Besremi

Abu Dhabi · access guide

How to access Besremi for polycythemia vera from Abu Dhabi: 2026 pathway via Abu Dhabi haematology and pharmacy supply

By Reserve Meds clinical & regulatory team. Last reviewed 2026-05-20.

Abu Dhabi has a deep adult haematology service footprint within the UAE network. Cleveland Clinic Abu Dhabi haematology, Sheikh Khalifa Medical City (SKMC), Sheikh Shakhbout Medical City (SSMC), Burjeel Medical City, NMC Royal Hospital, Mediclinic Airport Road, and Tawam adult haematology in Al Ain all run adult haematology services covering myeloproliferative neoplasms (MPN) including polycythemia vera (PV). Sidra Medicine is paediatric-only (Qatar) and is not the venue for adult PV management. Besremi (ropeginterferon alfa-2b-njft) was approved by the FDA in November 2021 as the first interferon explicitly approved for PV, regardless of treatment history. The EMA approved Besremi in February 2019 under a slightly older label. Besremi MENA registration is younger than the established interferon products. [VERIFY: Besremi UAE EDE registration and current dispensing pathway at intake.] For an Abu Dhabi-resident adult with confirmed JAK2 V617F-positive polycythemia vera, the operational question is whether Besremi is the right cytoreductive choice over hydroxyurea or ruxolitinib, how the prescription is dispensed under cold chain through DoH Abu Dhabi, what Thiqa or commercial insurance will cover, and how the patient handles the every-2-week self-injection routine that later spaces to every 4 weeks.

This page explains the 2026 pathway for an Abu Dhabi-resident patient: who qualifies, where the prescribing haematologist conversation happens, how Besremi is dispensed and stored at the Abu Dhabi-emirate level, what the dosing schedule looks like, what the realistic out-of-pocket exposure band is in AED, what to monitor, and how the long-term treatment course fits into an Abu Dhabi patient's life.

Why Besremi, and why now

Besremi is ropeginterferon alfa-2b-njft, a monopegylated proline-substituted recombinant interferon alfa-2b. It binds type I interferon receptors and triggers JAK/STAT-coupled signalling, suppressing the abnormal JAK2 V617F-mutated clone in PV. The differentiating clinical claim is the potential for molecular response (declining JAK2 V617F allele burden) with sustained therapy; hydroxyurea and ruxolitinib control blood counts but do not produce molecular response.

FDA approved November 2021; EMA approved February 2019. Pivotal evidence from PROUD-PV and CONTINUATION-PV: at 36 months, Besremi was superior to hydroxyurea for complete haematologic response with normal spleen size (53% versus 38%); the molecular response advantage continues to deepen at 5-plus years.

For an Abu Dhabi patient newly diagnosed with PV, or one switching from hydroxyurea, Besremi is the operational pathway. Reserve Meds does not promote one PV cytoreductive over another.

What Besremi is, in plain language

Subcutaneous injection. After initial training, the patient self-injects at home using a prefilled syringe.

Starting dose: 100 mcg every 2 weeks. Titrate up by 50 mcg every 2 weeks to a maximum of 500 mcg every 2 weeks based on the CBC trend. Most patients reach the effective dose within 3 to 6 months.

After sustained haematologic response (typically 6 to 12 months), transition to maintenance every 4 weeks at the same dose. Maintenance continues indefinitely so long as the patient tolerates therapy.

Injection sites: thigh, abdomen, outer upper arm; rotate. Acetaminophen pre-medication and bedtime dosing reduce flu-like symptoms in the early weeks.

Treatment is measured in years, often a decade or more.

Eligibility at an Abu Dhabi haematologist's clinic

1. Confirmed PV by WHO 2016 or 2022 criteria. 2. Treatment-history documentation. 3. Baseline CBC with differential, reticulocyte count, serum ferritin. 4. Baseline LFTs; severe hepatic impairment contraindicated. 5. Baseline TSH and free T4. 6. Baseline PHQ-9 depression and suicidality screen. Interferon-class warning. 7. Pregnancy testing for women of childbearing potential; contraindicated. 8. Autoimmune disease review. 9. Cardiovascular risk assessment.

An Abu Dhabi patient should arrive with current diagnostic workup, JAK2 result, bone marrow biopsy report if obtained, recent CBC and LFT and TSH, prior cytoreductive therapy history, baseline PHQ-9, and insurance documentation.

The Abu Dhabi prescribing and supply picture, plainly

Besremi UAE EDE registration applies at the federal level; Abu Dhabi-emirate dispensing is coordinated through DoH Abu Dhabi. The pathway is:

1. **Prescribing haematologist with myeloproliferative neoplasm expertise**: any board-certified Abu Dhabi adult haematologist. Cleveland Clinic Abu Dhabi haematology, Sheikh Khalifa Medical City (SKMC), Sheikh Shakhbout Medical City (SSMC), Burjeel Medical City, NMC Royal Hospital, Mediclinic Airport Road, and Tawam adult haematology in Al Ain provide adult haematology services. 2. **Pharmacy dispensing**: hospital pharmacy for inpatient or specialty outpatient prescriptions; community or specialty pharmacy with cold-chain refrigeration for ongoing dispensing. Storage 2 to 8 degrees Celsius; do not freeze. 3. **Insurance pre-authorisation**: Thiqa coverage for Emirati nationals has extended to long-acting interferon therapy in PV on a case-by-case basis. Daman and the major commercial insurers (Oman Insurance, AXA Gulf, MetLife, Cigna, others) require documented diagnosis, treatment history, and clinical rationale. The pre-authorisation conversation centres on Besremi versus hydroxyurea, particularly for 1L use; documented intolerance or inadequate control on hydroxyurea typically simplifies approval. 4. **Self-injection training**: a single supervised session at the prescribing haematologist's clinic or clinical nurse educator visit. 5. **Ongoing monitoring**: monthly CBC and LFT during titration; TSH every 3 months; PHQ-9 at each visit. Maintenance: CBC and LFT every 3 months; TSH every 3 to 6 months; PHQ-9 at each visit. JAK2 V617F allele burden annually where the assay is available.

The 2026 pathway, step by step

Week 0 to 1: Documentation pack with the treating haematologist's office. Insurance pre-authorisation submitted.

Week 1 to 4: Pre-authorisation review.

Week 4 to 6: First dispensing; first dose 100 mcg with self-injection training.

Month 1 to 6: Titration; every-2-week dosing at home. Cold-chain delivery coordinated.

Month 6 to 12: Stabilisation at effective dose. Response assessed at 12 months.

Month 12 onwards: Maintenance every 4 weeks. JAK2 V617F allele burden annually where available.

Cost expectation in AED

US list price (WAC) approximately USD 12,000 to 14,000 per month, roughly USD 140,000 to 170,000 per year. MENA cash-pay retail in regional specialty pharmacies could realistically sit in the USD 8,000 to 12,000 per month range, giving an annual cash-pay band of roughly USD 96,000 to 144,000.

At 2026 indicative cross rates, the AED-equivalent annual cost band is approximately AED 350,000 to 530,000 at cash-pay retail. Thiqa for Emirati nationals reduces out-of-pocket exposure substantially once the case is approved. Daman and commercial cover for residents vary. PharmaEssentia and AOP Health patient-support programmes may apply. [VERIFY: PharmaEssentia/AOP MENA patient-support programme reach at intake.]

What to monitor

Depression and suicidality. Interferon-class warning. Baseline PHQ-9 plus ongoing PHQ-9 at each clinic visit. New depression on therapy is managed by dose reduction, interruption, or discontinuation alongside psychiatric referral and antidepressant therapy where indicated.

Liver function abnormality. Monthly LFTs during titration; significant elevations trigger dose reduction or interruption.

Thyroid dysfunction. TSH every 3 months.

Autoimmune flare. Clinical vigilance at each visit.

Flu-like symptoms in the first 2 to 3 months; acetaminophen pre-medication and bedtime dosing mitigate.

Injection-site reactions are common and typically resolve.

Mild reversible alopecia and skin changes affect some patients.

Pregnancy is contraindicated.

Religious, ethical, and family-logistics framing

Besremi is a recombinant interferon produced in E. coli, chemically conjugated to a synthetic mPEG polymer. No animal-source material, no donor element. The classical analogy to vaccines and recombinant biologics holds in Abu Dhabi Islamic medical ethics.

The self-injection element is operationally simple given the every-2-week and eventual every-4-week cadence.

The chronic-treatment nature means a years-long, often decade-plus routine. Plan for cold-chain pharmacy access (most Abu Dhabi community pharmacies handle this), travel-friendly storage, and haematology follow-up cadence.

The depression and suicidality signal deserves a separate cultural note. In some Abu Dhabi family contexts mental-health symptoms are under-reported. The interferon-class warning is real and the PHQ-9 monitoring is non-negotiable. Families should report mood changes, withdrawal, sleep changes, or any thought of self-harm to the haematologist immediately.

When Besremi is not the right call

For an Abu Dhabi patient where the diagnosis is not clearly PV, where conventional cytoreductive therapy controls the disease and no molecular-response question is being raised, where untreated severe depression or recent suicide attempt makes interferon unsafe, where pregnancy applies, where severe hepatic impairment exists, or where unstable autoimmune disease exists:

- **Hydroxyurea (Hydrea)**: oral cytoreductive, conventional first-line in high-risk PV. - **Ruxolitinib (Jakafi)**: oral JAK1/2 inhibitor for PV after hydroxyurea failure or intolerance. - **Peginterferon alfa-2a (Pegasys)**: older long-acting interferon; weekly SC dosing. - **Anagrelide**: oral platelet-lowering agent. - **Phlebotomy and low-dose aspirin alone**. - **Allogeneic stem cell transplantation**: reserved for transformation.

Reserve Meds does not push a default. We do not promote one PV cytoreductive over another.

What Reserve Meds does on this case

We are a US-based concierge coordinator. We are not the prescriber and not the dispensing pharmacy. On an Abu Dhabi Besremi case we build the documentation pack with the treating haematologist's office, confirm UAE EDE registration status and the DoH Abu Dhabi-emirate dispensing pathway, run the insurance pre-authorisation conversation alongside the clinical pre-authorisation conversation, coordinate the cold-chain supply logistics, organise self-injection training, and stay with the case through the first year of dosing. Clinical decisions remain with your treating haematologist.

Reserve Meds's role

US-based concierge coordinator for cross-border specialty medicine. We are not the prescriber, not the dispensing pharmacy, and not the manufacturer. All clinical decisions remain with your treating physician.

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