

Family Education Sheet

Dupilumab (Dupixent®) for Eosinophilic Esophagitis (EoE)



Boston Children's Hospital

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This sheet gives you information about using dupilumab (Dupixent®) to treat your child's eosinophilic esophagitis (EoE). It explains how to give this medication and offers some tips.

What is dupilumab?

Dupilumab is a prescription medication used to treat EoE. It can also be used to treat other allergic conditions, such as asthma and eczema.

How does dupilumab work?

Dupilumab is a type of medication called a biologic. It works by targeting specific proteins that cause allergic inflammation. This reduces inflammation and stops eosinophils from causing damage in the esophagus.

What are the benefits of dupilumab?

- It lowers inflammation in the esophagus and improves symptoms of EoE.
- It may allow your child to eat a normal diet with fewer or no restrictions.
- It may allow your child to stop other medications for EoE.
- If your child has asthma or eczema, it may also help treat these conditions.

How effective is dupilumab?

Studies have shown that 70-80% of children's EoE improves. Studies in adolescents and adults show slightly higher rates of improvement.

What are the possible side effects?

- The most common side effects are injection site pain, swelling and redness. This typically gets better 2-3 days after the injection.
- Other, less common side effects include:
 - Cold-like symptoms
 - Cold sores on the mouth or lips
 - Joint pain
 - Eye redness
- Rarely, dupilumab can cause an allergic reaction (rash, itching, dizziness or difficulty breathing).

Note: If your child has severe symptoms, call 911 or your local emergency services number.

How is dupilumab medication taken?

It's given as an injection into the skin (stomach, thigh or upper arm) as directed by your child's doctor. You or your child will give this injection at home.

How will I get the medication?

- Your insurance company decides which specialty pharmacy you get your medication from.
- Please contact your specialty pharmacy to set up delivery once dupilumab is approved by your insurance.
- The pharmacy will ship the medication to your home in a cooler pack. Please take the medication box out of the cooler pack and store it in your refrigerator. Don't freeze it.

How do I store the medication if we're traveling?

Dupilumab can be left at room temperature for up to 14 days. Once it's at room temperature, you can't put back into the refrigerator.

How can I learn to give the injections?

Step 1: Watch the injection support videos:

Pre-filled syringe:

dupixent.com/taking-dupilumab/pre-filled-syringe



Pre-filled pen:

dupixent.com/taking-dupilumab/pre-filled-pen

Step 2 (optional): If you'd like in-person support for the first injection, there are 2 options:

- Option 1: Contact **Dupilumab My Way at (844) 387-4936, option 1**. Its nursing team provides injection training online, over the phone or in person. Please make sure to tell them you had initial training from our clinic, or they won't provide this service.
- Option 2: Schedule an in-person **GI nurse visit** at Boston Children's Hospital by calling **(617) 919-9958**. Appointments are available at our Boston or Waltham locations.

Can my child get vaccines while taking this medication?

If your child is due for any live vaccines, like Measles-Mumps-Rubella (MMR), varicella (chickenpox) or FluMist while on dupilumab, please talk to your child's physician before they get these vaccines. It's fine for them to get vaccines that aren't live.

How should I give the injection?

- Choose a different site each time you inject dupilumab.
- Don't inject into skin that's tender, damaged, bruised or scarred.
- Always clean the skin with an alcohol wipe before giving the injection.
- Don't touch the injection site after cleaning it. Don't blow on it. Let the skin dry before giving the injection.
- Don't rub skin after giving the injection.

Injection tips & tricks

- Dupilumab should be at room temperature when it's given. You should take it out of the refrigerator at least 45 minutes before you use it. Some people find that taking it out the night before giving it makes the injection hurt less.
- You can use ice pack on the skin before giving the injection to help with pain.
- You can treat injection site reactions (redness, swelling, pain) with intermittent (off/on) ice packs, topical steroids 2 times a day for a couple of days and/or acetaminophen (Tylenol®) or ibuprofen. Check with your child's medical team before giving over-the-counter pain medication.
- If your child has reactions at the injection site a lot, their physician may recommend giving cetirizine (an antihistamine) with the injections. Please talk about this with your child's medical team.
- If your child is young, it may be easiest to give a bear hug and inject dupilumab into their thigh.
- Some people find that pre-filled syringes are less painful than the pens. Talk about this option with your child's medical team if pain is a problem.

This Family Education Sheet is available in Spanish.