

# Benralizumab for severe eosinophilic asthma

Department of Respiratory

Information for Patients

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## What is severe eosinophilic asthma?

Asthma is a condition of the lungs which makes the airways narrow and inflamed. Eosinophils are a type of white blood cell. People with severe eosinophilic asthma have too many eosinophils in their blood. This can move into the lungs and cause inflammation. This inflammation can lead to an increase in your asthma symptoms.

Most people with asthma can control their symptoms with inhalers. A person with severe asthma may struggle to manage their symptoms even with high doses of medicines.

## What are the benefits of having benralizumab?

Benralizumab is a biologic medicine. It reduces the number of eosinophils in the blood and lungs. This should reduce the inflammation in your lungs. It should reduce the number of asthma flare-ups you have. You may not notice a change to your daily symptoms.

## How often would I need to have benralizumab?

We inject benralizumab into the layer under your skin using a pre-filled pen. A 30mg dose of benralizumab is given every 4 weeks for 3 doses, then 1 dose every 8 weeks after that.

We often start treatment in the clinic at the Glenfield Hospital. Once your asthma is stable you may be able to give your injections at home. If benralizumab improves your asthma control, we may give you the treatment long term.

## When will I start treatment?

Once benralizumab treatment has been approved for you by the severe asthma team, a severe asthma nurse will contact you to book an appointment to begin treatment.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.uhleicester.nhs.uk](http://www.uhleicester.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [uhl-tr.informationforpatientsmailbox@nhs.net](mailto:uhl-tr.informationforpatientsmailbox@nhs.net)

Once started it is important that the treatment needs to be taken at the right time. If you cannot get to an appointment please contact the severe asthma nurses as soon as you can. We will need to make a new appointment for you. This may delay your treatment.

## **Will the treatment work for me?**

We have chosen benralizumab as we think you will have less asthma flare ups with this treatment.

A doctor will see you 12 months after your treatment to see if benralizumab is working for you. This may be earlier if you or the team feel the medication is not working as well as we would like.

## **Are there any side effects to benralizumab?**

These are the common side effects of benralizumab (affecting up to 1 in 10 people):

- headache,
- sore throat,
- tenderness at the injection site,
- reaction at injection site like redness, swelling, and pain,
- fever (high temperature),
- rash or hives,

It is rare, but people may have a severe allergic reaction after having their benralizumab injection. Signs of this include difficulty breathing, swelling, dizziness or feeling unwell.

If your injections are started in clinic, you will need to stay for 30 minutes after each of the first 3 injections to make sure that you do not have any side effects.

**If you think you are having an allergic reaction get medical attention right away.**

## **Should I continue with my other asthma medications?**

We use benralizumab with your other asthma medication. You should continue to take all of your regular medications including your inhalers. Once your asthma is better controlled, any changes to your medication will be made by the severe asthma team. You will always need to continue taking a preventer inhaler.

## **How often will I be reviewed?**

If you respond well to treatment, the respiratory consultant will see you at the end of the first year of treatment. If you, or the specialist nurse team, have any concerns about your asthma, you will be seen more often than this.

We will give you the contact details of the severe asthma team so that you can contact them directly if you have any concerns.

You will continue to be seen every 12 months. If you do not come to this appointment then we will not be able to continue prescribing benralizumab.



If your asthma is well controlled, then the benralizumab will continue for another 12 months. If your asthma is not controlled, we will look into why and make another treatment plan.

## Can I have vaccinations?

You should continue to have your Flu and Covid vaccinations if offered. If you need any other vaccinations, like live vaccines, please contact us to see if it is safe for you to have them.

## More information

Please contact the severe asthma specialist nurses on the number below if:

- you would like more information about benralizumab and your treatment options.
- you would like an appointment with the Consultant Pharmacist to talk about this medication in more detail.
- you are thinking of becoming pregnant, you are pregnant or are breast feeding.
- you cannot come to an appointment.

## Useful links

The websites below have more information about your treatment:

Asthma and Lung UK website: [www.asthmaandlung.org.uk](http://www.asthmaandlung.org.uk)

Benralizumab patient information leaflet: [www.medicines.org.uk/emc/files/pil.8918.pdf](http://www.medicines.org.uk/emc/files/pil.8918.pdf)

## Contact details

The severe asthma specialist nurses can be contacted on the link below or scan the QR code: <https://accurx.nhs.uk/patient-initiated/rwesvas>

Working hours are Monday to Friday, 8am to 4pm.



اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email [uhl-tr.equalitymailbox@nhs.net](mailto:uhl-tr.equalitymailbox@nhs.net)