



# Treating your Chronic Hand Eczema with Anzupgo®▼ (delgocitinib)

Anzupgo®▼ (delgocitinib) is used in adults to treat moderate to severe chronic hand eczema. It is used when corticosteroid skin creams do not work well enough or cannot be used.<sup>1</sup>

Before and during your treatment with Anzupgo® please take the time to read the patient information leaflet (PIL) that comes in the pack. This guide does not replace the PIL. The patient information leaflet (PIL) can also be accessed at [www.medicines.org.uk](http://www.medicines.org.uk). Always use exactly as your dermatology team have told you.

▼ This medicine is subject to additional monitoring. This will allow quick identification of new safety information. You can help by reporting any side effects you may get. Please turn to the back page for information on how to report side effects.

Before you start using Anzupgo®, please read this guide to learn more about the treatment.

It will cover:

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If you have any further questions, please speak to your doctor, pharmacist or nurse.

## What is Chronic Hand Eczema?

Hand Eczema is an inflammatory skin condition of the hands and wrists. Chronic Hand Eczema (CHE) is defined as having Hand Eczema that lasts for more than 3 months, or if your condition reoccurs twice or more often within 12 months.<sup>2</sup>

### What causes CHE?

Hand Eczema usually has several underlying causes, and it can be difficult to identify exactly why it develops.<sup>3</sup>

Some risk factors of CHE include:<sup>4</sup>

- Childhood eczema
- Jobs that involve regular exposure to irritants and allergens, such as cleaning and hairdressing
- A family history of Hand Eczema

## How does Chronic Hand Eczema develop?<sup>3</sup>

It is thought that when you have Chronic Hand Eczema (CHE), your skin barrier doesn't work as well as it should to keep irritants and allergens out.

These factors are able to get into your body more easily and trigger your immune system. By trying to protect you, your immune response causes inflammation, itching, pain, and loss of moisture.

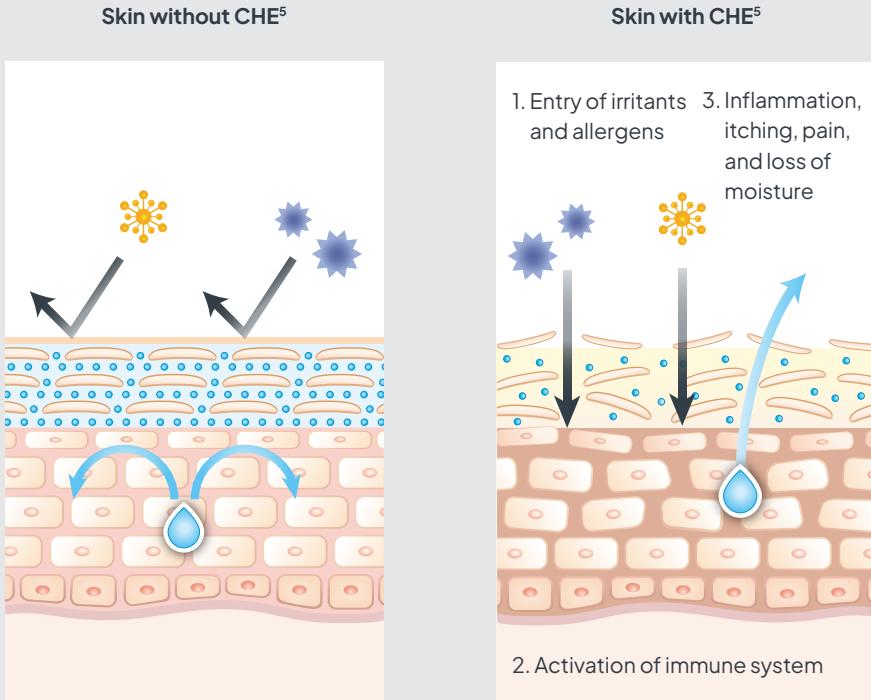


Figure adapted from Skin Barrier Basics for People With Eczema. National Eczema Association (Accessed October 2024).

## What is Anzupgo® and how does it work?

Anzupgo® is a topical cream that contains the active substance delgocitinib. It belongs to a group of medicines called Janus kinase inhibitors (JAKs).<sup>1</sup>

Anzupgo® is used in adults to treat moderate to severe CHE in adults for whom topical corticosteroids are inadequate or inappropriate.<sup>1</sup>

Anzupgo® targets different proteins (enzymes) in the body called JAKs. It works by blocking the activity of four specific JAK enzymes, which helps reduce inflammation and immune responses that cause hand eczema.

By suppressing these processes, Anzupgo® can potentially help to improve the condition of the skin and reduce itching and pain. This, in turn, may increase the ability to perform daily activities and may improve your quality of life.<sup>1</sup>



Anzupgo® is for use on the skin only. Avoid contact with your eyes, mouth or nose. If the cream gets on any of these areas, thoroughly wipe off and/or rinse off the cream with water.<sup>1</sup>

**About Anzupgo®**

# needed to know

## What you need to know before using Anzupgo®

### Do not use Anzupgo®

- If you are allergic to delgocitinib, benzyl alcohol (E1519), butylhydroxyanisole (E 320), cetostearyl alcohol, citric acid monohydrate (E 330), disodium edetate, hydrochloric acid (E 507), liquid paraffin, macrogol cetostearyl ether, and/or purified water<sup>1</sup>

### Warnings and precautions

- Talk to your doctor, pharmacist or nurse before using Anzupgo®
- Do not smoke or go near naked flames – risk of severe burns. Fabric (clothing, bedding, dressings etc) that has been in contact with this product burns more easily and is a serious fire hazard. Washing clothing and bedding may reduce product build-up but not totally remove it<sup>1</sup>

### Children and adolescents

- Do not use Anzupgo® in children and adolescents below the age of 18 years<sup>1</sup>

### Other medicines and Anzupgo®

- Tell your doctor or pharmacist if you are using, have recently used or might use any other medicines. Using Anzupgo® at the same time as other medicines on the affected skin is not recommended<sup>1</sup>

### Pregnancy and breast-feeding

- If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor for advice before using Anzupgo®. The effects of Anzupgo® in pregnant women are not known; therefore, it is preferable to avoid its use if you are pregnant or think you may be pregnant<sup>1</sup>
- It is unknown whether Anzupgo® passes into human breast milk, but only very small amounts of this medicine are absorbed into the body. No risk to the baby is therefore anticipated and Anzupgo® can be used during breast-feeding. However, if you are breast-feeding, you should take care that this medicine does not come into contact with your nipple or any other area where your baby may ingest it during feeding<sup>1</sup>
- If you are taking care of a baby, you should also take care to avoid hand contact with the baby's skin immediately after applying Anzupgo®. This is a precaution to limit any unnecessary exposure of the baby to this medicine. In the event of accidental transfer of the cream to the baby's skin, the cream can be wiped off<sup>1</sup>

### Driving and using machines

- Anzupgo® is not expected to have any effect on your ability to drive or to use machines<sup>1</sup>

Always use Anzupgo® exactly as your doctor, pharmacist or nurse has specified. If you are unsure or have any further questions on the use of this medicine, ask your doctor, pharmacist or nurse.

# Treatment

## Treatment with Anzupgo®

Always use this medicine exactly as your doctor, pharmacist or nurse has told you. Check with your doctor, pharmacist or nurse if you are not sure.

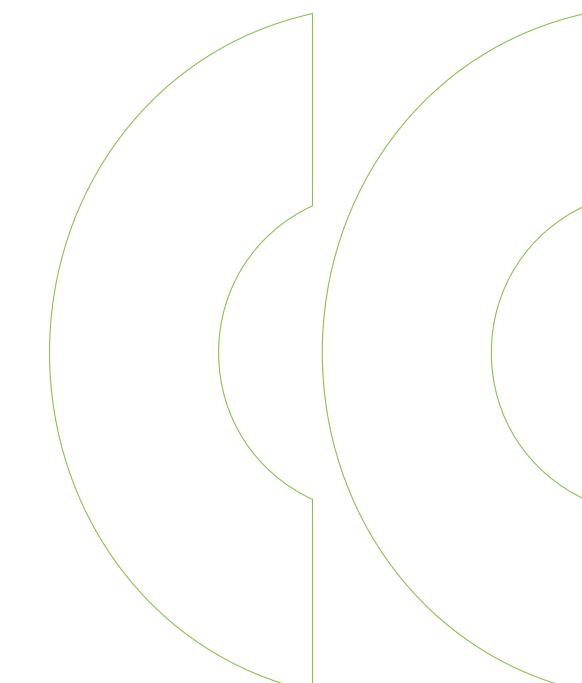
### How to use Anzupgo®<sup>1</sup>

1. Screw off the cap.
2. Peel off the seal at the top end of the tube. Screw the cap back on.
3. Apply a thin layer of Anzupgo® **twice a day** to the affected areas of your hands and wrists. Make sure your skin is clean and dry.

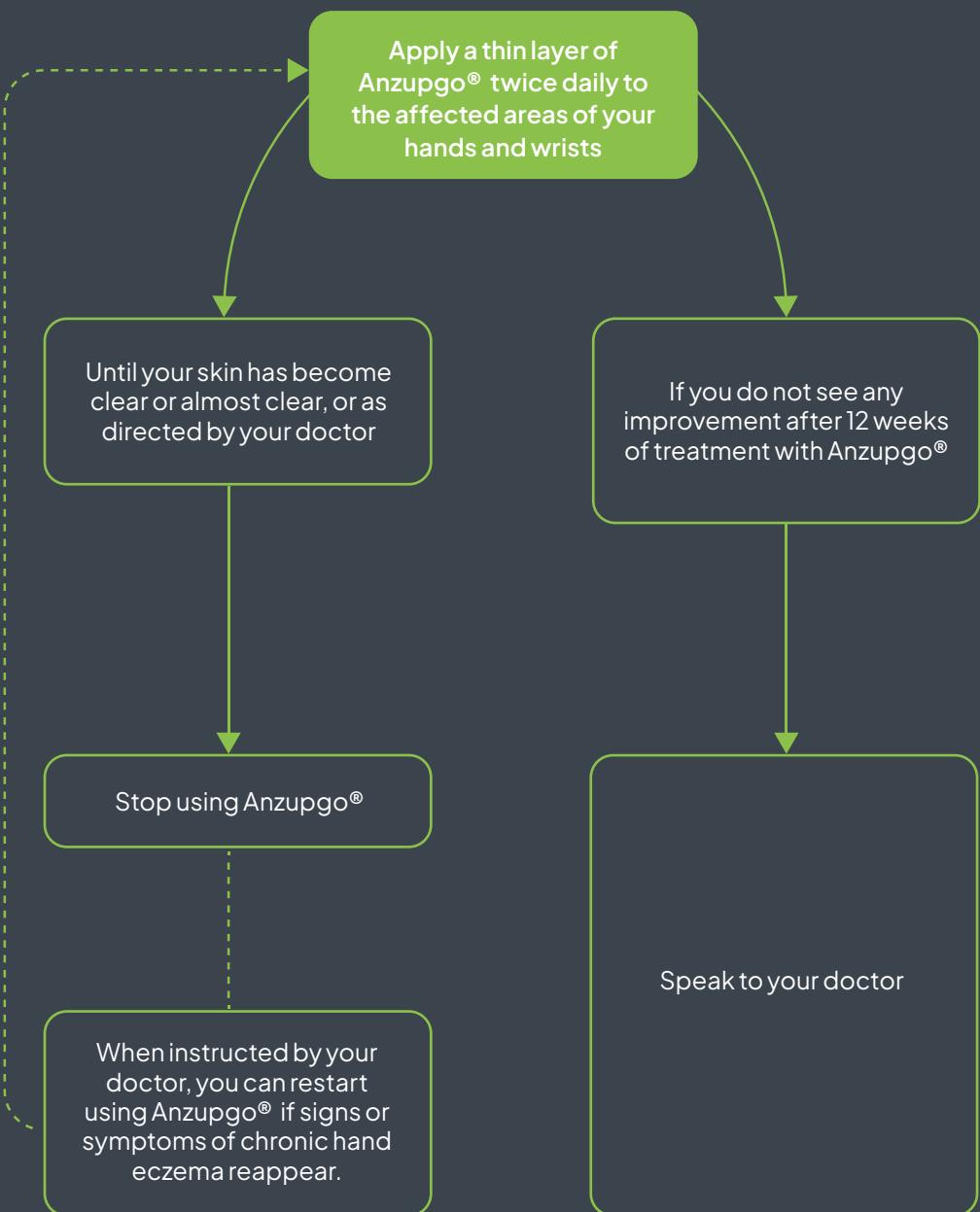
Avoid applying other products, such as creams or ointments, to the skin immediately before or after application of Anzupgo®.

If someone else applies this medicine to your skin, they should wash their hands after application.

Please consult the PIL found within your medicine pack for full details on how to apply Anzupgo®.



As instructed by your doctor, you can restart twice-daily treatment with Anzupgo® if signs or symptoms of Chronic Hand Eczema (CHE) reappear. Use this diagram to determine when to stop or restart treatment.<sup>1</sup>



**What should I do if I forget to apply Anzupgo® at the scheduled time?**

If you forget to apply Anzupgo® at the scheduled time, do so as soon as you remember and then continue your normal dosing schedule. Do not apply Anzupgo® more than twice daily.<sup>1</sup>

**What should I do if I've applied too much Anzupgo®?**

If too much Anzupgo® has been applied, wipe off the excess and continue your normal dosing schedule.<sup>1</sup>

**My Chronic Hand Eczema (CHE) isn't improving, should I stop using Anzupgo®?**

Ensure you are applying a thin layer of Anzupgo® twice daily. If symptoms do not improve after 12 weeks of use, you should notify your doctor.<sup>1</sup>

**My skin has cleared so I don't need to use Anzupgo® anymore, can I give it to others that have CHE?**

Anzupgo® has been prescribed only for you. Do not pass it on to others as it may harm them, even if their signs of illness are the same as yours.<sup>1</sup>

**What if I'm a carer and apply Anzupgo® to a patient?**

If you apply the cream for someone else, you should wash your hands after application.<sup>1</sup>

## Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them. The following side effects have been reported with Anzupgo:<sup>1</sup>

Common (may affect up to 1 in 10 people):

- Application site reactions (i.e., pain, itching, redness, and tingling)

**Reporting of side effects** If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at <https://yellowcard.mhra.gov.uk/> or search MHRA Yellow Card in the Google Play or Apple App Store (see the back of this booklet for full details). By reporting side effects, you can help provide more information on the safety of this medicine.

# Storage

## How to store Anzupgo®

- Keep Anzupgo® out of the sight and reach of children<sup>1</sup>
- Do not use after the expiry date which is stated on the tube and carton after 'EXP' (the expiry date refers to the last day of that month)<sup>1</sup>
- Do not freeze<sup>1</sup>
- The tube of Anzupgo® should be discarded 1 year after first opening<sup>1</sup>
- Do not throw away Anzupgo® via wastewater or household waste, ask your pharmacist how to dispose of it<sup>1</sup>

## Notes

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Adverse events should also be reported to Drug Safety at LEO Pharma by calling +44 (0)1844 347333 or e-mail [medical-info.uk@leo-pharma.com](mailto:medical-info.uk@leo-pharma.com).

#### References:

1. UK Anzupgo® (dolgocitinib) PIL, November 2024.
2. Diepgen TL, et al. *J Dtsch Dermatol Ges.* 2015;13(1):e1-22.
3. What to Know About Eczema and the Immune System. *Healthline*. Available at: <https://www.healthline.com/health/severe-eczema/is-eczema-a-sign-of-a-weak-immune-system-your-faqs> (Accessed April 2025).
4. Hand dermatitis (Hand eczema). *British Association of Dermatologists*. Available at: <https://www.bad.org.uk/pils/hand-dermatitis-hand-eczema/> (Accessed April 2025).
5. Skin Barrier Basics for People With Eczema. *National Eczema Association*. <https://nationaleczema.org/blog/what-is-my-skin-barrier/> (Accessed April 2025).

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