

Ozanimod

(Zeposia)

What is Ozanimod?

Ozanimod is an oral medication used to treat moderate to severe ulcerative colitis. It works by affecting the immune system—specifically, it interferes with the movement of certain white blood cells (lymphocytes), preventing them from reaching the bowel lining and causing inflammation.

Ozanimod belongs to a class of drugs called sphingosine 1-phosphate (S1P) receptor modulators. It is also used in the treatment of multiple sclerosis.

How is Ozanimod taken?

Ozanimod is taken by mouth once daily. The dose is increased gradually during the first week:

- Days 1–4: 0.23 mg once daily
- Days 5–7: 0.46 mg once daily
- Day 8 and onward: 0.92 mg (maintenance dose) once daily

Some patients may feel better quickly, while for others it can take longer. Continue taking your medication as prescribed.

What to keep in mind when taking Ozanimod

Before starting, you will need:

- TB skin test, chest X-ray, and blood work
- An ECG (electrocardiogram) — Ozanimod may not be suitable if you have heart problems or take medications that slow heart rate
- An eye exam if you have diabetes or a history of eye problems
- The non-live shingles vaccine (Shingrix), if recommended by your doctor

Do not take Ozanimod if you have a severe infection with fever.

Ozanimod lowers your ability to fight infections—contact your doctor if you develop a fever, suspect an infection, or need antibiotics.

Regular clinic visits and blood tests are required to monitor your white blood cell count (lymphocytes) and liver function.

Possible side effects

More common:

- Increased risk of infections
- Headache
- Elevated liver enzymes
- Lower lymphocyte count

Less common:

- High blood pressure
- Vision problems (macular edema)
- Slow heart rate (bradycardia)
- Breathing problems
- Rare brain conditions: Progressive multifocal leukoencephalopathy (PML) and Posterior Reversible Encephalopathy Syndrome (PRES)

When to contact your physician

Contact your physician if you:

- Develop a fever
- Are scheduled for surgery
- Become pregnant or are planning a pregnancy - Ozanimod must be stopped at least 3 months before trying to conceive
- Plan to receive any vaccinations

Other important information

- Ozanimod should be stopped a few days before surgery and restarted afterward once healing is complete and no infection is present.
- Ozanimod has not been well studied in pregnancy and should not be taken during pregnancy.

Want to learn more?

https://www.zeposia.com/ulcerative-colitis/,_ozanimod-ed-1-final.pdf (crohnsandcolitis.org.uk)

***If you have any questions, please contact your physician at London Digestive Disease
Institute:
(519) 204-6333.***