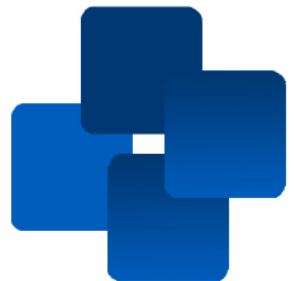


# **Patient Information**

## **Roxadustat Therapy**

Renal Department



## What is roxadustat?

Roxadustat is a medicine used to treat adults with symptomatic anaemia due to chronic kidney disease (CKD).

Anaemia is when you don't have enough red blood cells and your haemoglobin level is too low. Haemoglobin is a protein which carries oxygen around the body. Iron is an essential part of haemoglobin.

## What are the symptoms of anaemia?

The most common symptoms of anaemia include:

- Tiredness
- Lack of energy (lethargy)
- Shortness of breath (dyspnoea)
- Irregular heartbeat (palpitations)

The clinician that prescribes this medicine for you will tell you about your condition and why roxadustat is being prescribed.

## How does it work?

Roxadustat works by increasing the level of HIF, a substance in the body which increases the production of red blood cells. By raising HIF levels and the production of red blood cells, the levels of haemoglobin also rises and improves the oxygen supply to your body and may reduce your symptoms of anaemia.




## What do I need to know before I start taking roxadustat?

Roxadustat should not be taken if you are allergic to peanuts or soya or if you have a liver disorder; the tablets contain lactose.

## How do I take it?

Roxadustat is available as 20mg, 50mg, 70mg, 100mg and 150mg tablets.

- You should always take the medicines as directed by your doctor
- You should take roxadustat three times a week, on the same days each week. **Do not** take on consecutive days (i.e. 2 days in a row)

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	x		x		x	x

## Do I need any special checks while on roxadustat?

It is important to have regular blood tests and regular blood pressure checks. If you don't have regular blood tests it is not safe for your clinician to prescribe roxadustat for you. When you first start roxadustat you will need your blood tested every 2 weeks, then changing to once every 4 weeks.

## Does roxadustat interfere with my other medicines?

Roxadustat can interact with other medicines. You should tell your doctor which medicines you are taking before starting roxadustat.

- Do not take probenecid (a medicine used to prevent gout) without discussing with your doctor first.
- Other medicines which interact with roxadustat include statins. Your statin dose may need to be reduced.
- Medicines used to reduce phosphate levels (phosphate binders), such as calcium acetate or sevelamer, or other medicines containing calcium, iron or magnesium. You must take roxadustat at least 1 hour after these medications or supplements.
- Always check with your doctor or pharmacist first before starting any new medication.

## Can roxadustat cause side effects?

All medicines can cause unwanted side effects. Some side effects can be serious. Contact your doctor if you get any of the following:

- Blood clot in the veins of the leg (DVT) or the lungs
- Seizures (fits) and warning signs of seizures

### **Other possible side effects - Very common**

- High blood pressure
- Increased amount of potassium in the blood
- Feeling sick
- Diarrhoea

### **Common**

- Headache
- Vomiting
- Constipation

If you get any side effects, talk to your doctor, pharmacist or nurse.

## What happens if I forget to take a dose?

- If you remember within 24 hours of your dose being due then take your dose as usual. If it is more than 24 hours since your dose was due, do not take the dose and take your next dose at the normal time.
- Do not take two days in a row or more than three doses in a week.
- Set up an alarm or a reminder on a mobile phone or smart speaker to help you remember to take a dose.

## Is roxadustat okay in pregnancy and breastfeeding?

Roxadustat should be avoided if you are pregnant or breastfeeding.

If you are planning to become pregnant while you are taking roxadustat, you should discuss this with your doctor.

## Roxadustat blister packs

Roxadustat is supplied in blister packs containing 12 tablets, which last for 4 weeks. The tablets are arranged in four rows, one for each week, and three columns, for the 3 days you need to take it every week.

## Top tips

- Have your blood tests regularly
- Ring the team when you have 2 weeks of tablets left to give time for bloods to be checked and a new supply to be organised.
- It is important to have regular blood tests and blood pressure checks, as mentioned in this leaflet. If you don't have regular blood tests it is not safe for your renal team to prescribe roxadustat for you.
- Roxadustat will be temporarily stopped if your haemoglobin level becomes too high. Do not restart until your renal team tell you to.

## Useful contact details

Telephone number to order more medication: **01438 286368**

Email to order more medication: **[renalanaemia.enh-tr@nhs.net](mailto:renalanaemia.enh-tr@nhs.net)**

Nurses telephone number: **01438 285255**

Renal Pharmacists: **01438 284677**

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