

Apremilast

[A-prem-i-last]
Otezla®

<http://Rheuminfo.com>
your rheumatology resource

How to use this medication

What is it



Apremilast is a medication used to treat psoriasis and the joint pain and tenderness of psoriatic arthritis.

Available as a tablet



Apremilast is available in 10, 20, and 30 mg tablets. The normal dose is 30 mg taken twice a day.

Take it twice a day



Apremilast is taken twice a day. Once in the morning and once in the evening. In some cases, it may be prescribed only once a day.

Be patient



It can take up to 16 weeks for apremilast to work. It is important for you to keep taking the medicine.

What you need to do

Watch your weight



Apremilast can cause severe weight loss in some people. Let your doctor or nurse know if you are losing weight while taking apremilast.

Tell your doctor if you have been depressed



Apremilast may worsen depression. Let your doctor or nurse know if you experience worsening depression or thoughts of suicide while taking apremilast.

Drug interactions



There are several medications that can interact with apremilast. Discuss with your doctor.

Side effects & important facts

Nausea, stomach pain, & diarrhea



Some people feel unwell with stomach pain, nausea, and vomiting when they take apremilast. Apremilast can also cause diarrhea.

Headaches



Apremilast can rarely cause a headache.

Nasal congestion & sore throat



Apremilast can cause nasal congestion or a sore throat.

Pregnancy & breastfeeding



Apremilast has not been studied in pregnancy. Let your doctor know if you are planning to get pregnant or if you are breastfeeding.

When should I call my doctor

Please call if you need to stop



- If you feel sick and want to stop
- If you are concerned about any side effects
- If you want to or have already stopped the medicine

Other reasons to call your doctor:



Severe
Weight
Loss



Depression
or thoughts
of suicide



Nausea or
diarrhea



Pregnant
or Planning
Pregnancy



If you
develop a
rash

Other important information

Stopping apremilast



You can simply stop taking apremilast. You do not need to wean off it. Please call your doctor if you stop the medication.