nintedanib should I take?

The usual dose of nintedanib is 150mg twice a day. Your ILD team might reduce the dose to 100mg twice a day if you have side effects that are difficult to manage.

When should I take nintedanib?

Nintedanib should be taken twice a day, as close to 12 hours apart as possible. You should take the medication with, or straight after, food and swallow the capsule whole (don't chew or crush it).

What should I do if I miss a dose?

If you forget to take a dose, wait until your next dose is due and take this as normal. Don't take two tablets together to make up for a missed dose.

If you stop taking nintedanib, it's very important that you let your ILD team know as soon as possible.

How long will I have to take nintedanib for?

You will usually take nintedanib for as long as it's working to reduce the rate of lung scarring and the side effects are manageable.



What are the possible side effects of nintedanib?

As with all medications, nintedanib can have side effects. Many of these can be managed with the help of your ILD team and some side effects will get better over time. If you're experiencing side effects, make sure you're taking your medication with or straight after food as prescribed. You should tell your ILD team about any side effects you're experiencing.

Common side effects

Diarrhoea	<p>Speak to your medical team for advice. You may be able to take an anti-diarrhoea medication. This is often available over the counter at pharmacies or supermarkets.</p> <p>Stay hydrated by drinking plenty of fluids.</p>
Vomiting	<p>You may be able to get over-the-counter anti-sickness medication for vomiting and nausea. Discuss this with your community pharmacy, GP or ILD team.</p> <p>Home remedies such as ginger may be useful for some people.</p> <p>Stay hydrated by drinking plenty of fluids.</p>
Abdominal pain or headache	<p>Speak to your medical team for advice. You may be able to take over-the-counter medications.</p>
Weight loss	<p>Some people lose weight whilst taking nintedanib, often because of a loss your appetite. It can be helpful to weigh yourself regularly to check for changes. If you are losing weight and are concerned, talk to your ILD team.</p>

Uncommon side effects

Unexplained bruising or bleeding	It's very important to seek medical advice before your next dose. Call 111 if this is out of hours.
Yellowing of your skin or eyes	
Excessive itching	

This leaflet does not list all the side effects of nintedanib. Make sure you read the drug information sheet that comes in the packaging of your medication.

How will I be monitored for the side effects of nintedanib?

You will have monthly blood tests for the first few months that you are taking nintedanib. If the results are okay, you'll then continue to have blood tests every three months. Blood tests are taken to check your liver function, as this can be affected by nintedanib. Depending on your local services, they might be carried out by your local GP, respiratory team or ILD team.

It's really important that you have these blood tests so that your ILD team can check that it's still safe for you to take nintedanib. It can be helpful to record in your calendar when your appointments are due so that you don't miss any. Make sure that you know whom to contact to check the results of your blood tests.



Can I take other medicines at the same time as nintedanib?

Before starting nintedanib, it's important to tell your ILD team if you are on any medications as some can affect how nintedanib works. This includes any medications prescribed by your GP or another doctor and any that you buy over the counter or online, including any herbal medicines. Some medications can increase the risk of side effects. Whoever prescribes nintedanib will check that it's safe to take with your current medications.

Don't start taking any medications or change a medication's dosage without first checking with your doctor or pharmacist. Make sure your GP or pharmacist knows that you're taking nintedanib if they prescribe or advise any other medications.

Digestive side effects of nintedanib such as vomiting and diarrhoea can affect how other medications work, including oral contraceptives.

Can I have immunisation injections (vaccines) whilst taking nintedanib?

Yes, you can.



Can I drink alcohol whilst taking nintedanib?

You can drink alcohol whilst taking nintedanib, but you are advised to only drink alcohol in small amounts. You should aim to drink no more than 14 units of alcohol per week. Further guidance available at www.nhs.uk/better-health/drink-less/

Where can I find out more about nintedanib?

If you want to know more about nintedanib or have any questions, speak to your ILD team.

If you need this information in another format such as large print, easy read or another language, please contact us.



**Action for
Pulmonary Fibrosis**

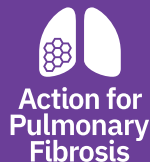
Action for Pulmonary Fibrosis is a patient-driven charity. We support patients and families and raise awareness of pulmonary fibrosis through campaigning, fundraising and education. We also fund research to improve quality of life for people living with pulmonary fibrosis and to find a cure. Our mission is to STOP pulmonary fibrosis.

actionpf.org



The ILD Interdisciplinary Network (ILD-IN) aims to provide a supportive network for health professionals of all disciplines working in interstitial lung diseases. Our purpose is to provide support, promote ILD specialty practice through education and professional development and to influence the policy of ILD care.

ild-in.org.uk



Stuart House
East Wing
St John's Street
Peterborough
PE1 5DD

General enquiries
01733 839642
info@actionpf.org
www.actionpf.org



Registered Charity SC050992 in Scotland.
Registered Charity 1152399 in England and Wales.