

Gilenya® (fingolimod) for Multiple Sclerosis (MS)

Gilenya (fingolimod) is a prescription medication taken by mouth for the treatment of multiple sclerosis (MS). Please take Gilenya as directed by your doctor.

How do I take Gilenya?

- Take Gilenya by mouth once per day.
- Take Gilenya at the same time each day.
- You can take it with or without food. If you experience upset stomach after taking Gilenya, taking it with food may help.
- If you miss a dose, take it as soon as you remember on the same day and notify your doctor.
- Do not take more than one dose of Gilenya on the same day.
- Store Gilenya in its original packaging away from moisture.

If you stop taking Gilenya for a certain period of time after your first dose, you may need to repeat the “first dose monitoring” procedure again.

What drugs interact with Gilenya?

There are multiple drugs and herbal supplements that interact with Gilenya. Please **contact your doctor** or Michigan Medicine Specialty Pharmacy Services at (855) 276 – 3002 before starting or stopping any medication or supplement, either prescribed by your doctor or obtained over-the-counter without a prescription. Have your doctor consult the “Gilenya Drug Interactions Table”.

Examples of medications that may interact include:

- **Antifungal medications** like Nizoral® (ketoconazole)

- **Drugs that are known to cause irregular heartbeat** like Celexa® (citalopram), Thorazine® (chlorpromazine), Haldol® (haloperidol), Dolophine® (methadone) and erythromycin.
- **Blood pressure or heart rate regulation medications** like Lopressor® (metoprolol tartrate), Toprol XL® (metoprolol succinate), digoxin, Cardizem® (diltiazem) and verapamil.
- Gilenya can still be taken with these medications, but tell your doctor if you are taking any of them.

Ask your doctor or pharmacist before receiving a vaccine. They may also be less effective while taking Gilenya, and for 2 months after you have stopped taking Gilenya.

What side effects occur with Gilenya?

The following are side effects that commonly occur when taking Gilenya:

Common Side Effects:	What can I do?	When should I call the clinic?
Increased risk of infection	Wash your hands regularly and avoid injuring your skin with cuts or scrapes	<ul style="list-style-type: none"> • You have an infection that does not get better within three days • You have a cut with redness and swelling that does not decrease over time
Headache	Use an over-the-counter pain medication Motrin (ibuprofen) as directed	Headache does not get better within 24 hours of treatment

Common Side Effects:	What can I do?	When should I call the clinic?
Nausea	<ul style="list-style-type: none"> • Try taking Gilenya with food • Stay well hydrated • Try to avoid an empty stomach by eating smaller, more frequent meals 	<ul style="list-style-type: none"> • You cannot stay hydrated (cannot drink 8-10 cups of liquid per day) • Nausea is interfering with your normal daily activities
Diarrhea	<ul style="list-style-type: none"> • Stay well hydrated • Use Imodium® (loperamide) 4mg (milligrams) when diarrhea begins, then 2 mg after each loose stool. Do not take more than 8 mg per day. 	<ul style="list-style-type: none"> • You cannot stay hydrated (cannot drink 8-10 cups of liquid per day) • Diarrhea does not stop within 48 hours of treatment
Back and Muscle Pain	Use an over-the-counter pain medication such as Motrin® (ibuprofen) as directed	Aches do not get better within 24 hours of treatment

This information sheet is not meant to take the place of patient care. If you have any questions, please contact your doctor or Michigan Medicine Specialty Pharmacy Services at (855) 276-3002.

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