

# Alyftrek

## A new cystic fibrosis modulator

Alyftrek has recently been approved for use by NHS England and NICE. You are eligible to start this new medication instead of Kaftrio.

Alyftrek is the latest in a group of medicines called modulator drugs. These help improve how cells work in people with Cystic Fibrosis (CF). All these medicines work on the CF protein (called the "CFTR protein") that doesn't work in people with CF. Like Kaftrio, Alyftrek contains three separate medicines to help rescue the CFTR protein and the cell's function.

### **What is the difference between Alyftrek and Kaftrio?**

Kaftrio is taken in the morning and contains three medicines:

- Elexacaftor
- Tezacaftor
- Ivacaftor (with a second dose in the evening)

Alyftrek is a once-daily tablet. It contains:

- Vanzacaftor (a new medicine)
- Deutivacaftor (a longer-lasting form of ivacaftor)
- Tezacaftor

### **Is Alyftrek better than Kaftrio?**

Results from large, international studies comparing the two medicines found that Alyftrek works just as well as Kaftrio. In these clinical trials, major outcomes such as lung function, body weight, chest infections and quality of life were the same in people being treated with Alyftrek or Kaftrio.

The biggest improvement between the two drugs was lower sweat salt levels in people taking Alyftrek. This could suggest that Alyftrek is better at restoring CFTR protein function and may be better for people in the longer term. It is far too early to know the longer-term benefits of Alyftrek compared to Kaftrio.

Perhaps the biggest advantage of Alyftrek over Kaftrio is the need to take it once a day. You can take the two tablets at any time of the day – so long as it's roughly the same time each day, and with a small amount of fat-containing food (just like with Kaftrio). It doesn't need to be at breakfast time!

### **Do I need to switch to Alyftrek?**

No – switching is entirely your choice. It's absolutely fine if you would prefer to stay on Kaftrio.

If you are happy and stable on Kaftrio, you may choose to stay on Kaftrio – or you may consider switching at a later date. You will have the opportunity to discuss this with your CF team.

## **How are the Adult CF Team at King's switching people to Alyftrek?**

Over the next few months, the team will be contacting eligible patients and asking if they want to switch from Kaftrio to Alyftrek.

Alyftrek is likely to be available in late August. As there is no dramatic benefit of Alyftrek over Kaftrio, we are gradually rolling this out to our CF patients. If you have not tolerated Kaftrio, we are likely to contact you sooner to offer you Alyftrek.

Given this is a new drug and has not been tested on people who are pregnant, we do not recommend switching to Alyftrek if you are pregnant or planning a pregnancy. We have several years of experience on the safety of Kaftrio in pregnancy – therefore this is felt a safer option for the time being.

## **How will I get my Alyftrek?**

All prescriptions will be written by the King's CF team, and dispensed from Sciensus. Initially, you will receive monthly deliveries to ensure you tolerate this medicine. If you have tolerated Alyftrek after four months, Sciensus will start to deliver your medication in batches of two months at a time.

## **Can I switch back to Kaftrio?**

Yes – if you don't get on with Alyftrek, then we can arrange to switch you back to Kaftrio. We would recommend that you contact a member of the CF team before stopping.

## **Do I need blood tests when I start Alyftrek?**

Yes, you do. As this is a new drug all patients must have regular blood tests to safely monitor their liver. This is to ensure the medicine doesn't cause you any harm. Everybody needs a recent liver blood test before starting Alyftrek, and then every three months. After one year, if your blood tests have been stable then, like the monitoring for Kaftrio, your blood tests will happen every year. If however, we have any concerns about your blood tests, we may ask to have them checked more frequently (or at times stop your medication) for your own safety.

## **Further information**

If you have any more questions in relation to Alyftrek, please contact one of the CF nurse specialists or practitioners on 07890 251905.

## **MyChart**

Our MyChart app and website lets you securely access parts of your health record with us, giving you more control over your care. To sign up or for help, call us on 020 3299 4618 or email [kings.mychart@nhs.net](mailto:kings.mychart@nhs.net). Visit [www.kch.nhs.uk/mychart](http://www.kch.nhs.uk/mychart) to find out more.

## **PALS**

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. They can also pass on praise or thanks to our teams.

Tel: **020 3299 4618**

Email: [kings.pals@nhs.net](mailto:kings.pals@nhs.net)

**If you would like the information in this leaflet in a different language or format, please contact our Interpreting and Accessible Communication Support on 020 3299 4618 or email [kings.access@nhs.net](mailto:kings.access@nhs.net)**

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