



University Hospitals Birmingham
NHS Foundation Trust



Nintedanib Information Leaflet

Building healthier lives

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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

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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.

If you require this information in another format, such as a different language, large print, braille or audio version please ask a member of staff or email **interpreting.service@uhb.nhs.uk**.

Interstitial Lung Disease Unit

University Hospitals Birmingham NHS Foundation Trust
