

A guide to your child's

Verkazia[®]

1 mg/ml ciclosporin eye drops, emulsion

**How to help your child get the most
from their Verkazia[®] treatment.**



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This is an educational item for parents or guardians of children and adolescents with VKC who have been prescribed Verkazia. It is produced and funded by Santen. This item is not intended to replace professional medical advice, diagnosis, or treatment. Always seek the advice of your doctor with any questions you may have regarding a medical condition.

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Introduction

You have been given this booklet because your child has been prescribed Verkazia for severe vernal keratoconjunctivitis (also called VKC). This can be a severe allergic condition affecting the eyes but is manageable with the correct treatment.

This booklet will help you understand what you need to know about VKC and how it might affect your child.

It is important to follow the instructions from your doctor or pharmacist closely, and to attend any appointments.



What is severe VKC?

Severe VKC is an allergic, inflammatory condition affecting the transparent layer in the front part of the eye (the cornea) and the thin membrane covering the front of the eye (the conjunctiva).

It is usually more common in the spring and summertime, but it can also occur in the winter months.

VKC is more common in boys, with most children developing symptoms before the age of 10.

The disease usually improves, or even disappears, once the child reaches adolescence. However, if left untreated, severe VKC can cause complications.

Young people with a family history of allergies, such as asthma, eczema or hay fever are at greater risk of developing VKC.

VKC, whilst rare, can be managed effectively with the right treatment options.

What does severe VKC look and feel like?

The symptoms of severe VKC can impact a child's life and may include:



Light sensitivity (photophobia)



Watery eyes



Redness, itching and irritation of the eyes



Ropey, stringy mucous discharge
(making it difficult to open the eyes when waking)



The feeling of having "something in my eye"



Swelling of the conjunctiva
(the thin membrane covering the front part of the eye)

Please consult your healthcare team if you have any questions or concerns about symptoms, including any not shown here.

What can I do about it?

Discussing the condition with your child before it flares up may make it easier to handle when the time comes.

Avoid triggers

The first step to managing VKC is to avoid triggers that may make the condition worse.

Common VKC triggers and tips for avoiding them:



Spring and summer

(exposure to pollen and pollution is more likely during warm weather)

- Try to stay inside when the pollen count is high
- Avoid locations with a high pollen count
- Wear sunglasses to prevent pollen reaching the eye



Hot weather, sun, bright light

- Wear sunglasses and a broad-brimmed hat
- Stay in the shade when the sun is high
- Stay cool indoors, in an air-conditioned room, if possible



Pets and other irritants, such as dust or cigarette smoke

- Avoid animals, if possible
- Wash bedding and clothes regularly
- Wash hands, face and hair frequently



Wind, salt water, chlorine

- Wear goggles at the pool or beach
- After swimming, use artificial tears (if recommended by your doctor) to flush salt or chlorine out of the eyes

What is Verkazia?

Verkazia is used to treat children and adolescents aged 4 to 18 years with severe VKC.

Verkazia contains the active ingredient ciclosporin 1 mg/mL (0.1%). Ciclosporin reduces inflammation and therefore the symptoms of VKC.

Before your child uses Verkazia

Do not give your child Verkazia if they are allergic to ciclosporin or to any of the other ingredients in this medicine (see the Patient Information Leaflet) or if they have an eye infection.

Please read the Patient Information Leaflet carefully. This booklet is not a replacement and should be read alongside the Patient Information Leaflet.

Talk to your doctor or pharmacist before using Verkazia if your child:

- Has had an eye infection or you suspect they have an eye infection
- Has had or has cancer in or around the eye
- Has any other kind of eye disease
- Wears contact lenses (the use of Verkazia is not recommended with contact lenses)



Verkazia®

How is Verkazia different from other eye drops?

Your child may have already used artificial tears and/or steroid eye drops for their eyes.

- Artificial tears help to hydrate and lubricate the eye and can help relieve symptoms. But, unlike Verkazia, they are not designed to reduce inflammation
- Steroid drops can help to reduce inflammation, but they can only be used for a limited amount of time. A long-term solution may be needed to keep persistent dry eye symptoms at bay



How to use Verkazia

Always use Verkazia exactly as your doctor or pharmacist has told you. Check if you are not sure about anything.

One drop of Verkazia, 4 times per day (morning, midday, afternoon, evening) to be applied to each affected eye during the VKC season.

Visit your doctor regularly (every 3 to 6 months) if your child is taking Verkazia for more than 12 months.

How can I remember to take Verkazia?

It's important to find a way to help your child make using Verkazia a habit so you don't forget a dose.

*Why not link taking Verkazia with key parts of their day?
At breakfast, at lunch, during teatime and before bed.*



Instructions for use

Prepare



1. Wash your hands



2. Open the aluminium pouch, remove one single-dose container
3. Gently shake the single-dose container, then twist off the cap

Administer



1. Pull down your child's lower eyelid, tilt their head back and ask them to look upwards



2. Gently squeeze one drop of the medicine onto their eye. Make sure that the tip of the single-dose container does not touch their eye
3. Ask your child to blink a few times so the medicine can spread across their eye

Press



1. After using Verkazia, press a finger lightly on the inner corner of your child's eyelid, by their nose, for 2 minutes



2. If your child uses drops in both eyes, repeat the "Administer" steps above for their other eye

Discard the single-dose container as soon as you have used it, even if there is still some medicine left in it.

What if I...

Use too little?

If a drop misses the eye, try again.

Use too much?

If you put in more Verkazia than you should, rinse your child's eye with water. Do not put in any more drops until it is time for the next regular dose.

Forget?

If you forget to use Verkazia, continue with the next dose as planned. Do not give your child a double dose to make up for the forgotten dose. Do not use more than 1 drop 4 times a day in the affected eye(s).

Stop?

If you stop using Verkazia without speaking to your doctor, your child's eye allergy will not be controlled and could lead to long-term problems with their sight.

How to store Verkazia

Store below 30°C. Do not freeze. Keep single-dose containers in the pouch in order to protect from light, to avoid evaporation, and keep out of the sight and reach of children. Ask your pharmacist how to throw away medicines you no longer use.

Keeping an eye on severe VKC

Regular visits to the doctor to monitor the health of the eye are vitally important – especially if your child is experiencing a flare-up (a worsening of symptoms). They may be able to recommend additional treatment to manage flares that may be needed.

Keep your doctor informed about your child's progress and remember to contact your doctor with any questions or concerns.

Does Verkazia have any side effects?

Verkazia is generally well-tolerated by patients, but like all medicines, it can cause side effects. Not everybody will experience side effects, and it is unlikely that your child will experience all of them.

The most common side effect is short-lasting pain when the drops are put into the eye.

Other possible side effects include:

- Itching
- Redness
- Irritation and discomfort
- Tearing and blurred vision when the drops are administered
- Swelling and redness of the eyelid
- Upper respiratory tract infection
- Cough
- Headache
- Swelling of the eyelid and of the conjunctiva (thin membrane covering the front part of the eye)
- Bacterial infection of the cornea (transparent front part of the eye)
- Eye infections

For more information on side effects, including on how to report them, please refer to the Patient Information Leaflet.



Keeping an eye on severe VKC

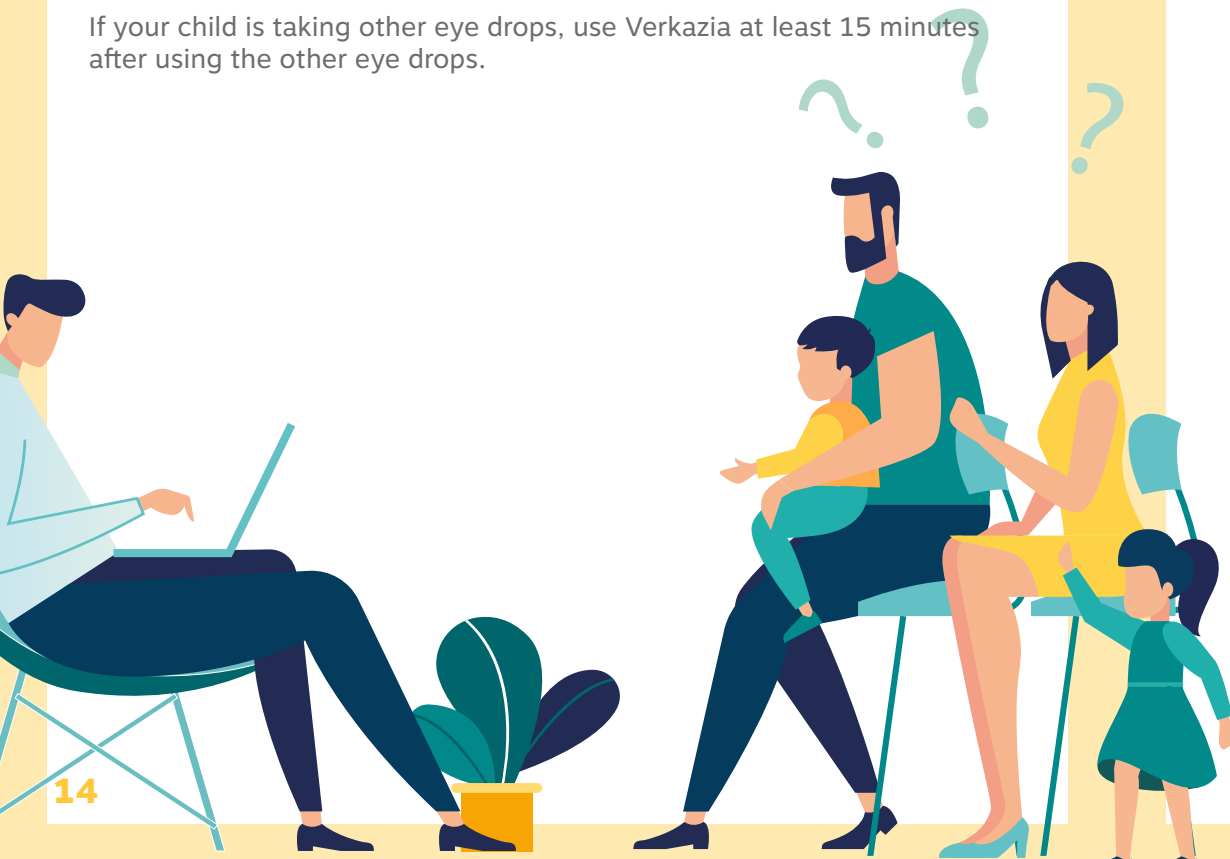
Reporting of side effects

If your child experiences any side effects, talk to your doctor, pharmacist, or nurse. This includes any possible side effects not listed here or in the Patient Information Leaflet. You can also report side effects directly via the Yellow Card Scheme at <https://yellowcard.mhra.gov.uk>. By reporting side effects you can help provide more information on this medicine.

Using Verkazia with other medications

Tell your doctor or pharmacist if your child is using, has recently used or might use any other medicines. This includes eye drops containing steroids administered in association with Verkazia (as this combination may increase the risk of local infections).

If your child is taking other eye drops, use Verkazia at least 15 minutes after using the other eye drops.



Top 10 things to remember

1. VKC is an allergic, inflammatory condition which can affect the cornea and conjunctiva in children
2. It is often seasonal, but can also occur in the winter months
3. The disease frequently improves, or even disappears during puberty
4. Symptoms, such as light sensitivity, tearing, itching, redness and mucous discharge, are often most intense in the morning
5. Plan ahead, avoid triggers, and treat appropriately
6. One drop of Verkazia, 4 times per day, to each affected eye
7. Think of a way to make it part of your child's routine, so you don't forget a dose
8. If your child stops treatment with Verkazia without consulting their doctor, their disease can worsen, so it is important to continue with treatment
9. Make sure you have regular check ups with your child's doctor or eye specialist
10. Always speak to your child's doctor if you have any concerns

Additional support

Looking after a child with VKC can feel overwhelming but managing their condition does get easier over time.

To help support you and your child, numerous resources and additional information on VKC are available at:

Allergy UK

The leading national charity providing support, advice and information for those living with allergic disease.
For further advice and support please contact Allergy UK:

 Webchat: <https://www.allergyuk.org/get-help/helpline>

 Call: 01322 619898

 Email: info@allergyuk.org

Notes

Eye doctor's contact details

Name:

Clinic address:

Tel:

Email:

Prescribed medications

What?	When to use it?
Verkazia	

If your child gets any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the Patient Information Leaflet.

Verkazia is used to treat children and adolescents aged 4 to 18 years with severe vernal keratoconjunctivitis (an allergic condition of the eye that occurs more frequently in spring and affects the transparent layer in the front part of the eye and the thin membrane covering the front part of the eye).

Reporting side effects

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at: <https://yellowcard.mhra.gov.uk> in the UK. By reporting side effects you can help provide more information on the safety of this medicine.

Verkazia® is a registered trademark of Santen.

The Santen logo features the word "Santen" in a bold, blue, sans-serif font. The letter "S" is significantly larger and stylized, with a white negative space cutout in its upper curve.