Starting with targeted anti-inflammatory therapy
Your physician has proposed treatment with a targeted anti-inflammatory drug. This leaflet will give you an overview of the various anti-inflammatory therapies.

**ANTI-TNF**

These are proteins or antibodies that block the excess production of TNF. This way they can reduce the inflammation process that is one of the causes of the disease.

**ANTI-ADHESION**

These are proteins or antibodies that prevent white blood cells from travelling out of the blood vessels into the surrounding tissue, and this selectively in the gut area.

**OPERATING MECHANISM**

**ONSET OF ACTION AND ADMINISTRATION**

**POTENTIAL SIDE EFFECTS**

Allergic reactions (including infusion reactions), arthralgia, dry skin, more prone to infections (cold, bronchitis, sinusitis …)

Possible more gastrointestinal infections, but other than that practically no side effects as a result of bowel selectivity.
**ANTI-IL12/23**

These are proteins or antibodies that block the excess production of interleukin 12 and interleukin 23. This way, they reduce the inflammation process which is one of the causes of the disease.

**OPERATING MECHANISM**

This oral therapy is blocking one or more JAK proteins. By blocking these JAKs the production of several pro-inflammatory proteins (interleukins) will be reduced.

**REQUIRED PRELIMINARY EXAMINATIONS IN ORDER TO EXCLUDE TUBERCULOSIS:**

- ✗ X-ray of the lungs
- ✗ Mantoux test or QuantiFERON test

**ONSET OF ACTION AND ADMINISTRATION**

**Weeks**

- Induction dose: 2 x 1 tablet of 10 mg, during 8 weeks
- Maintenance dose: 2 x 1 tablet of 5 mg

**USTEKINUMAB (Stelara®)**

**Remark**

Contrary to other medication, a dose increase of Stelara® is only possible in a study context and this under strict conditions.

**POTENTIAL SIDE EFFECTS**

- Infections of the upper airways (limited available data)
- Infections (mainly viral), increased cholesterol, increased CKs, thrombosis in patients with a cardiovascular risk profile.

* only for ulcerative colitis  
# only for Crohn’s disease
If you have any other questions, or if you wish to discuss certain aspects of your treatment, please contact the IBD nurses on tel. 016 34 06 21 or e-mail to IBDnurse@uzleuven.be.