

Adalimumab (Humira™)

What is Adalimumab (Humira™)?

Adalimumab (also known as D2E7) is injected under the skin to reduce signs and symptoms of rheumatoid arthritis, such as joint swelling, pain, tiredness, and duration of morning stiffness. It also slows down the progression of joint damage. Adalimumab is commonly known as **Humira™** and is a TNF inhibitor.

How do I take it?

Humira is injected under the skin (similar to insulin injections) every two week. The injections are 40-mg. each. You will be instructed on how to give yourself injections. You should make sure you have a complete understanding of how to prepare and give the injection, and how to dispose of the empty syringes before beginning this treatment. Do not take more or less medicine than ordered. **THIS MEDICATION MUST BE REFRIGERATED.** Do not freeze this medicine.

What else should I know?

Inform your doctor if you have a history of recurring infections, poorly controlled diabetes, or tuberculosis (TB). Your physician will do periodic blood tests to check your blood counts. Let your doctor know if you have a latex allergy, (syringes and gloves contain latex products). You will be monitored periodically to check the effectiveness of this treatment. Your doctor may want to stop Humira if you develop a serious infection. *Notify your doctor if you have any signs or symptoms of a serious infection, such as high fever, pneumonia, sinus infection or kidney infection. Additionally, notify your doctor prior to any planned surgeries.*

Occasionally some patients develop a reaction at the injection site such as, redness, pain or swelling. Notify your doctor to find out the best way to handle any reactions.

What about other medications?

When you are taking Humira, it is very important that your doctors know if you are taking any other medicine. This includes prescription and non-prescription medicines as well as birth control pills, vitamins, and herbal supplements.

Humira can be taken with other medications – NSAIDS (Celebrex®, Vioxx®, ibuprofen, naproxen), prednisone, methotrexate, and plaquenil. Methotrexate decreases the clearance rate of Humira.

Instructions:

I will take Humira. My injections will be on _____ every other week. I will call with any problems.