

# Adalimumab

## Synonyms

ADAL, Humira

## Clinical Indication

Adalimumab is a fully humanised monoclonal antibody which specifically targets TNF- $\alpha$ . Adalimumab is licensed for use in Crohn's disease and ulcerative colitis and also for some rheumatoid conditions and severe psoriasis. Due to its high cost, Adalimumab is only indicated in patients with severe disease that is refractory to conventional therapeutic approaches.

The most common use for Adalimumab is in severe Crohn's and ulcerative colitis disease that has not responded to conventional therapy. For Crohn's disease, Adalimumab should be given as a planned course of treatment for 12 months or until treatment failure, whichever is shorter. Treatment should be continued beyond 12 months only if there is evidence of active disease (NICE TA187). For ulcerative colitis, Adalimumab should be given as a planned course of treatment or until treatment fails (including the need for surgery) or until 12 months after starting treatment. Treatment should only be continued if there is clear evidence of a response (NICE TA329).

The measurement of Adalimumab is a useful tool in managing patients who fail to respond (primary failure) or who go on to lose response (secondary failure) to treatment. Monitoring drug levels allows for a personalised approach to drug optimisation by dose escalation/de-escalation or drug switching/withdrawal. In the presence of therapeutic drug levels, free anti-drug antibody cannot be detected and therefore its measurement is not indicated.

## Part of Profile / See Also

### Request Form

Combined Pathology manual Blood form or ICE request

### Availability / Frequency of Analysis

Referred Test: Analysed by Biochemistry, King's College Hospital ([Synnovis 9093](#)), if clinically indicated.

### Turnaround Time

3 weeks

## Patient Preparation

### Sample Requirements

#### Specimen Type

Serum/plasma


#### Volume


2 ml

#### Container



Yellow top (SST) tube

Or  Paediatric lithium heparin (Orange top – Sarstedt tube)

Or  Paediatric lithium heparin (pale green top – BD Microtainer tube)

**Reference Range & Units**

Adalimumab: &gt; 6 ug/mL

**Interferences**
**Interpretation & Clinical**
**Decision Value (if applicable)**

The lower limit of the therapeutic range is yet to be established, however levels of greater than 6 ug/mL appear to be adequate. The reference range will be updated and refined as data is accumulated. Test interpretation required full clinical information: drug dosage/frequency, previous exposure to other biologics, time of sampling, duration of therapy, clinical assessment and concomitant immunomodulation.

**References**

<http://www.viopath.co.uk/our-tests/adalimumab>

<https://bnf.nice.org.uk/drug/adalimumab.html>

**Test code**

ADAL

**Lab Handling**

Aliquot 1ml and store in referrals rack at 4C. Sent daily by courier to King's College, London.

