

ANTI-TNF THERAPY

Patient Checklist

Please could you share this checklist with your GP and ensure that all steps have been taken to keep you safe.

Anti-TNF MEDICATIONS TREAT INFLAMMATORY BOWEL DISEASE (IBD) BY SUPPRESSING THE IMMUNE SYSTEM.

For this reason, we must closely monitor you while taking this therapy. This checklist is designed to help reduce risks associated with anti-tnf medication.

For further information, please refer to our **Medication Information sheets** available on our website.

BEFORE STARTING anti-TNF THERAPY

- ☐ Read the Anti-TNF information sheet.
- ☐ Make an appointment with your GP to discuss starting the medication and to enlist your GP's help with monitoring
- ☐ Ensure that you are up to date with your vaccinations:
 - a) **Influenza** vaccination (Fluvax® - yearly).
 - b) **Pneumococcal** vaccination (Pneumovax® - 5 yearly).
- ☐ Ensure that your pap smears are up to date:
 - a) Annual pap smears are recommended if sexually active.
- ☐ Ensure that you have discussed the following with your doctor and had the necessary screening tests:
 - a) Hepatitis B
 - b) Tuberculosis (TB)
 - c) Varicella (chicken pox).
- ☐ Ensure that you have discussed your complete medical history with your doctor, particularly if you have had severe infections, cancer or heart disease.
- ☐ Ensure that you have provided your doctor with an up to date medication list.
- ☐ Ensure that you have discussed your plans for pregnancy if relevant.

AFTER STARTING anti-TNF THERAPY

- ☐ Make an appointment with your GP to discuss and commence monitoring.
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- Remain engaged with your specialist and ensure that you have a regular appointment at least every 6-months**
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- ☐ Ensure that you are up to date with your:
 - a) **Pneumococcal** vaccination (Pneumovax® - 5 yearly).
 - b) **Influenza** vaccination (Fluvax® - yearly).
 - ☐ Avoid live vaccines:
 - polio
 - yellow fever
 - MMR (measles, mumps and rubella) and
 - BCG (tuberculosis).
 - ☐ Annual pap smears are recommended for sexually active women whilst on therapy.
 - ☐ Take care in the sun. People on anti-TNF therapy are at increased risk of skin cancer and it is important to be vigilant with sun protection.

Please contact your doctor if you have any concerns.