




## OFEV<sup>®</sup>-related GI side effects: A guide on managing diarrhoea

The most common adverse events in IPF patients treated with OFEV<sup>®</sup> were diarrhoea, nausea and vomiting. These GI side effects were easily manageable with dose modification and symptomatic treatment<sup>1,2</sup>

### Management of diarrhoea

#### BEFORE STARTING OFEV<sup>®</sup>:<sup>2</sup>

- 01 Advise** your patients before initiating OFEV<sup>®</sup> about the possibility of experiencing diarrhoea 
- 02 Inform** patients that laxatives, stool softeners and other medicines or dietary supplements may cause or worsen diarrhoea 
- 03 Recommend** that they notify you at the first signs and symptoms or for any severe or persistent diarrhoea 

#### SEVERE DIARRHOEA<sup>2,3</sup>

Diarrhoea  $\geq$  grade 2\*  
for more than  
 $\geq$  48 to 72 hours

OR

Diarrhoea  $\geq$  grade 3<sup>†</sup>

despite anti-diarrhoeal treatment

#### TREAT DIARRHOEA AS EARLY AS POSSIBLE AFTER ONSET OF SYMPTOMS<sup>2</sup>

-  **Supportive medications**
  - Anti-diarrhoeals, such as loperamide<sup>2</sup>
-  **Dietary changes**
  - Adequate hydration at first sign of diarrhoea<sup>2</sup>
  - Avoidance of certain foods/drinks, such as high-fibre foods, dairy products, coffee, tea and alcohol<sup>4</sup>
  - Consider a diet of bland, low-fibre foods, such as white bread, bananas, eggs, cooked potatoes without the skin, and fish, chicken or turkey without the skin<sup>4</sup>
-  **Dose adjustment<sup>2</sup>**
  - If symptomatic treatment is ineffective, consider:
    - Temporary treatment interruption until recovery to grade 1 or baseline<sup>2</sup>
    - Dose reduction to 100 mg twice daily<sup>2</sup>
  - If diarrhoea resolves to an acceptable level:
    - Resume at full dose of 150 mg twice daily or reduced dose of 100 mg twice daily<sup>2</sup>
  - If a patient does not tolerate 100 mg twice daily, OFEV<sup>®</sup> should be discontinued<sup>2</sup>

#### Abbreviations

**GI**, gastrointestinal; **AE**, adverse event; **IPF**, idiopathic pulmonary fibrosis; **CTCAE**, Common Terminology Criteria for Adverse Events

#### Footnotes

\*Grade 2 diarrhoea is increase of 4 to 6 stools per day over baseline

<sup>†</sup>Grade  $\geq$ 3 diarrhoea is increase of  $\geq$ 7 stools per day over baseline; stool incontinence or life threatening consequences

Baseline is defined as usual stools/day prior to OFEV<sup>®</sup> treatment

#### References

1. Richeldi L, et al. *N Engl J Med*. 2014;370:2071-82. 2. OFEV<sup>®</sup> Singapore Prescribing Information, February 2020. 3. Common terminology criteria for adverse events (CTCAE) Version 4.03. Department of Health and Human Services, NIH, NCI. June 14, 2010. 4. Diarrhoea. Healthhub.sg. Available at: Accessed on: 21 January 2020. [https://www.healthhub.sg/a-z/diseases-and-conditions/507/diarrhoea\\_pdf](https://www.healthhub.sg/a-z/diseases-and-conditions/507/diarrhoea_pdf). 5. OFEV<sup>®</sup> Singapore Prescribing Information, Jan 2021.

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