






Quick Guide






Oral Therapy

Disease-Modifying Therapies for Multiple Sclerosis

Aubagio® (Teriflunomide)

Dosing	Administration	Most Common Adverse Effects
 <p>1 tablet (14 mg) once a day</p>	 <ul style="list-style-type: none"> • Avoid consuming alcohol during treatment • Can be taken with or without food 	 <ul style="list-style-type: none"> • Hair loss • Diarrhea • Nausea • Elevated blood pressure • Nerve symptoms
Family Planning	Tests & Procedures Required	
 <ul style="list-style-type: none"> • Contraindicated in pregnancy • Women and men must use effective contraception during treatment • Drug must be actively eliminated beforehand if want to become pregnant 	<ul style="list-style-type: none"> • Negative pregnancy test before starting and during treatment • Blood pressure measurement before starting treatment • Blood test (cell count, liver function) before starting • Screen for tuberculosis • Liver function test once a month for first 6 months • Periodic blood tests during treatment • Check blood pressure periodically 	

Gilenya® (Fingolimod)






Dosing	Administration	Most Common Adverse Effects
 <p>1 capsule (0.5 mg) once a day</p>	 <ul style="list-style-type: none"> • Medical supervision for 6 hours required with first dose and if dosing is interrupted for more than 2 weeks during the treatment course • Driving ability may be impaired after first dose • Avoid prolonged exposure to sun/UV light during treatment; use sunscreen • Store drug at room temperature 	 <ul style="list-style-type: none"> • Effects on heart (pulse, rhythm, blood pressure) during the first dose • May increase blood pressure during treatment • Infections • Headache • Diarrhea • Cough • Elevated blood cholesterol levels • Depression/suicidal thinking may occur • May increase risk of skin cancers • MS symptoms may worsen if drug is stopped abruptly
Family Planning	Tests & Procedures Required	
 <ul style="list-style-type: none"> • Contraindicated in pregnancy • Effective contraception required during treatment and for 2 months after stopping • Do not breastfeed during treatment 	<ul style="list-style-type: none"> • Negative pregnancy test before starting • Vaccination against chickenpox before starting if not previously exposed to chickenpox • Consider HPV vaccination before starting treatment • Electrocardiogram (ECG) before first dose • Hourly pulse and blood pressure measurements for 6 hours after first dose • Blood test (cell count, liver function) before first dose • Blood tests every 3 months in first year and periodically thereafter • Eye exam 3-4 months after starting treatment • Blood pressure measurement periodically during treatment • Screen for cancer during and after treatment 	






Based on Canadian Product Monographs for information purposes only. Follow your doctor's instructions regarding the best use of these medications for your personal circumstances.

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Mavenclad™ (Cladribine)		
Dosing	Administration	Most Common Adverse Effects
<p>Year 1: 1-2 tablets per day for 4-5 days in weeks 1 and 5</p>  <p>Year 2: 1-2 tablets per day for 4-5 days in weeks 1 and 5</p> <p>Given as 10-mg tablets; the number of tablets will depend on person's body weight (total dose 3.5 mg per kg over 2 years)</p>	<ul style="list-style-type: none"> Swallow tablets whole with water; do not chew May be taken with or without food Do not take other medicines for 3 hours before or after dose Avoid prolonged contact with skin; wash hands immediately after handling tablet Wash any surfaces that the tablet comes in contact with Store at room temperature 	 <ul style="list-style-type: none"> Infections Headache Nausea Cold sores May cause skin reactions (e.g. rash)
Family Planning	Tests & Procedures Required	
 <ul style="list-style-type: none"> Contraindicated in pregnancy Women and men must use effective contraception during treatment and for at least 6 months after last dose Do not breastfeed during treatment 	<ul style="list-style-type: none"> Negative pregnancy test before starting both years of treatment Blood test (cell count, liver function) before starting Year 1 and 2 dosing Vaccination against chickenpox before starting if not previously exposed to chickenpox Confirm vaccinations are up-to-date MRI scan may be needed before starting treatment Check body weight (to determine dose) before treatment in Years 1 and 2 Screen for HIV, TB and hepatitis before starting Periodic blood tests needed during and after treatment Screen for cancer during and after treatment 	




Tecfidera® (Dimethyl fumarate)		
Dosing	Administration	Most Common Adverse Effects
 <p>1 capsule (240 mg) twice a day</p>	 <ul style="list-style-type: none"> Dose is increased after 1 week from one 120-mg capsule (green/white) twice a day to one 240-mg capsule (green/green) twice a day Swallow capsules whole; do not chew Take with food to reduce flushing and gastrointestinal symptoms. Store at room temperature 	 <ul style="list-style-type: none"> Flushing (redness, itching, rash) Abdominal pain Diarrhea Nausea/vomiting
Family Planning	Tests & Procedures Required	
 <ul style="list-style-type: none"> Can be taken up until pregnancy May be taken during pregnancy if advised by doctor Caution advised during breastfeeding 	 <ul style="list-style-type: none"> Blood test (cell count) before starting Blood tests after 6 months on treatment then every 6-12 months thereafter 	


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Zeposia[®] (Ozanimod)

Dosing	Administration	Most Common Adverse Effects
 <p>1 capsule (0.92 mg) once a day</p>	 <ul style="list-style-type: none">• Dose is increased from one capsule (grey/grey, 0.23 mg) on days 1-4, to one capsule grey/orange, 0.46 mg) on days 5-7, then one capsule (orange/orange, 0.92 mg) per day thereafter• Swallow capsule whole; do not chew• Can be taken with or without food• May interact with some medications (e.g. opioids, antidepressants, St. John's wort)• Avoid foods high in tyramine (e.g. aged cheese, processed meats, beer, red wine, soy or teriyaki sauce, tofu, etc.)	 <ul style="list-style-type: none">• Infections• May slow pulse, raise blood pressure• May increase risk of skin cancers• MS symptoms may worsen if drug is stopped abruptly

Family Planning	Tests & Procedures Required
 <ul style="list-style-type: none">• Contraindicated in pregnancy• Women should use effective contraception during treatment and for 3 months after stopping• Do not breastfeed during treatment	<ul style="list-style-type: none">• Negative pregnancy test before starting• Vaccination against chickenpox before starting if not previously exposed to chickenpox• Consider HPV vaccination before starting treatment• Electrocardiogram (ECG) before starting• Blood test (cell count, liver function) before starting• Blood test within the first 3 months after starting and periodically thereafter• Blood pressure measurement periodically during treatment• Screen for cancer during and after treatment• Avoid excessive sun or UV exposure; wear sunscreen 