

# Appendix 1

## Package leaflet: Information for the user Esbriet 267 mg hard capsules Pirfenidone

▼ This medicine is subject to additional monitoring. This will allow quick identification of new safety information. You can help by reporting any side effects you may get. See the end of section 4 for how to report side effects.

**Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.**

Keep this leaflet. You may need to read it again.

- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

### What is in this leaflet

1. What Esbriet is and what it is used for
2. What you need to know before you take Esbriet
3. How to take Esbriet
4. Possible side effects
5. How to store Esbriet
6. Contents of the pack and other information

### 1 What Esbriet is and what it is used for

Esbriet contains the active substance pirfenidone and it is used for the treatment of mild to moderate Idiopathic Pulmonary Fibrosis (IPF) in adults.

IPF is a condition in which the tissues in your lungs become swollen and scarred over time, and as a result makes it difficult to breathe deeply. This makes it hard for your lungs to work properly. Esbriet helps to reduce scarring and swelling in the lungs, and helps you breathe better.

### 2 What you need to know before you take Esbriet

#### Do not take Esbriet

- if you are allergic to pirfenidone or any of the other ingredients of this medicine (listed in section 6)
- if you have previously experienced angioedema with pirfenidone, including symptoms such as swelling of the face, lips and/or tongue which may be associated with difficulty breathing or wheezing
- if you are taking a medicine called fluvoxamine (used to treat depression and obsessive compulsive disorder [OCD])
- if you have severe or end stage liver disease
- if you have severe or end stage kidney disease requiring dialysis.

If any of the above affects you, do not take Esbriet. If you are unsure ask your doctor or pharmacist.

### Warnings and precautions

Talk to your doctor or pharmacist before taking Esbriet

- You may become more sensitive to sunlight (photosensitivity reaction) when taking Esbriet. Avoid the sun (including sunlamps) whilst taking Esbriet. Wear sunblock daily and cover your arms, legs and head to reduce exposure to sunlight (see section 4: Possible side effects).
- You should not take other medicines, such as tetracycline antibiotics (such as doxycycline),

which may make you more sensitive to sunlight.

DO NOT USE

- You should tell your doctor if you suffer from mild to moderate liver problems.
- You should stop smoking before and during treatment with Esbriet. Cigarette smoking can reduce the effect of Esbriet.
- Esbriet may cause dizziness and tiredness. Be careful if you have to take part in activities where you have to be alert and co-ordinated.
- Esbriet can cause weight loss. Your doctor will monitor your weight whilst you are taking this medicine.

You will need a blood test before you start taking Esbriet and at monthly intervals for the first 6 months and then every 3 months thereafter whilst you are taking this medicine to check whether your liver is working properly. It is important that you have these regular blood tests for as long as you are taking Esbriet.

### **Children and adolescents**

Do not give Esbriet to children and adolescents under the age of 18.

### **Other medicines and Esbriet**

Tell your doctor or pharmacist if you are taking or have recently taken any other medicines.

This is especially important if you are taking the following medicines, as they may change the effect of Esbriet.

Medicines that may increase side effects of Esbriet:

- enoxacin (a type of antibiotic)
- ciprofloxacin (a type of antibiotic)
- amiodarone (used to treat some types of heart disease)
- propafenone (used to treat some types of heart disease).

Medicines that may reduce how well Esbriet works:

- omeprazole (used in the treatment of conditions such as indigestion, gastroesophageal reflux disease)
- rifampicin (a type of antibiotic).

Ask your doctor or pharmacist for advice before taking any medicine.

### **Esbriet with food and drink**

Take this medicine during or after a meal to reduce the risk of side effects such as nausea (feeling sick) and dizziness (see section 4: Possible side effects).

Do not drink grapefruit juice whilst taking this medicine. Grapefruit may prevent Esbriet from working properly.

### **Pregnancy, breast-feeding and fertility**

Do not take this medicine if you are pregnant, planning to become pregnant or think you might be pregnant. The risk to the unborn child is unknown.

If you are breast-feeding, speak to your doctor or pharmacist before taking Esbriet. It is not known if Esbriet passes into breast milk. If you are breast-feeding and you need to take Esbriet, your doctor will discuss the risks and benefits of taking this medicine while breast-feeding.

Ask your doctor or pharmacist for advice before taking any medicine.

### **Driving and using machines**

Do not drive or use machines if you feel dizzy or tired after taking Esbriet.

### 3 How to take Esbriet

Always take this medicine exactly as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

Your medicine will usually be given to you in increasing doses as follows:

- for the first 7 days take 1 capsule, 3 times a day with food (a total of 801 mg/day)
- from day 8 to 14 take 2 capsules, 3 times a day with food (a total of 1,602 mg/day)
- from day 15 onwards, take 3 capsules, 3 times a day with food (a total of 2,403 mg/day).

Swallow the capsules whole with a drink of water, during or after a meal to reduce the risk of side effects such as nausea (feeling sick) and dizziness. If symptoms continue, see your doctor.

#### Dose reduction due to side effects

Your doctor may reduce your dose if you suffer from side effects such as, stomach problems, any skin reactions to sunlight or sun lamps, or significant changes to your liver enzymes.

#### **If you take more Esbriet than you should**

Contact your doctor, pharmacist or nearest hospital casualty department immediately if you have taken more capsules than you should, and take your medicine with you.

#### **If you forget to take Esbriet**

If you forget a dose, take it as soon as you remember. Do not take a double dose to make up for a forgotten dose. Each dose should be separated by at least 3 hours. Do not take more capsules each day than your prescribed daily dose.

#### **If you stop taking Esbriet**

Do not stop taking Esbriet unless your doctor tells you to. If for any reason you have to stop taking Esbriet for more than 14 consecutive days, your doctor will restart your treatment with 1 capsule 3 times a day, gradually increasing this to 3 capsules 3 times a day.

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

### 4. Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them.

Stop taking Esbriet and tell your doctor immediately

- If you experience a serious allergic (hypersensitivity) reaction such as swelling of the face, lips and/or tongue, difficulty breathing or wheezing.
- If you experience a severe skin reaction to sunlight or sunlamps such as blistering and/or marked peeling of the skin. Severe photosensitivity reactions are uncommon. Avoid the sun (including sunlamps) whilst taking Esbriet, wear sunblock daily and cover your arms, legs and head to reduce exposure to sunlight to limit this reaction.
- If you feel unwell and have yellowing of the eyes or skin, or dark urine, potentially accompanied by itching of the skin.
- If you get signs of an infection such as a sore throat, fever, mouth ulcers or flu-like symptoms. You may need to have a blood test to check if your symptoms are related to your medicine.

#### **Other side effects may include**

Tell your doctor or pharmacist as soon as possible if you notice any of the following side effects listed below.

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

- skin reactions after going out in the sun or using sunlamps
- feeling sick (nausea)
- tiredness
- diarrhoea

- indigestion or stomach upset
- loss of appetite
- headache.

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

- infections of the throat or the airways going into the lungs and/or sinusitis
- bladder infections
- weight loss
- difficulty sleeping
- dizziness
- feeling sleepy
- changes in taste
- hot flushes
- shortness of breath
- cough
- stomach problems such as acid reflux, vomiting, feeling bloated, abdominal pain and discomfort, heart burn, feeling constipated and passing wind
- blood tests may show increased levels of liver enzymes
- skin problems such as itchy skin, skin redness or red skin, dry skin, skin rash
- muscle pain, aching joints/joint pains
- feeling weak or feeling low in energy
- chest pain
- sunburn.

**Uncommon side effects** (may affect up to 1 in 100 people):

- swelling of the face, lips and/or tongue, difficulty breathing or wheezing.

**Rare side effects** (may affect up to 1 in 1,000 people):

- blood tests may show decrease in white blood cells.

**Reporting of side effects**

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. You can also report side effects directly (see details below).

By reporting side effects you can help provide more information on the safety of this medicine.

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**Malta**

ADR Reporting

Website: [www.medicinesauthority.gov.mt/adrportal](http://www.medicinesauthority.gov.mt/adrportal)

**United Kingdom**

Yellow Card Scheme

Website: [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard)

**5. How to store Esbriet**

Keep this medicine out of the sight and reach of children.

Do not use this medicine after the expiry date which is stated on the bottle label, blister and carton after EXP. The expiry date refers to the last day of that month.

Do not store this medicine above 30°C.

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. Contents of the pack and other information

### What Esbriet contains

The active substance is pirfenidone. Each capsule contains 267 mg of pirfenidone.

The other ingredients are:

- Capsule filling: microcrystalline cellulose, croscarmellose sodium, povidone, magnesium stearate
- Capsule shell: gelatin, titanium dioxide (E171)
- Capsule brown printing ink: shellac, iron oxide black (E172), iron oxide red (E172), iron oxide yellow (E172), propylene glycol, ammonium hydroxide

### What Esbriet looks like and contents of the pack

Esbriet hard capsules (capsules) have a white to off-white opaque body and a white to off-white opaque cap with 'PFD 267 mg' printed in brown ink. The capsules contain a white to pale yellow powder.

Your medicine is provided in either a 2-week treatment initiation pack, a 4-week treatment pack or in a bottle.

The 2-week treatment initiation pack contains a total of 63 capsules. There are 7 blister strips with 3 capsules per strip (1 capsule per pocket for Week 1) and 7 blister strips with 6 capsules per strip (2 capsules per pocket for Week 2).

The 4-week treatment pack contains a total of 252 capsules. There are 14 x 2-day blister strips each containing 18 capsules (3 capsules per pocket).

The blister strips in the 2-week treatment initiation pack and 4-week treatment maintenance pack are each marked with the following symbols as a reminder to take a dose three times a day:



(sunrise; morning dose)



(sun; daytime dose) and



(moon; evening dose).

The bottle pack contains 270 capsules.

Not all pack sizes may be marketed.

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Detailed information on this medicine is available on the European Medicines Agency web site:  
<http://www.ema.europa.eu>.

There are also links to other websites about rare diseases and treatments.

DO NOT USE