

Tepezza Patient Education
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Most thyroid eye disease (TED) patients begin to notice an improvement in symptoms (pain, grittiness, tearing, light sensitivity) and signs (redness, swelling and bulging) after the second or third infusion of Tepezza. In the clinical trials patients had the following responses:

-Proptosis (eye bulging) was reduced by 2 mm or more at six weeks in 56% of patients and 83% of patients at 24 weeks.

-Diplopia improved in 70% and had complete resolution in 53% at 24 weeks.

-Pain, redness and swelling also resolved rapidly in most patients; 59% had complete resolution by 24 weeks

All medications have potential side effects. The most common side effects seen with Tepezza were muscle spasms, change in hair and nails, hyperglycemia (high glucose in the blood and urine), diarrhea, fatigue, headache, and hearing alterations.

Prior to your first infusion, labs will be performed including glucose, HBA1c, comprehensive metabolic panel, magnesium, Vitamin D and Urine analysis. If you are of childbearing age, you need to be on birth control and a urine pregnancy test will be performed prior to each infusion.

How To Minimize Side Effects

Side Effect	Supplement	Other Considerations
Fatigue	Prior to infusions, start multivitamin that includes magnesium, and vitamins D and B	Drink water the day prior to the infusion and on the day of the infusion (8 glasses is ideal) = Hydrate
Transient Headache	Take extra strength Tylenol on the day of the infusion and the day to follow	Hydrate

Muscle spasms	Hydrate, add Magnesium supplements	Take Epsom Salt bath on day of infusion and day to follow
Hearing alterations	IGF-1R ear drops twice daily	Refer to audiology for testing if any new hearing symptoms
Hyperglycemia	Continuous glucose monitoring is helpful in diabetics and pre-diabetics	Maintain a diabetic diet that avoids sugars and alcohol
Diarrhea	Take Pepto-Bismol prior to the infusion and on the day after	If diarrhea is persistent or bloody. You will need to delay the next infusion and see a GI doctor
Changes in hair and nails	Biotin supplement, "hair nail and skin" supplements	Avoid brushing wet hair or placing on stretch (ponytail) or harsh color treatments.
Dry eyes and mouth	Artificial tears	If still symptomatic add prescriptive medication (xiidra or restasis)
Urinary incontinence due to hyperglycemia	Delay infusion until glucose monitoring and glycemic control improved	Referral to urology/gynecology indicated if persists despite discontinuation of infusions
Urinary tract infection	Hydration and Cranberry Juice	culture prior to initiation of therapy and repeat if new symptoms develop

Call or Text Dr. Cockerham with any concerns:

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For more information about Tepezza,
visit CockerhamMD.com or Tepezza.com