Patient leaflet in accordance with the Pharmacists' Regulations (Preparations) 1986
This medicine is to be supplied by doctor's prescription only

Otezla 10 mg
Otezla 20 mg
Otezla 30 mg
Film-coated tablets

Active ingredient:

Each tablet of Otezla 10 mg contains 10 mg Apremilast
Each tablet of Otezla 20 mg contains 20 mg Apremilast
Each tablet of Otezla 30 mg contains 30 mg Apremilast
Inactive ingredients and allergens: see section 6 "Additional information".

Read all this leaflet carefully before you start taking this medicine. This leaflet contains essential information about this medicine. If you have any further questions, refer to the doctor or pharmacist.
This medicine has been prescribed to treat your illness. Do not pass it on to others. It may harm them, even if it seems to you that their medical condition is similar.
Otezla is not intended for use in children and young people aged under the age of 18.

1. What is Otezla used for?

- **Active psoriatic Arthritis -** Otezla is intended to treat adults who suffer from active psoriatic arthritis.
- **Moderate to severe chronic plaque psoriasis -** Otezla is intended to treat adult patients who suffer from moderate to severe plaque psoriasis who are candidates for a phototherapy treatment (a treatment by which the infected areas are exposed to light) or to systemic therapy.
- **Behçet's disease (BD)** - to treat the mouth ulcers which is a common problem for people with this illness.

Therapeutic group:

Otezla belongs to a group of medicines called phosphodiesterase 4 inhibitors (PDE4), which help to reduce inflammation.

What is Psoriatic Arthritis

Psoriatic Arthritis is an inflammatory disease of the joints, usually accompanied by an inflammatory skin disease called psoriasis.

What is Plaque Psoriasis

Plaque Psoriasis is an inflammatory disease of the skin, characterized by red, scaly, itchy, painful patches on the skin which can also appear in your scalp and nails.

What is Behçet's disease

Behçet's disease is a rare type of inflammatory disease which affects many parts of the body. The most common problem is mouth ulcers.

How Otezla works

Psoriatic Arthritis, psoriasis and Behçet's disease are usually lifelong conditions and there is currently no cure. Otezla works by reducing the activity of an enzyme in the body called 'phosphodiesterase 4' which is involved in the process of inflammation. By reducing the activity of this enzyme, Otezla can help to control the inflammation associated with the disease, and thereby reduce the signs and symptoms of these conditions.

- In psoriatic arthritis, Otezla has been shown to improve swollen and painful joints and can improve the general physical function of the patient.

- In psoriasis, treatment with Otezla reduces psoriatic skin plaques and other signs and symptoms of the disease.

- In Behçet's disease - treatment with Otezla reduces the number of mouth ulcers and can stop them completely. It can also reduce the associated pain.

Otezla has also been shown to improve the quality of life in patients with psoriasis, psoriatic arthritis or Behçet's disease. This means that the impact of your condition on daily activities, relationships and other factors should be less than it was before.

2. Before using Otezla

X Do not take Otezla if:

- You are sensitive (allergic) to apremilast or any of the other ingredients of this medicine (listed in section 6).
- You are pregnant or think you may be pregnant.

! Special warnings regarding the use of this medicine

Talk to your doctor or pharmacist before taking Otezla.

Depression and suicidal thoughts

Tell your doctor before starting Otezla if you have depression which is getting worse with thoughts of suicide.
You or your caregiver should also tell your doctor straight away of any changes in behaviour or mood, feelings of depression and of any suicidal thoughts you may have after taking Otezla.

Severe kidney problems

If you have severe kidney problems, then the recommended dose of Otezla will be 30 mg once a day (morning dose).
Your doctor will explain to you how to increase your dose when you first start taking Otezla.

If you are underweight

Talk to your doctor while taking Otezla if you lose weight without meaning to.

Gut problems

If you experience severe diarrhea, nausea, or vomiting, you should talk to your doctor.

Children and adolescents
Otezla has not been studied in children and adolescents, therefore, Otezla is not intended for use in children and adolescents under the age of 18.

If you are taking or have recently taken other medicines, including nonprescription medications and food supplements, tell your doctor or pharmacist. This is because Otezla can affect the way some other medicines work. Also some other medicines can affect the way Otezla works. In particular, tell your doctor or pharmacist before taking Otezla if you are taking:

- Rifampicin – an antibiotic used to treat tuberculosis.
- Phenytoin, phenobarbital and carbamazepine – medicines used in the treatment of seizures or epilepsy
- Hypericum - St John's Wort – a herbal medicine for the treatment of mild anxiety and depression.

Pregnancy and breast-feeding
If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine.
There is little information on the use of Otezla during pregnancy. You should avoid becoming pregnant while using Otezla and should use effective methods of contraception during treatment with Otezla. Do not use the medicine if you are pregnant.
It is not known if Otezla passes into human breast milk. Do not use Otezla while breast-feeding.

Driving and using machines
Otezla has no effect on the ability to drive and use machines.

Important information about some of the medicine's ingredients
Otezla contains lactose (a type of sugar). If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicine.

3. How should you use Otezla?

Always use according to the doctor's instructions. Check with your doctor or pharmacist if you are not sure. The dosage and treatment will be determined only by the doctor.

How much to take

- When you first start taking Otezla, you will receive a treatment initiation pack (called the 'starter pack') which contains all the doses as listed in the table below.
- The starter pack is clearly labelled to make sure you take the correct tablet at the correct time.
- Your treatment will start at a low dose and will gradually be increased (also called 'titrated') over the first 6 days of treatment.
- This starter pack will contain enough tablets for another 8 days of treatment at the recommended dose (days 7 to 14).
- The recommended dose of Otezla after the titration stage is 30 mg twice a day - one 30 mg dose in the morning and one 30 mg dose in the evening with a break of about 12 hours between the two doses which may be taken either with or without food.
- This is a total daily dose of 60 mg. By the end of day 6 you will have reached

this recommended dose.
- Once the recommended dose has been reached, you will only get packs of the 30 mg tablet strength.
- You will only ever go through a titration stage once, even if you re-start treatment.

Day	Morning Dose	Evening Dose	Total Daily Dose
Day 1	10 mg (pink)	**Do not take a dose**	10 mg
Day 2	10 mg (pink)	10 mg (pink)	20 mg
Day 3	10 mg (pink)	20 mg (brown)	30 mg
Day 4	20 mg (brown)	20 mg (brown)	40 mg
Day 5	20 mg (brown)	30 mg (beige)	50 mg
Day 6 onwards	30 mg (beige)	30 mg (beige)	60 mg

People with severe kidney problems
If you have severe kidney problems then the recommended dose of Otezla is 30 mg once a day (morning dose). Your doctor will explain to you how to increase your dose when you first start taking Otezla.

Do not exceed the recommended dose.

How and when to take Otezla
- Otezla is for oral use.
- Swallow the tablets whole, preferably with water.
- Grinding is not recommended as it is difficult to grind the film coating.
- You can take the tablets either with or without food.
- Take Otezla at about the same time each day, one tablet in the morning and one tablet in the evening.

If your condition has not improved after six months of treatment, you should consult with your doctor.

If you take more Otezla than you should
If you take more Otezla than you should, or if a child has accidentally swallowed the medicine, talk to a doctor or go immediately to a hospital emergency room and bring the medicine package with you.

If you forget to take Otezla
- If you miss a dose of Otezla, take it as soon as you remember. If it is close to the time for your next dose, skip the missed dose and take the next dose at your regular time.
- Do not take a double dose to make up for a forgotten dose.

If you stop taking Otezla
- You should continue taking Otezla until your doctor instructs you to stop.
- Do not stop taking Otezla without consulting your doctor.

Do not take medicines in the dark! Check the label and the dose each time you take the medicine. Wear glasses if you need them.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

4. Side effects

As with any medicine, Otezla can cause side effects in some users. Do not be alarmed by reading the list of side effects. You may not experience any of them.

Serious side effects – depression and suicidal thoughts

Tell your doctor straight away about any changes in behaviour or mood, feelings of depression, thoughts of suicide or suicidal behaviour (this is uncommon).

Very common side effects - may affect more than 1 in 10 people

- diarrhea
- nausea
- headache
- upper respiratory tract infections such as cold, runny nose, sinus infection

Common side effects - may affect up to 1 in 10 people

- cough
- back pain
- vomiting
- feeling tired
- stomach pain
- loss of appetite
- frequent bowel movements
- difficulty sleeping (insomnia)
- indigestion or heartburn
- inflammation and swelling of the tubes in your lungs (bronchitis)
- common cold (nasopharyngitis)
- depression
- migraine
- tension headache

Uncommon side effects - may affect up to 1 in 100 people

- rash
- hives (urticaria)
- weight loss
- allergic reaction
- bleeding in the bowel or in the stomach
- suicidal ideation or behaviour

Not known side effects (frequency cannot be estimated from the available data):

- severe allergic reaction (may include swelling of the face, lips, mouth, tongue, or throat that may lead to difficulty breathing or swallowing)

If you are 65 years of age or older, you might have a higher risk of complications of severe diarrhea, nausea and vomiting. If your gut problems become severe, you should talk to your doctor.

Reporting of side effects
Side effects can be reported to the Ministry of Health by clicking on the link "Report Side Effects of Drug Treatment" that appears on the homepage of the Ministry of Health's website (www.health.gov.il) which links to an online form for reporting side effects, or by the following link:
https://sideeffects.health.gov.il/

5. How to store Otezla

- Avoid poisoning! This medicine and any other medicine should be kept in a closed place out of the sight and reach of children and/or infants in order to avoid poisoning. Do not induce vomiting without an explicit instruction from the doctor.
- Do not store at a temperature above 30°C.
- Do not use this medicine after the expiry date which is stated on the blister or on the wallet or on the carton after EXP. The expiry date refers to the last day of that month.
- Do not use this medicine if you notice any damage or signs of tampering to the medicine packaging.
- Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

6. Additional information

In addition to the active ingredient the medicine also contains:
lactose monohydrate, cellulose microcrystalline, croscarmellose sodium and magnesium stearate.
Film coating:

- Otezla 10 mg tablet: polyvinyl alcohol, titanium dioxide, polyethylene glycol, talc, iron oxide red.
- Otezla 20 mg tablet: polyvinyl alcohol, titanium dioxide, polyethylene glycol, talc, iron oxide red, iron oxide yellow.
- Otezla 30 mg tablet: polyvinyl alcohol, titanium dioxide, polyethylene glycol, talc, iron oxide red, iron oxide yellow, iron oxide black.

What Otezla looks like and contents of the pack:

- Otezla 10 mg film-coated tablet: pink, diamond shaped film-coated tablet with "APR" engraved on one side and "10" on the opposite side.
- Otezla 20 mg film-coated tablet: brown, diamond shaped film-coated tablet with "APR" engraved on one side and "20" on the opposite side.
- Otezla 30 mg film-coated tablet: beige, diamond shaped film-coated tablet with "APR" engraved on one side and "30" on the opposite side.

Pack sizes

- The starter pack contains 27 film-coated tablets: four 10 mg tablets, four 20 mg tablets and nineteen 30 mg tablets.
- The 30 mg pack contains 56 film-coated tablets.

Manufacturer: Amgen Europe B.V., Minervum 7061, Breda, The Netherlands.

License Holder: Amgen Europe B.V., P.O. BOX 53313, Tel - Aviv.

Registration number of the medicine in the National Drug Registry of the Ministry of Health:

Otezla 10 mg: 153-91-34274-00/01/02/03/04/05

Otezla 20 mg: 153-92-34285-00/01/02/03/04/05

Otezla 30 mg: 153-93-34286-00/01/02/03/04/05

Revised in August 2021 according to MoHs guidelines.