

YOUR GUIDE TO
PLAQUE PSORIASIS
AND TREATMENT WITH

 **Cosentyx**[®]
secukinumab

PATIENT
GUIDE



 **NOVARTIS**

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ABOUT THIS BOOKLET

This booklet should help to answer any questions you might have about your Cosentyx, a medication that is used to reduce the symptoms of inflammatory conditions, including moderate to severe plaque psoriasis, psoriatic arthritis and ankylosing spondylitis.

This booklet includes:

- An overview of plaque psoriasis, including the causes, symptoms and treatment
- Information about Cosentyx, including what it is and how it works
- Step-by-step instructions on how to use Cosentyx
- Support materials including tips for flying with Cosentyx and information about our patient support programme Altogether You

Keep in mind that this booklet does not take the place of medical advice, and should be used alongside discussion with your doctor or other members of your healthcare team.

You can read more in the Cosentyx Consumer Medicine Information leaflet or by visiting: <https://www.medsafe.govt.nz/Consumers/CMI/c/cosentyx.pdf>

See Wallet Card

AN OVERVIEW OF PLAQUE PSORIASIS

Plaque psoriasis is a common condition that causes the skin to become inflamed with thick, pink or red, scaly patches that can occur all over the body, including the scalp, hands and feet.

Although there's no cure, plaque psoriasis can be managed in many ways.

What are the symptoms of plaque psoriasis?

The symptoms of plaque psoriasis, and their severity, vary from person to person. The most common symptoms are:



Thick, red skin with silver-white flakes on top (plaques)



Itchy and painful plaques that can crack and bleed



Discoloured and thickened fingernails or toenails, or flaky nails that break easily

It's important to remember that not everyone will experience all of these symptoms.

Plaque psoriasis has also been linked to other health conditions, including psoriatic arthritis affecting the joints, heart disease and depression.

PLAQUE PSORIASIS IS NOT CONTAGIOUS.

You cannot catch it from other people, and other people cannot catch it from you.

How does plaque psoriasis progress over time?

Plaque psoriasis can be unpredictable. Your symptoms may come and go or get worse (flare-up) at certain times. For some people, the symptoms may slowly worsen over time.



What causes plaque psoriasis?

Although the cause is not known, we do know that plaque psoriasis is an autoimmune disease, which means the immune system isn't working properly. It can produce too much of certain proteins, which in turn can cause inflammation affecting the skin.

Normally, skin cells move from the deeper layers of the skin towards the surface, where they naturally fall off. This process usually takes 3 to 4 weeks. With plaque psoriasis, the immune system is overactive and speeds the process up so it only takes 3 to 4 days. This means the skin cells build up on the surface of the skin before they can fall off, causing plaques to form.

Genes are also thought to play a role as a family history increases the likelihood of having plaque psoriasis.

Lifestyle events such as stress, an injury, or infection can also act as a trigger for plaque psoriasis.

Treatment can help how your plaque psoriasis looks and feels.

***An overactive immune system means more inflammation.
More inflammation results in more severe symptoms.***

*This is why it's important to reduce the levels of inflammation in the body,
and that's where biologic treatments come in.*

See over for more information about what treatments can help with psoriasis.

WHAT TREATMENTS CAN HELP WITH PLAQUE PSORIASIS?

There are a number of treatments that can help manage plaque psoriasis. Everyone is different, so your doctor will work closely with you to develop a treatment plan that's best for you.



A healthy lifestyle

Getting and staying healthy is an important step to help improve and manage your plaque psoriasis:

- Stress can be a trigger for plaque psoriasis, so learning to recognise and manage stress is important. Techniques such as deep breathing, yoga, and meditation can be helpful
- Smoking can trigger plaque psoriasis and make it worse. If you smoke, talk to your doctor or call Quitline (0800 778 778) to discuss ways to help you quit
- A healthy diet and regular exercise help lower the risk of developing health conditions like heart disease and diabetes, which have been linked to plaque psoriasis

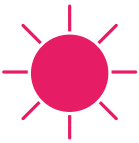


Topical treatments

Topical treatments, such as creams and ointments, are applied directly to the skin. They are the most common treatment for newly diagnosed or mild plaque psoriasis.

THE AIMS OF TREATMENT ARE TO:

- Reduce redness and plaques to achieve clear or almost clear skin
- Minimise the impact of plaque psoriasis on your everyday life



Phototherapy

Phototherapy involves exposing the skin to ultraviolet (UV) light, under medical supervision.

Sometimes, tablets that make the skin more sensitive to UV light are prescribed in combination with the phototherapy.



Oral treatments

Tablets and liquids that work throughout the whole body are called systemic treatments, and are normally used for moderate to severe plaque psoriasis.

Methotrexate and ciclosporin are examples of systemic treatments.



Biologic therapies

Biologic therapies, including Cosentyx, are medications that are used when other treatments have not improved your plaque psoriasis.

They work by targeting specific proteins that have been over produced by your immune system and as a result cause inflammation and the symptoms of plaque psoriasis.

Biologic therapies are normally given as an injection, or as an infusion into a vein.

Regular blood tests are usually required during treatment to make sure the biologic therapy is working and to check for any unwanted side effects.

UNDERSTANDING MORE ABOUT COSENTYX

The following pages provide practical information about Cosentyx, including what it is, how it works, how often to take it, and possible side effects.

If you have any questions that aren't answered in this booklet, or would like to know more about your treatment, please speak to a member of your healthcare team.

What is Cosentyx and how does it work?

Cosentyx is a biologic therapy used to treat adults with inflammatory conditions, including moderate to severe plaque psoriasis, psoriatic arthritis and ankylosing spondylitis.

Cosentyx contains an ingredient called secukinumab which is a type of specially developed medicine called a monoclonal antibody.

Cosentyx has been developed to seek out and block a protein (called interleukin-17A) that causes inflammation of the skin and joints.

By blocking this protein, Cosentyx helps to reduce symptoms of inflammation.

Antibodies are part of your immune system that help to seek out specific substances.

ALWAYS USE COSENTYX EXACTLY AS YOUR DOCTOR HAS EXPLAINED.

Check with your doctor, nurse or pharmacist
if you aren't sure.

Before you start taking Cosentyx

Like all medications, there are some things to be aware of before you start taking Cosentyx.

Before starting treatment, be sure to tell your doctor or pharmacist if you:

- Have an allergy to secukinumab, latex or any other ingredients (ask your doctor if you think you may be allergic)
- Have any current infections or if you are prone to frequent infections
- Have tuberculosis, chronic inflammation of the intestines, ulcerative colitis or Crohn's disease
- Had any recent vaccinations or are due to have a vaccination (live vaccines should not be used with Cosentyx)
- Are taking any other medications (including prescription medications or those you buy without a prescription from a pharmacy, supermarket or health food shop)
- Are pregnant, think you may be pregnant or are planning to have a baby. Cosentyx should be avoided during pregnancy unless your doctor thinks that the benefits clearly outweigh any potential risks. Tell your doctor if you are breastfeeding or planning to breastfeed

HOW DO I USE COSENTYX?

Cosentyx is given by an injection into the fatty layer under the skin (a subcutaneous injection) using a special pen device (the SensoReady® Pen) designed to make giving the injection simple and quick. Your doctor or nurse will take you through the steps and provide training on how to inject.



It's normal to feel a little anxious about injecting yourself, but with the right training and support, most people quickly become comfortable and confident about giving their injections.

If you have difficulty injecting yourself, a caregiver or a family member can give your Cosentyx injections after they've been properly trained.

For an illustrated step-by-step guide on how to inject Cosentyx, see the Injecting Cosentyx guide on pages 15 and 16 of this booklet.

IF YOU'RE NOT SURE WHAT TO DO

ask your doctor or pharmacist.

How much Cosentyx should I take and for how long?

Your doctor will decide how much Cosentyx you need and how long to take it. The recommended dose of Cosentyx for adults with moderate to severe plaque psoriasis is 300 mg (two 150 mg pens) by injection under the skin using the SensoReady® Pen.*†

You'll need to keep taking Cosentyx for as long as your doctor recommends.

You'll also have regular tests during your treatment to make sure the medication is working and to prevent unwanted side effects.

When do I take Cosentyx?

When you first start taking Cosentyx, you'll inject your prescribed dose once a week for the first 5 weeks.

After that, you'll only need to take your prescribed dose once a month for as long as your doctor recommends.

What if I forget to take a dose of Cosentyx?

If you forget to take your Cosentyx, take the dose as soon as you remember. Then speak to your doctor to discuss when you should take the next dose.

**Dosing may differ for non-adult patients.*

†Some patients ≥ 90 kgs may derive an additional benefit from receiving 300 mg every 2 weeks.

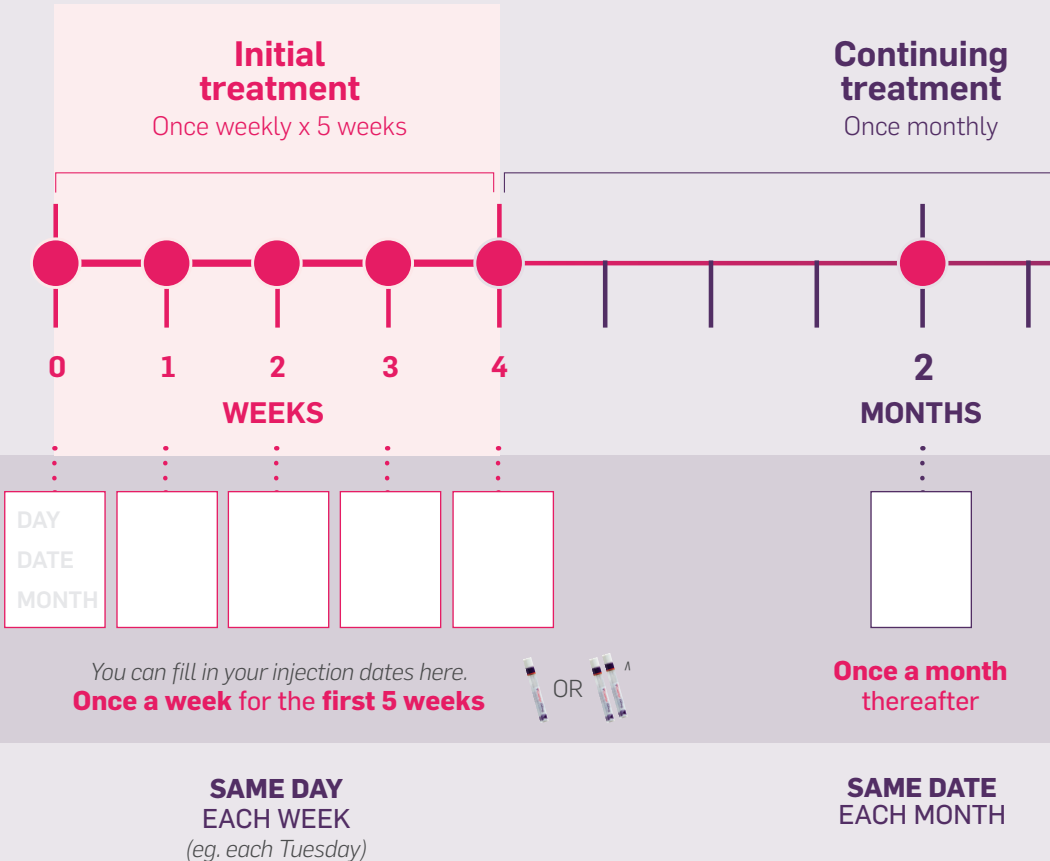
STARTING COSENTYX

The recommended dose of Cosentyx for adults with moderate to severe plaque psoriasis is 300 mg (two 150 mg pens).[†]

Speak to your nurse or doctor if you do not know your dose or are unsure about any part of your treatment with Cosentyx.

**Dosing may differ for non-adult patients.*

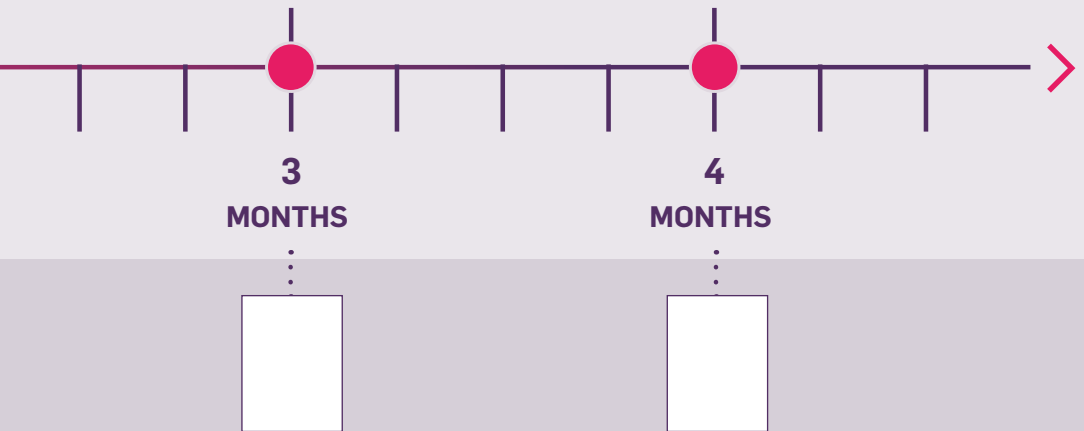
†Some patients ≥ 90 kgs may derive an additional benefit from receiving 300 mg every 2 weeks.



[^]Number of Cosentyx pens will differ dependent upon dose prescribed.

Ongoing review and prescriptions

Your doctor will see you regularly, order tests to check that Cosentyx is working for you, and give you prescriptions, as needed.



INJECTING COSENTYX? A STEP-BY-STEP GUIDE

This guide takes you through the steps of preparing for your injection, injecting Cosentyx, and tidying up afterwards.

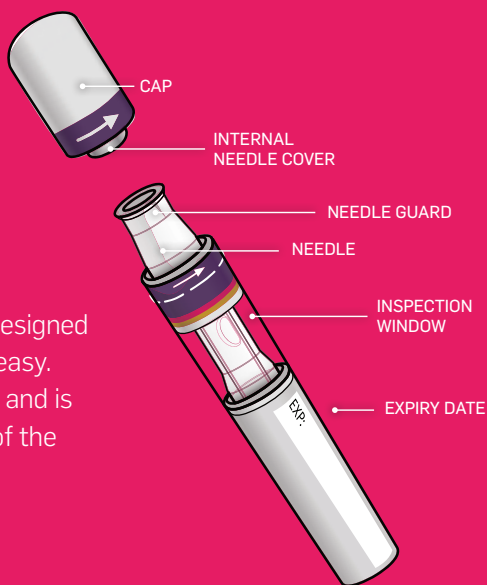
Before you inject Cosentyx, it's important that you understand how it works. Your doctor or another healthcare professional will be able to provide you with training. After this training, you and your doctor can decide whether you should inject Cosentyx yourself or whether a properly trained caregiver or family member can give your Cosentyx injections.

If you have any questions about injection technique, please contact your doctor, nurse or pharmacist.

The Cosentyx Consumer Medicine Information leaflet also contains important information that you should read before you use Cosentyx (you can download the most recent copy of this leaflet by visiting <https://www.medsafe.govt.nz/Consumers/CMI/c/cosentyx.pdf>)

Getting to know your Cosentyx SensReady® Pen

The SensReady® Pen is specially designed to make using Cosentyx quick and easy. Each pen is prefilled with Cosentyx and is designed for single use. The parts of the pen are labelled in the diagram.

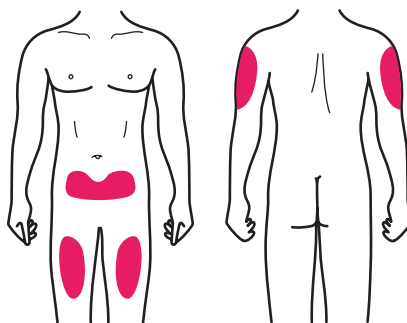


Choosing your injection site

Before you inject, choose a place to inject (see diagram). **The best place to inject is the front of the thighs.** You can also use your stomach, but be careful to stay 5 cm away from your belly button.

Choose a different site each time you inject and avoid areas where the skin is tender, bruised, red, scaly or hard. Also avoid areas with scars or stretch marks.

If a caregiver or healthcare professional is giving your injection, they may also inject into the outer upper arm.



Best places for you to inject

Additional injection sites for caregivers or healthcare professionals



Important safety information

- Ensure you (or your caregiver) have been trained by your doctor, nurse or pharmacist before starting to self-inject
- Your Cosentyx SensoReady[®] Pen should be stored safely in the box, in the refrigerator between 2°C and 8°C, and out of reach of children
- You should not use your pen if it has been dropped after the cap has been removed, if it has been shaken, or frozen
- *Before your injection, there are a few important safety checks:*
The liquid within the pen should be clear, although its colour may vary from colourless to slightly yellow, and you may see a small air bubble

Contact your pharmacist if:

- The liquid in the pen contains easily visible particles, is cloudy or distinctly brown
- The expiry date has passed
- The safety seal has been broken

PREPARING FOR AND INJECTING COSENTYX

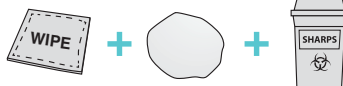
Visit www.altogetheryou.co.nz for an instructional video on how to administer Cosentyx.

1

To get started, you'll need a new and unused Cosentyx SensoReady® Pen.

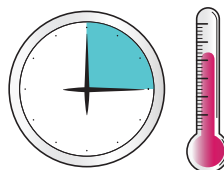


You will also need an alcohol wipe, cotton ball or gauze, and a sharps disposal container.



2

For a more comfortable injection, take the pen out of the refrigerator 15-30 minutes before injecting to allow it to reach room temperature.



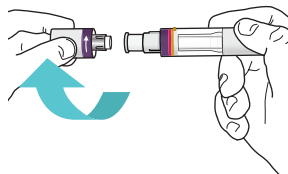
3

Wash your hands with soap and water. Then, using a circular motion, clean the injection site with the alcohol wipe. Leave it to dry and do not touch the cleaned area again before injecting.



4

When you are ready to use the pen, remove the cap by twisting it off in the direction of the arrows. **The cap cannot be reattached**, so throw the cap away and use the pen within 5 minutes.



5

Hold the pen at 90 degrees to the cleaned injection site and **press the pen firmly against your skin** to start the injection.



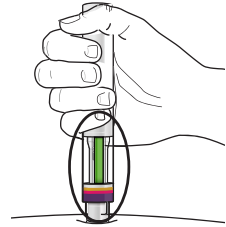
6

During the injection you will hear 2 clicks.

The first click means that the injection has started.

Keep holding the pen firmly against your skin and listen for the second click. The second click means that the injection is almost complete. **After the second click, check that the green indicator fills the window and has stopped moving.** This means that the medicine has been delivered and the pen can be removed.

Contact your doctor if the green indicator is not visible.



7

When you remove the pen, there may be a small amount of blood at the injection site.

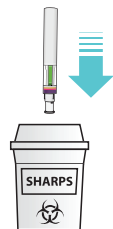
Press a cotton ball or gauze over the injection site and hold it for 10 seconds without rubbing. If you need to, you can cover the injection site with a small adhesive bandage.



8

Cosentyx SensoReady® Pens can only be used once.

Dispose of the used pen in a sharps disposal container.



**IF YOUR
PRESCRIBED
DOSE IS**

300 mg
(two 150 mg pens)

CHOOSE A DIFFERENT INJECTION SITE AND REPEAT STEPS 2 TO 8 WITH A SECOND, NEW AND UNUSED, COSENTYX SENSOREADY® PEN.

IMPORTANT COSENTYX INFORMATION

What if I use more Cosentyx than I should?

Contact your doctor immediately if you've used more Cosentyx than you should, or your dose has been given sooner than your doctor has recommended.

What if I stop using Cosentyx?

Stopping Cosentyx without talking to your doctor may have an impact on how and when you can restart treatment in the future. Always speak with your doctor before stopping Cosentyx.

It's not dangerous to stop using Cosentyx, but if you stop treatment, your plaque psoriasis symptoms may come back or new symptoms may appear.

How should I store Cosentyx?

Your SensoReady® Pen should be stored safely in the box to protect it from light, in the refrigerator between 2°C and 8°C, and out of reach of children.

Cosentyx may be stored out of the fridge at room temperature (not above 30°C) for a single period up to a maximum of 4 days. You may find it helpful to write on the box the date that you removed it from the fridge.



YOU SHOULD NOT USE YOUR PEN IF IT'S BEEN DROPPED AFTER THE CAP HAS BEEN REMOVED, IF IT HAS BEEN SHAKEN, OR FROZEN

What are the possible side effects of Cosentyx?

Like many medications, Cosentyx may have side effects, some of which can be serious. However, not everybody will get them.

The most common side effects are upper respiratory tract infections, which means that you might have symptoms such as a sore throat, runny or stuffy nose. (nasopharyngitis or rhinitis).

Two important side effects to be aware of are **allergic reactions** and **serious infections**, the signs of which are outlined below.

Possible signs of allergic reactions

Stop using Cosentyx and seek immediate medical help if you experience signs or symptoms of an allergic reaction, which may include:

- Difficulty breathing or swallowing
- Low blood pressure, which can cause dizziness or light-headedness
- Severe itching of the skin with a red rash or raised bumps
- Swelling of the face, lips, mouth or throat

Possible signs of serious infections

Stop using Cosentyx and tell your doctor or pharmacist immediately if you experience any signs or symptoms of a potentially serious infection, which may include:

- Fever, flu-like symptoms, night sweats
- Feeling tired or short of breath; cough which will not go away
- Warm, red and painful skin or a painful skin rash with blisters
- Burning sensation when passing urine

Tell your doctor or pharmacist as soon as possible if you don't feel well while you're taking Cosentyx.

For more information on side effects, please refer to the Cosentyx Consumer Medicine Information leaflet at <https://www.medsafe.govt.nz/Consumers/CMI/c/cosentyx.pdf>

TOP TIPS FOR FLYING WITH COSENTYX



Keep Cosentyx in your hand luggage

You should take your Cosentyx supplies with you in your carry-on luggage and keep it cool during the flight using the Cosentyx insulated travel bag provided.

Cosentyx is damaged by temperatures outside of 2-8° C, so should never be stored with luggage in the cargo hold.



Bring your Cosentyx prescription and letter from your doctor

This is to explain to Customs and Airport Security why you need to carry the medication and ice packs on board the aircraft.

The amount of medicine that may be carried on board an aircraft must be reasonable for the duration of your flight(s). Aviation Security requires that you keep the medicine in its original packaging with a pharmacy label attached.



Plan ahead for arriving at your destination

Before you travel, contact your accommodation to ensure there's a fridge to store your Cosentyx in during your stay.

Check if you need travel vaccinations. Ask your doctor well in advance of your travel date if there are any recommended vaccinations for your destination.



Keep Cosentyx cool

The ice packs in the insulated travel bag are designed to keep Cosentyx cool for a period of 8 hours.

If you require a travel pack, please visit the Altogether You website at www.altogetheryou.co.nz or call the Cosentyx Nurse on 0800 267 368.



Check that Cosentyx is permitted in the countries you are travelling to

Different countries have different rules on the types of medications you can bring with you into the country when you travel.

Check the regulations that apply in the country you are travelling to by contacting the Embassy or High Commission of that country well in advance of travel.

For further information about travelling with medications, visit:

The New Zealand government website – Staying Healthy While Travelling.

<https://www.safetravel.govt.nz/staying-healthy-while-travelling> (last accessed April 2024).

Medication Travel Letter

To Whom It May Concern

Please be advised that I have prescribed Cosentyx® (secukinumab) for medical reasons to:

(insert patient name)

Cosentyx is supplied in the form of a single-use prefilled pen for sub-cutaneous administration. Each Cosentyx pen contains 1ml of solution and a needle for injection.

Cosentyx needs to be refrigerated at all times

Cosentyx is a cold-chain medication, which means that it must be stored between 2° and 8° degrees Celsius at all times. The medication is damaged by temperature outside of this range.

It should never be stored with luggage in the cargo hold. Consequently, my patient's Cosentyx supplies need to be kept as carry-on luggage and kept cool during the flight in the insulated Cosentyx travel bag.

Cosentyx travel packs

Insulated Cosentyx travel bags are designed to keep the product cool for a period of up to 8 hours.

For longer flights, I have advised my patient to contact the airline about whether refrigeration space may be available on the flight.

If you would like me to confirm this information, please contact my office directly.

Yours sincerely

.....

Physician Details

Complete details or use the box on the right hand side for your stamp:

Title:

First Name:

Last Name:

Phone:

Please insert practice stamp

COSENTYX (secukinumab) 150mg/mL solution for injection is a prescription medicine. Cosentyx is used and funded for the treatment of the following inflammatory diseases: Plaque Psoriasis; Psoriatic Arthritis; Ankylosing Spondylitis. Special Authority Criteria apply, please refer to www.pharmac.govt.nz. Normal doctor visit fees and prescription charges apply. Cosentyx is not recommended during pregnancy. It is important not to stop taking the medicine without your doctor's advice. Cosentyx has risks and benefits. Cautions are infections, vaccinations, allergic reactions. Side effects can include cold sores (oral herpes), diarrhoea, runny nose (rhinorrhoea), hives, headache, nausea, itchy rash (urticaria). Talk to your doctor right away if you experience any of these. For further information about Cosentyx and/or its risks and benefits, refer to the Consumer Medicine Information at the website www.medsafe.govt.nz. Ask your doctor if Cosentyx is right for you. Use strictly as directed. If symptoms continue, you need further information, or you have side effects see your doctor. Cosentyx is the registered trademark of Novartis AG. Novartis New Zealand Ltd, Auckland. NZ-01349. TAPS MR9772. November 2023.



Altogether You is a free, dedicated support programme for everyone taking Cosentyx.

Living with a long-term condition can affect you in many ways, including physically and emotionally.¹⁻⁴ So for extra support, you can sign up for the Altogether You programme to help you get started and stay on track.

Through Altogether You, you'll have access to:



Nurse support

Over the phone or via virtual meeting. Talk to your dedicated nurse about your condition, treatment and personal health goals, such as your diet and quitting smoking.



Online and telephone support

You can now enrol in the Altogether You programme online. Visit our website at www.altogetheryou.co.nz for information on how to enrol, how to use the Cosentyx pen, FAQs about Cosentyx and lots more. Just use the last 4 digits of the barcode on the Cosentyx pack to gain access. Support is also available via telephone on 0800 267 238.



Free patient resources

Access to educational materials as well as other resources such as a sharps bin, coolbag and antiseptic wipes.

You can sign up using the enrolment form attached or via:

Email support@altogetheryou.com.au or

Phone **0800 COSENTYX (0800 267 368)**



SUPPORT PROGRAMME ENROLMENT FORM

Please complete this form and send to the team at support@altogetheryou.com.au

Patient Details

First name: _____ Last name: _____ Gender: **M / F / Other**
Date of birth: _____ Telephone: _____ Mobile: _____
Address: _____
Suburb: _____ Postcode: _____
Email: _____
Previous biologic/injection use: **Y / N** NHI (optional): _____

Details

Education Review before next injection Follow up only
Starter kit required: **Y / N**
Condition (please circle): **PsO / AS / PsA**
Date of first Cosentyx dose: _____ Dose (please circle): **300 mg / 150 mg**
Prescriber name: _____
Phone: _____ Email: _____
Prescriber address: _____
Referrer: _____

Patient Consent *(Please read and sign)*

As a consumer participating in this activity sponsored by Novartis, I have read and understood the Privacy and Patient Safety Statement overleaf and I agree with it.

I understand that information relating to any adverse event with a Novartis product identified during this activity will be forwarded to Novartis' Patient Safety department for safety reporting.

Patient signature: _____ Date: _____

If you have any questions, please call the programme coordinator on **0800 COSENTYX (0800 267 368)**

Cosentyx Support Programme

This support programme is for people who have been prescribed Cosentyx. When you join, you'll be able to choose from a range of services to help you get the most out of treatment, including:

- Regular contact with a dedicated nurse over the phone or via virtual meeting. Talk to your dedicated nurse about your condition, treatment and personal health goals, such as your diet and quitting smoking.
- Injection training (via phone or video).
- Free delivery of supplies you'll need, including alcohol wipes, sharps container, and a travel kit.
- Useful information about your condition and treatment with Cosentyx.

Participation in the Cosentyx patient programme is voluntary, and you can opt out of the programme at any time by contacting the programme administrator:

Phone: 0800 Cosentyx Email: support@altogetheryou.com.au

Privacy and Patient Safety Statement

By providing your personal information to Novartis New Zealand Ltd or its related bodies corporate (Novartis), you consent to Novartis collecting, storing and using your personal information in accordance with the Novartis Privacy Policy at <https://www.novartis.com/au-en/privacy-policy>. In particular, you consent to Novartis using your personal information to communicate with you about Novartis products and/or to support your use of those products, and you consent to Novartis using your personal information for audit or inspection purposes. Novartis reserves the right to use aggregated and deidentified data collected through this Activity for ongoing assessment of the program and to develop future programs. De-identified data may be published and/or presented in a variety of forms. You also consent to Novartis using your personal information to (where applicable) invite you to, or arrange your participation in, activities managed by (or on behalf of) Novartis.

Novartis has engaged a third-party service provider (Approved Contractor), Medical Safety Systems Corporate Pty Ltd trading as RxMx Australia for the purposes of administering the Altogether You Program (Activity). You consent to the Approved Contractors collecting, storing and using your personal information in connection with the Activity, including to organise your participation in the Activity or to communicate with you in relation to the Activity, in accordance with the Novartis Privacy Policy.

Novartis is committed to patient safety. In accordance with regulatory obligations for reporting safety information Novartis processes reports of adverse events experienced by patients on Novartis products when identified by a Novartis representative (or by a third party acting on behalf of Novartis). Novartis Patient Safety may contact you or your healthcare professional in order to collect further information on the adverse event. This information may be shared with health authorities or other pharmaceutical companies with whom Novartis has a license agreement, and third parties we work with for the purpose of safety reporting.

Your information may be stored on servers located in jurisdiction outside of New Zealand. Some of those countries may not offer the same level of privacy protection as in New Zealand. However, Novartis will enter into agreements with its third-party service providers to keep your information secure and provide adequate protection for your data.

You are not obliged to provide personal information. However, if you do not provide information, you may not, for example, be able to participate fully in activities managed by us.

You have the right to access, update or correct your personal information and/or decline to receive communications from Novartis. To find out how, please refer to our Privacy Policy at <https://www.novartis.com/au-en/privacy-policy> or contact our Privacy Officer at Novartis New Zealand Ltd, PO Box 99102, Newmarket 1149 New Zealand. Phone: +64 9 523 8500 Email: privacy.au@novartis.com.

COSENTYX (secukinumab) 150mg/mL solution for injection is a prescription medicine. Cosentyx is used and funded for the treatment of the following inflammatory diseases: Plaque Psoriasis; Psoriatic Arthritis; Ankylosing Spondylitis. Special Authority Criteria apply, please refer to www.pharmac.govt.nz. Normal doctor visit fees and prescription charges apply. Cosentyx is not recommended during pregnancy. It is important not to stop taking the medicine without your doctor's advice. Cosentyx has risks and benefits. Cautions are infections, vaccinations, allergic reactions. Side effects can include cold sores (oral herpes), diarrhoea, runny nose (rhinorrhoea), hives, headache, nausea, itchy rash (urticaria). Talk to your doctor right away if you experience any of these. For further information about Cosentyx and/or its risks and benefits, refer to the Consumer Medicine Information at the website www.medsafe.govt.nz. Ask your doctor if Cosentyx is right for you. Use strictly as directed. If symptoms continue, you need further information, or you have side effects see your doctor.

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