Tremfya

Bahrain · access guide

How to access Tremfya from Bahrain, the named-patient import pathway, 2026

By Reserve Meds · Clinical & regulatory team · Last reviewed 2026-04-23

An Bahrainian patient with moderate-to-severe plaque psoriasis or active psoriatic arthritis may receive a prescription for Tremfya (guselkumab) from their treating dermatologist or rheumatologist. Tremfya is FDA-approved in the United States and developed by Janssen (Johnson & Johnson). It is an IL-23 p19-targeted monoclonal antibody delivered subcutaneously on a quarterly maintenance schedule after loading doses. Where the indication, strength, or brand-specific product is not locally stocked for a patient's care plan, a named-patient import through the National Health Regulatory Authority (NHRA) is the legitimate route.

This guide explains the pathway, what documentation your physician needs, typical costs and timing, and where Reserve Meds fits in.

The clinical situation

Tremfya works by selectively binding IL-23 via its p19 subunit, interrupting the Th17 axis that drives psoriatic inflammation. The induction regimen is two loading doses at weeks 0 and 4, followed by maintenance every 8 weeks. Your treating physician confirms severity (PASI/BSA documentation for psoriasis, joint counts for PsA), TB and infection screening, and the monitoring plan per FDA labeling.

Is Tremfya legally importable into Bahrain?

Yes, through the National Health Regulatory Authority (NHRA) named-patient / special-import framework. The pathway allows an Bahrain-licensed physician to import a medicine not locally registered, or a specific dose form or brand not stocked, when: (a) the medicine is approved by a recognised reference authority (FDA qualifies), (b) no clinically equivalent registered alternative is suitable, (c) the physician takes clinical responsibility, and (d) chain of custody is documented.

For biologics in the IL-23 class, NHRA reviewers are familiar with the named-patient submission pattern, which is used by Bahrainian dermatology and rheumatology centres across Cairo, Alexandria, and elsewhere.

How the pathway works, step by step

1. **Consultation with your treating physician.** Severity documentation and clinical rationale.
2. **Pre-treatment screening.** TB, hepatitis, and infection screening per labeling.
3. **NHRA named-patient application.** Your physician or the hospital pharmacy files the application with clinical rationale, patient reference, product details, and chain-of-custody plan.
4. **US-side sourcing.** Reserve Meds coordinates with our US-licensed specialty wholesale partner.
5. **Cold-chain shipment.** Tremfya ships at 2-8°C with continuous temperature monitoring.
6. **Arrival and first dose.** The dispensing facility releases product for subcutaneous administration; the pen device is suitable for caregiver or patient self-injection after training.

What documentation your physician needs

Your physician will typically need to provide:

- Clinical rationale letter confirming diagnosis, severity, prior therapies, and Tremfya as the indicated treatment
- Verification of their Bahrainian medical registration
- Patient identifier
- Pre-treatment screening confirmation
- Planned loading and maintenance regimen

Reserve Meds provides a physician documentation kit that bundles the templates NHRA reviewers expect to see for IL-23-class biologics.

Costs and timing

Tremfya's US cash-pay drug-only reference price for a single 100 mg pre-filled pen sits in a broad indicative range of roughly USD 14,000-17,000. International cold-chain logistics, NHRA documentation handling, and concierge coordination add incremental cost. Reserve Meds issues a full transparent quote at the start of intake. Indicative range.

Indicative timing for first dose after cohort intake opens is 7-14 days from the moment a complete application is submitted and customs processing begins. Maintenance doses ship on a rolling basis.

Fulfillment availability is limited to our first cohort, and all timelines published on this site are indicative. If your clinical situation is time-sensitive, tell us at intake. We triage accordingly.

Reserve Meds's role

Reserve Meds is a US-based concierge coordinator for cross-border specialty medicine. For Tremfya specifically, we provide:

- **Sourcing.** Through our US-licensed specialty wholesale partner, operating under DSCSA chain-of-custody.
- **Documentation.** Regulatory package for your physician and for NHRA / customs review.
- **Logistics.** Cold-chain, temperature-monitored, internationally tracked shipment.
- **Concierge case lead.** A named point of contact.

What we do not do: we are not the prescriber, we do not practise medicine, and we are not the dispensing pharmacy. All clinical decisions remain with your treating physician.

Frequently asked

Is this legal in Bahrain? Yes, when executed through the NHRA named-patient framework with appropriate documentation.

What if there is a locally registered IL-23 option? Your physician will consider the locally registered alternative. Named-patient rationale applies where the specific indication, dose form, or clinical context points to Tremfya specifically.

Can Tremfya be self-injected at home? Yes, the pre-filled pen is designed for caregiver or patient self-injection after clinic training.

Will private insurance cover this? Cash-pay is the default. Some Bahrainian insurers reimburse named-patient imports case by case; we supply documentation for your submission but do not process insurance claims directly.

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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