

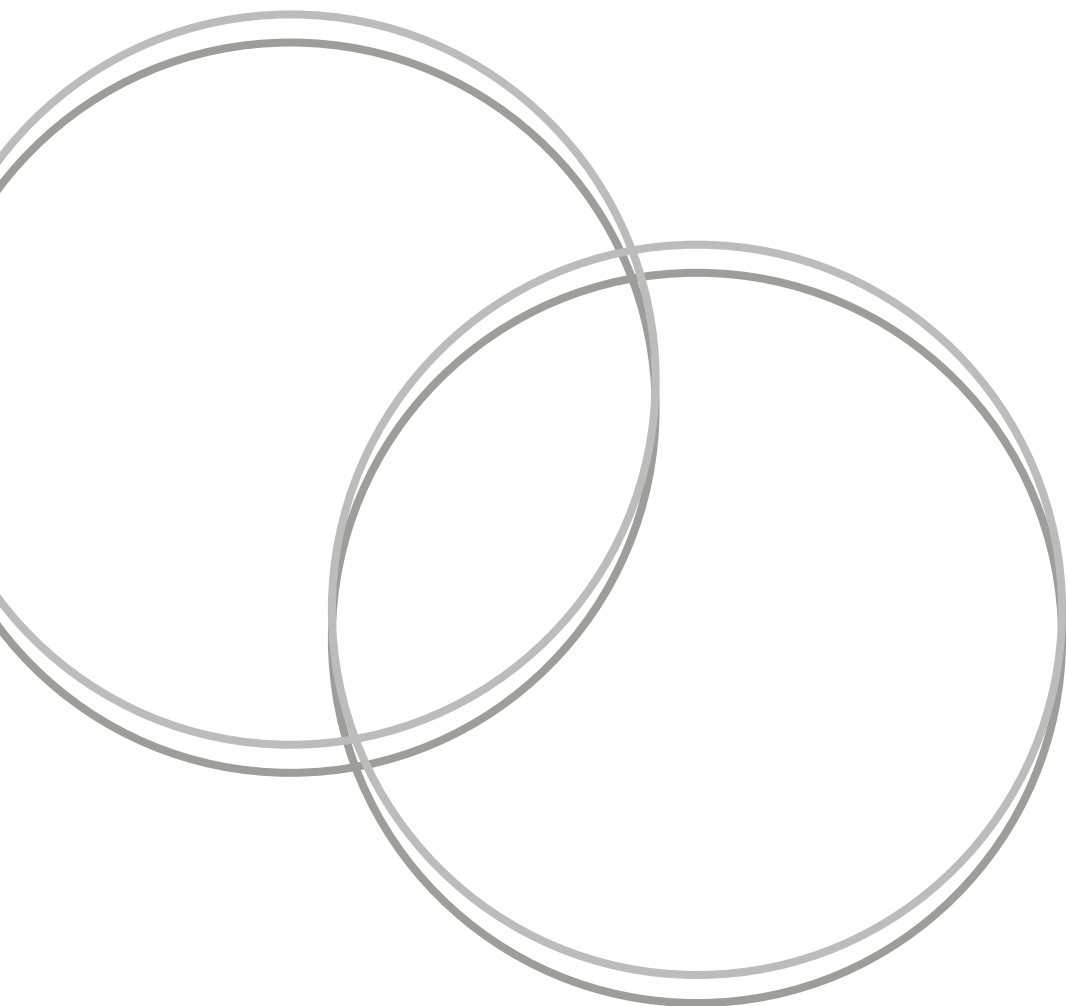


Oxford University Hospitals
NHS Foundation Trust

Roxadustat

A medication for anaemia of chronic kidney disease

Information for patients



What is Roxadustat?

Roxadustat is a medication used to treat adults with anaemia caused by chronic kidney disease.

Red blood cells contain a protein, called haemoglobin, which is responsible for carrying oxygen to the body tissues that need it. Iron is an essential part of haemoglobin. The kidneys play a vital role in maintaining haemoglobin levels. Anaemia occurs when you have too few red blood cells or haemoglobin to carry oxygen around the body. This can lead to symptoms such as tiredness, weakness, or shortness of breath.

How does Roxadustat work?

Roxadustat increases the level of a substance in the body called HIF (Hypoxia-Inducible Factor), this stimulates the production of red blood cells and haemoglobin, which help improve oxygen delivery throughout your body. This will therefore reduce your symptoms of anaemia.

Your Doctor, Anaemia Nurse Specialist or Pharmacist will explain your condition and the reason for prescribing Roxadustat.

What should I know before taking Roxadustat?

You should not take Roxadustat if:

- You are allergic to peanuts or soya.
- You have a liver disorder (the tablets contain lactose).
- You are pregnant or breastfeeding.
- You have polycystic kidney disease.
- You had a blood clot in the veins of your legs (deep vein thrombosis), in the lungs (pulmonary embolism) in the past 3 months.
- You have epilepsy.
- You had previous retinal bleeds or detachment.
- Please tell your healthcare professional about any other health conditions or allergies before starting Roxadustat.

How do I take Roxadustat?

Roxadustat is available in 20 mg, 50 mg, 70 mg, 100 mg, and 150 mg tablets. Roxadustat comes in a blister pack containing medicine for 4 weeks (12 tablets), divided into 4 rows. Each row contains 1 week of medicine (3 tablets). Make sure you take tablets from the same row for each week. If your dose requires more than 1 blister package, you will need to take a tablet from each blister per dosing day. Your doctor, nurse or pharmacist will explain when and how many tablets to take.

- Always take the medicine exactly as prescribed by the healthcare professional
- It can be taken with or without food.
- Swallow the tablets whole – **do not** chew, break, or crush them.
- Take Roxadustat three times a week, on the same days each week.
- Do not take it on two consecutive days (i.e. 2 days in a row)

Example Schedule:

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Yes	No	Yes	No	Yes	No	No

Monitoring whilst taking Roxadustat

When starting Roxadustat, you will need a blood test every 2 weeks. Then once every 4 weeks when your haemoglobin level is at the correct level. The blood test can be done at the GP surgery or at any of the Oxford University Hospital sites or dialysis units (Stoke Mandeville, High Wycombe, Swindon or Milton Keynes)

An Anaemia Nurse Specialist will plan the blood tests with you.

If you do not attend for regular monitoring, it is not safe for you to continue Roxadustat.

What other medications interact with Roxadustat?

Your healthcare professional will talk with you about all medicines you are taking before starting Roxadustat. This includes any over the counter medicines and vitamins.

You must let your healthcare professional know the following as there are some important interactions:

- Probenecid (used to prevent gout).
- Statins (such as atorvastatin or simvastatin) – please your kidney doctor, pharmacy or anaemia nurse know if you experience any unexplained muscle pain, tenderness or weakness.
- Phosphate binders and iron – take Roxadustat at least 1 hour after taking phosphate binders (except lanthanum) or other medicinal products containing calcium, iron, or magnesium.
- Gemfibrozil or rifampicin – please let the anaemia team, pharmacist or doctor know if a clinician prescribes these medications. Your haemoglobin levels will need to be more closely monitored.

You should always let any health care professionals know what medications you are taking before starting any new medication.

Can Roxadustat cause side effects?

Roxadustat can cause side effects. Some may be serious.

Contact your doctor or nurse IMMEDIATELY if you experience:

- A blood clot in your leg/s (DVT) or lungs (pulmonary embolism)
- Seizures or warning signs of seizures

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

- High blood pressure
- Feeling sick
- Diarrhoea
- Insomnia
- Leg swelling

Common side effects (may affect up to 1 in 10 people)

- Headache
- Being sick (vomiting)
- Constipation

Infection – please report any signs of fever, sweating or chills, sore throat, runny nose, shortness of breath to the anaemia team, pharmacist or doctor.

Not known:

Hypothyroidism – inform anaemia team, pharmacist or doctor if you experience new symptoms such as tiredness, weight gain, sensitivity to cold, dry skin and hair, muscle aches occur

If you experience any side effects, speak to your Anaemia Nurse Specialist, Pharmacist or Doctor.

What should I do if I forget a dose?

If you remember within 24 hours, take the missed dose.

If it has been more than 24 hours, skip the dose and take the next one at your usual time.

Never take Roxadustat two days in a row or more than three times in a week.

Consider setting a reminder or alarm to help you stay on schedule.

How do I get the medication?

The Churchill Hospital Pharmacy will send the medication to your home address. Alternatively, the medication can be picked up from the pharmacy at the Churchill Hospital, Horton General Hospital or the John Radcliffe Hospital.

Contacts

Anaemia team:

Stoke Mandeville and High Wycombe

Telephone: 01865 225 348

Oxford and Banbury

Telephone: 01865 228 921 or 01865 225 349

Milton Keynes and Whitehouse

Telephone: 01908 996 489

Swindon

Telephone: 01793 605 291

Mobile telephone: 07385 933 254 (only during working hours

Monday to Friday 8 am -5pm)

Email: renalanaemiateam@ouh.nhs.uk

Renal Pharmacists:

Churchill Hospital

Tel: 01865 226 105

9am to 5pm, Monday to Friday

(Please leave a message on the answerphone)

Email: oxfordrenalpharmacists@ouh.nhs.uk

Useful websites

Oxford Kidney Unit

The Oxford Kidney Unit provides information for people with kidney conditions and their caregivers.

Website: www.ouh.nhs.uk/oku

UK Kidney Association

Patient information leaflets and advice

Website: www.ukkidney.org/patients/information-resources/patient-information-leaflets

Kidney Patient Guide

Information for patients with kidney failure and those who care for them.

Website: www.kidneypatientguide.org.uk

Kidney Care UK

A charity which has lots of practical support and information for people with kidney disease.

Website: www.kidneycareuk.org

Six Counties Kidney Patients Association

The SCKPA is run for patients by patients or family members. They offer support to people suffering from kidney disease or who are on dialysis. They work closely with the Oxford Kidney Unit and have branches in Oxfordshire, Northamptonshire, Buckinghamshire, and Milton Keynes, and parts of Wiltshire, Gloucestershire and Berkshire.

Website: www.sckpa.org.uk

National Kidney Federation

A charity which has lots of practical support and information for people with kidney disease.

Website: www.kidney.org.uk

OUH Patient Portal

Health for Me

Please ask a member of the kidney team to sign you up to the patient portal.

Website: www.ouh.nhs.uk/patient-guide/patient-portal

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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Oxford University Hospitals NHS Foundation Trust
www.ouh.nhs.uk/information



Making a difference across our hospitals

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