



**University Hospitals Birmingham**  
NHS Foundation Trust



# Nintedanib Information Leaflet

**Building healthier lives**

**UHB is a no smoking Trust**

## Why am I taking this?

This treats Idiopathic Pulmonary Fibrosis (IPF).



## I have allergies, are these ok?

Nintedanib contains traces of peanut oil, so do not take if allergic to peanut or soya.

## How do I take these?

Take twice a day (as close to 12 hours apart as possible), with food.

Swallow whole – do not crush or chew.

Avoid grapefruits/grapefruit juice.

Make sure your doctor is aware if you are taking blood thinning medication. You must also let them know if you are pregnant or planning a pregnancy.

## Do I need blood test monitoring?

Routine blood tests are required at the start of treatment, monthly for three months and then every three months thereafter.

**Report any of the following side effects to your IPF team as soon as they occur:**

- Diarrhoea
- Nausea and/or vomiting
- Severe stomach pain
- Fever and/or chills
- Yellowing of skin
- Unexplained bruising or bleeding
- Yellowing of the whites of the eyes
- Dark urine

## Avoid the following medication and herbal remedies:

Ciclosporin	St John's Wort
Clarithromycin	Garlic
Erythromycin	Green tea
Carbamazepine	Ginseng
Fosphenytoin	
Ketoconazole	
Phenobarbital	
Phenytoin	
Primidone	
Rifampicin	

## The following medications can be taken with caution as they may cause increased exposure to nintedanib:

Amiodarone	Itraconazole	Telaprevir
Azithromycin	Lapatinib	Telithromycin
Boceprevir	Nelfinavir	Valspodar
Cobicistat	Quinidine	Vemurafenib
Conivaptan	Ranolazine	Verapamil
Dronedarone	Ritonavir	Voriconazole

## The following medications can be taken with caution as they may alter exposure to nintedanib:

Aliskiren	Fexofenadine
Colchicine	Loperamide
Dabigatran	Paclitaxel
Digoxin	Sirolimus
Edoxaban	Talinolol
Everolimus	Topotecan

**If you have been started on any of the above medications, please contact the IPF team for advice.**

## Useful Contacts:

### Queen Elizabeth Hospital Birmingham

Dr Anjali Crawshaw and

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### Heartlands, Good Hope and Solihull hospitals

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Show this leaflet to your doctor before starting any new medication. Please read in conjunction with the manufacturers patient information leaflet.

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**Interstitial Lung Disease Unit  
University Hospitals Birmingham**

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