

Patient leaflet in accordance with the Pharmacists' Regulations (Preparations) 1986

This medicine is to be supplied by doctor's prescription only

Apremil 30 mg
Tablets

Active ingredient:

Each tablet of Apremil 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 concise information about this medicine. If you have any further questions, refer to the doctor or pharmacist.

This medicine was 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.

Apremil is not intended for use in children and adolescents aged under 18 years.

1. What is the medicine being used for?

- **Active psoriatic Arthritis** - Apremil is intended to treat adults who suffer from active psoriatic arthritis.
- **Moderate to severe chronic plaque psoriasis** - Apremil 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.

This product is not intended for use at the stage of dosage adjustment (titration).

Therapeutic group:

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

What Psoriatic Arthritis is

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

What Plaque Psoriasis is

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

What Behçet's disease is

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 Apremil works

Psoriatic Arthritis, Plaque psoriasis and Behçet's disease are usually lifelong conditions and there is currently no cure. Apremil 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, Apremil can help to control the inflammation associated with the disease, and thereby reduce the signs and symptoms of these conditions.

- In psoriatic arthritis, Apremil has been shown to improve swollen and painful joints and can improve the general physical function of the patient.
- In psoriasis, treatment with Apremil reduces psoriatic skin plaques and other signs and symptoms of the disease.
- In Behçet's disease - treatment with Apremil reduces the number of mouth ulcers and can stop them completely. It can also reduce the associated pain.

Apremil 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 Apremil

X Do not take Apremil 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 Apremil.

Depression and suicidal thoughts

Tell your doctor before starting Apremil 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 Apremil.

Severe kidney problems

If you have severe kidney problems, then the recommended dose of Apremil 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 Apremil.

If you are underweight

Talk to your doctor while taking Apremil 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

Apremil has not been studied in children and adolescents, therefore Apremil 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 medicines and dietary supplements, tell your doctor or pharmacist. This is because Apremil can affect the way some other medicines work. Also some other medicines can affect the way Apremil works. In particular, tell your doctor or pharmacist before taking Apremil 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 Apremil during pregnancy. You should avoid becoming pregnant while using Apremil and should use effective methods of contraception during treatment with Apremil. Do not use the medicine if you are pregnant.

It is not known if Apremil passes into human breast milk. Do not use Apremil while breast-feeding.

Driving and using machines

Apremil has no effect on the ability to drive and use machines.

Important information about some of the medicine's ingredients

Apremil 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 Apremil?

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

- The use of Apremil is intended for treatment only after the dosage adjustment stage - a gradual adjustment required at the beginning of treatment, also called "dosage titration". Dosage adjustment will be performed using another preparation.
- The recommended dose of Apremil after the dosage adjustment 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.

People with severe kidney problems

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

Do not exceed the recommended dose.

How and when to take Apremil

- Apremil is for oral use.
- Swallow the tablets whole, preferably with water.
- Grinding is not recommended as it is difficult to grind the tablets.
- You can take the tablets either with or without food.
- Take Apremil 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 Apremil than you should

If you take more Apremil 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 Apremil

- If you miss a dose of Apremil, 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 Apremil

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

Do not take medicines in the dark! Check the label and the dose each time you take a 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, Apremil 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 (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 in 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 Apremil

- Avoid poisoning! This medicine and any other medicine should be kept in a closed place out of the reach of children and/or infants in order to avoid poisoning. Do not induce vomiting without an explicit instruction from the doctor.
- No special storage conditions apply. It is recommended to store at room temperature.
- Do not use this medicine after the expiry date which is stated on the blister or on the package. 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, magnesium stearate, Yellow iron oxide (E172), Red iron oxide (E172).

What the medicine looks like and contents of the pack:

- Oval reddish-orange tablets
- The pack contains 56 tablets.

Manufacturer and License Holder: Mapi Pharma Ltd., Kiryat Weizmann, Science Park, 16 Einstein St., Ness Zionna

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

Revised in .../2022 according to MoH's guidelines.