

Respiratory

Roflumilast and Chronic Obstructive Pulmonary Disease (COPD)

What is Roflumilast?

Roflumilast (sometimes referred to as Daxas) is an anti-inflammatory medicine used in the treatment of people with COPD (a group of diseases that affect the lungs and airways). It provides relief from symptoms of COPD by reducing airway narrowing and is used to try and reduce exacerbation or “flare up” frequency.

Why have I been prescribed Roflumilast?

Roflumilast is used for the maintenance treatment of COPD in adults who experience frequent exacerbations, sometimes referred to as “flare ups.”

What do I need to know before I take Roflumilast?

- Do not take Roflumilast if you are allergic to it or any of the ingredients in it. You will find a list of the ingredients in Roflumilast on the information leaflet provided with the medication.
- Do not take Roflumilast if you have moderate or severe liver problems.
- Roflumilast is not recommended if you have one or more of the following diseases:
 1. Severe immunological diseases such as HIV infection, multiple sclerosis (MS), lupus erythematosus (LE) or progressive multifocal leukoencephalopathy (PML).
 2. Severe acute infectious diseases such as acute hepatitis.



Patient Information

3. Cancer (except basal-cell carcinoma, a slow-growing type of skin cancer).
4. Severe impairment of heart function.
5. Previous psychiatric disorder.

You should talk to your doctor if you are diagnosed with any of these diseases or if you have a previous diagnosis of tuberculosis, viral hepatitis, herpes viral infection or herpes zoster.

How do I take Roflumilast?

Initially you should take 250mcg once daily for 28 days, then a maintenance dose of 500mcg once daily. You may need to take Roflumilast for several weeks before you notice any benefit.

After you have commenced Roflumilast:

- You should check your body weight on a regular basis. If you have any unintentional loss of body weight you should inform the Community COPD Team.
- If you develop any thoughts about suicide whilst taking Roflumilast you must immediately inform your GP or the Community COPD Team.

What if I forget to take it?

If you forget to take a tablet at the usual time, take the tablet as soon as you remember on the same day. If on one day you have forgotten to take a tablet of Roflumilast, just carry on the next day with the next tablet as usual. Continue taking your medicine at the usual times. Do not take a double dose to make up for a forgotten dose.

Are there any side effects?

You may experience diarrhoea, nausea (feeling sick), abdominal (tummy) pain or headache during the first two weeks of treatment with Roflumilast.

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Can I drink alcohol with Roflumilast?

Yes you can but in moderation as the NHS advises.

What do I do if I need to take my rescue pack?

You should continue to take Roflumilast even if you need to take your rescue pack as they do not interfere with one another.

How long will I take this medication for?

If Roflumilast is tolerated and beneficial to you then you can continue to take this long term to prevent frequent exacerbations or “flare ups.”

Record of exacerbations or “flare ups” since starting Roflumilast:

Date	Symptoms	Treatment	Comments

Further information

If you have any other questions, please speak to the specialist clinician who prescribed you Roflumilast.

Community COPD Service: 024 7696 4167

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 4167 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

Patient Information

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