

# TREATMENT WITH DIMETHYL FUMARATE

## Dosing instructions:



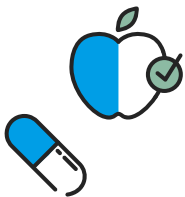
Take 1 capsule every 12 hours, according to the following dose escalation:

**1st and 2nd weeks:** 120 mg every 12 h.

**3rd week:** 120 mg in the morning and 240 mg at night.

**4th and subsequent weeks:** 240 mg every 12 h.

## How should I take it?

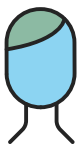


Always take it with food, preferably halfway through the meal. It is a good idea to eat a fatty food during the meal, for example, butter, oil, cheese, full-fat dairy products, avocado, etc.

Swallow the capsule whole, never crush it, dissolve in a drink or chew it.

If you forget a dose, take it as soon as you remember provided that it is at least 4 hours until the next dose.

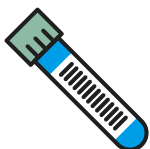
## Side effects:



**Flushing** of the face and chest. It does not always occur and the intensity varies. If it is very uncomfortable and/or persistent, you can take 300 mg acetylsalicylic acid so that it subsides sooner or use it for prevention by taking it 30 minutes before Dimethyl fumarate.

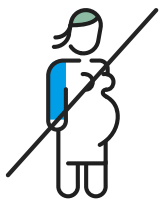


**Gastrointestinal disturbances:** abdominal or epigastric pain, nausea, vomiting or diarrhoea. Heavy alcohol consumption can aggravate these disturbances.



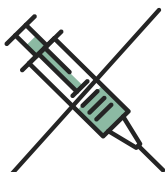
**Blood cell count alterations, increased hepatic enzymes and elevated proteins in urine,** which mean blood tests are required at 3 and 6 months after starting the treatment. Then subsequently every 6 months, or according to medical judgement.

## Warnings:



Do not take Tecfidera during pregnancy and breast-feeding.

If you take emergency contraceptives, they need to be no combined.



Avoid inoculation with live virus, attenuated vaccines: BCG, MMR, oral polio, varicella (chickenpox), yellow fever, oral typhoid and cholera vaccines.

## Interactions with other medicines:



- Topical/systemic fumarates (for psoriasis)
- Lithium
- Diuretics
- Anti-inflammatories used abusively.