

Further information can be obtained from:

Royal National Hospital for Rheumatic Diseases  
Upper Borough Walls  
Bath  
BA1 1RL

Phone: RA and AS patients:  
01225 473408

PsA patients  
01225 473483

Website : [www.rnhrd.nhs.uk](http://www.rnhrd.nhs.uk)

We value your feedback.

Your comments, suggestions, praise and complaints will help us to improve the standard of our services.

Please contact PALS to feedback your views on the hospital

Tel: 01225 473424 or email [PALS@rnhrd.nhs.uk](mailto:PALS@rnhrd.nhs.uk)

[www.rnhrd.nhs.uk](http://www.rnhrd.nhs.uk)

Royal National Hospital for  
Rheumatic Diseases  
Upper Borough Walls, Bath  
BA1 1RL

**Your Min**

# Rheumatology

Royal National Hospital for Rheumatic Diseases

## Patient Information Leaflet

### Advice for patients on biologics

### Foods to avoid and what to do if you are having surgery

Version 2

Date February 2015  
Author Biologics Group  
Review date April 2016

Royal United Hospitals Bath



NHS Foundation Trust

## Food Advice for individual's on immunosuppressive treatments

There are some foods you should not eat because they could cause infection, such as salmonella and listeriosis.

### **Cheese**

Do not eat:

- mould-ripened soft cheeses, such as brie, camembert and others with a similar rind such as goats' cheese
- soft blue-veined cheeses, such as Danish blue, gorgonzola and roquefort
- avoid cheeses made with unpasteurised milk.

Cheeses like this are made with mould and can contain listeria bacteria that cause listeriosis (food poisoning?). Hard cheeses such as cheddar are safe to eat.

### **Eggs**

Do not eat raw or undercooked eggs and avoid foods that contain them, such as homemade mayonnaise and mousse (although many products available in shops are safe).

Make sure that eggs are thoroughly cooked until the whites and yolks are solid. This prevents the risk of salmonella food poisoning.

### **Milk**

Do not drink raw (unpasteurised) milk, including unpasteurised goats' or sheep's milk. Do not eat food that is made out of them, such as soft goats' cheese.

If only raw or green-top milk is available, boil it first.

### Pâté

Avoid all types of pâté, including vegetable pâtés, as they can contain listeria.

### **Meat/fish**

Do not eat raw or undercooked meat. Avoid raw fish ie sushi or shell fish.

Cook all meat and poultry thoroughly so there's no trace of pink or blood. Take particular care with sausages and minced meat.

Ensure that chilled ready meals are thoroughly cooked before eating.

### **Fruit and Vegetables**

Wash all fruit and vegetable before use.

**Processed meats** such as ham are also a potential source of infection

This is a sample of the foods that carry a risk of infection and is not a comprehensive list. For more information go to the website below:

<http://www.nhs.uk/Livewell/homehygiene/Pages/Homehygienehub.aspx>

Biologic treatment and surgery (Including cataract surgery and tooth extraction)

There are no formal guidelines regarding when to stop biologic treatments.

The RNHRD policy is that you should stop your treatment two weeks prior to surgery.

Treatment can be restarted two weeks after surgery providing that the wound is healed and there are no signs of infection.

The only exception to this is if you are on rituximab, once you have had the infusion you need to wait at least one month before having surgery.

If you need emergency surgery please ensure that the surgeon is aware of what treatments you are on. **Always** carry the alert card with you.