

Dimethyl Fumarate
(Tecfidera®)

Patient Information

Updated: 10.2019

<p>USED FOR</p>	<ul style="list-style-type: none"> Relapsing forms of multiple sclerosis (MS) Dimethyl fumarate will not cure MS. It may reduce flare-ups and slow the disease progression.
<p>HOW IT WORKS</p>	<ul style="list-style-type: none"> Dimethyl fumarate inhibits immune cell, molecule function, and may have anti-oxidant properties, which are thought to help reduce injury to the nervous system from multiple sclerosis.
<p>HOW IT IS SUPPLIED</p>	<ul style="list-style-type: none"> Dimethyl fumarate 120 mg and 240 mg delayed-release capsules 
<p>HOW IT IS TAKEN</p> 	<ul style="list-style-type: none"> Dimethyl fumarate should be taken by mouth and swallowed whole. Do not crush, chew, or open capsules. Take as close to 12 hours apart as possible and at the same time each day. Eat food that is high in fat and protein at least 5 minutes before taking Dimethyl fumarate, such as peanut butter or cottage cheese. This will help to reduce skin flushing and stomach upset that can happen with Dimethyl fumarate.
<p>DOSE</p>	<ul style="list-style-type: none"> Take either 120 mg or 240 mg capsule according to a titration schedule provided by your MS doctor. Typically, the starter dose is 120 mg twice daily for 1 week, then the regular dose is 240mg twice daily thereafter. To further decrease the risk of side effects, your MS doctor may tell you to take 120mg once daily for 1 week; 240 mg once daily for 1 week; 120mg in the morning and 240mg in the evening for 1 week; then 240 mg by mouth twice daily thereafter.

COMMON SIDE EFFECTS	<ul style="list-style-type: none"> • Skin flushing: redness, itching, or rash <ul style="list-style-type: none"> • If taking with food doesn't help, you can take aspirin 81-325 mg 30 minutes before your dose, or talk with your MS doctor to temporarily decrease the dose. • Stomach problems: Nausea, vomiting, diarrhea, pain, or indigestion <ul style="list-style-type: none"> • Taking with food may help. Usually this improves after the first month. • Decrease in a type of white blood cell called lymphocytes, which are responsible for fighting infection in your body. • If you experience any of the following serious side effects, call your doctor right away: <ul style="list-style-type: none"> ⇒ Signs of progressive multifocal leukoencephalopathy (PML), a rare brain infection: confusion, depression, new weakness on one side, trouble speaking, change in balance, changes in vision.
DRUG INTERACTIONS	<ul style="list-style-type: none"> • There are no known drug interactions with Dimethyl fumarate. • While you are on Dimethyl fumarate, please notify your doctor or pharmacist before starting or stopping ANY medication or vaccines.
MONITORING	<ul style="list-style-type: none"> • BEFORE starting Dimethyl fumarate, you will need a complete blood count within 6 months. • AFTER your first dose, you will repeat lab work in 6 months, then every 3 to 6 months thereafter.
STORAGE	<ul style="list-style-type: none"> • Keep Dimethyl fumarate at room temperature in its original container. Protect the medication from light. Once the bottle is opened, the capsules will expire in 90 days and should be discarded.
MORE INFORMATION	<ul style="list-style-type: none"> • Websites: www.tecfigidera.com, www.nationalmssociety.org • Clinical Trials: <ul style="list-style-type: none"> • Fox R, et al. N Engl J Med. 2012;367: 1087-97. • Gold R, et al. N Engl J Med. 2012;367:1098-107.