Talking about your treatment

A guide to the conversations you may have before starting LEMTRADA

Please see Important Safety Information on pages 6-7 and full Prescribing Information/Medication Guide, including serious side effects.
LEMTRADA is a prescription medicine used to treat adults with relapsing forms of multiple sclerosis (MS). Because of its risks, LEMTRADA is generally used in people who have tried 2 or more MS medicines that have not worked well enough. It is not known if LEMTRADA is safe and effective for use in children under 17 years of age.

SELECTED IMPORTANT SAFETY INFORMATION
LEMTRADA can cause serious side effects including autoimmune problems, infusion reactions, some kinds of cancers, thyroid problems, low blood counts (cytopenias), serious infections, inflammation of the gallbladder without gallstones (acalculous cholecystitis), and swelling of lung tissue (pneumonitis). Because of these risks, LEMTRADA is only available through a restricted program called the Risk Evaluation and Mitigation Strategy (REMS) Program.
Sharing your journey

Communicating clearly could help you get ready for your treatment journey with LEMTRADA. Use this conversation guide to help you have discussions with your healthcare providers, family, friends, and coworkers.

**Tips for using the conversation guide**

- Review each section before having your conversations.
- Be flexible. Not every scenario will apply to your situation.
- Make notes or write additional questions on the blank pages that follow each section.
- Remember, the more thoroughly you express your thoughts, the more likely it is that others will understand your needs and be able to help.

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Talking with your healthcare team

Your healthcare team includes your doctors, nurses, and any other medical professionals helping you treat your relapsing multiple sclerosis (MS). They will be able to address most of your questions about treatment with LEMTRADA, the infusion process, and monthly monitoring.

Take a few moments to look over these conversation starters, and write any additional questions you want to ask your healthcare team. It is important to talk with your healthcare team early on because these discussions may help when speaking with family, friends, and coworkers in the future.

**QUESTIONS FOR YOUR HEALTHCARE TEAM**

- How should I expect to feel during and immediately after my days of infusion?
- Should I plan to take additional days off work after my infusion?
- What if I start to feel discomfort while the infusion is in progress?
- Are there any foods I should avoid after my days of infusion?
- How can I prepare for my days in the infusion center?

**Tips and considerations**

- Take note of any questions you may have to discuss with your healthcare provider.
- It is important to be open and honest with your healthcare team to help get the information you need. Don’t be embarrassed or hesitant to talk about personal matters related to your health. Your team is there to help.

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What I need to do before treatment:

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What I need to do after treatment:

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Sharing with your loved ones

Set aside some time to talk with your care team (family and friends) about your treatment and plans for the road ahead. The conversation starters below can be used as a guide to address some of the topics that may come up.

TOPICS TO DISCUSS

I may be fatigued and not feeling like myself on my days of treatment. I may need to rely on you a little more for things that I usually do myself, such as... (driving, child care, household chores, food preparation, etc.)

It would be helpful if somebody could remind me every month about going to my monitoring appointments. May I count on you for that?

Now that I’ve told you about my upcoming treatment, let’s talk about how you feel about this.

Tips and considerations

- Discuss with family and friends what you may need help with during treatment: cooking, child care, chores, driving duties, pet walking, etc.
- Use the contacts list found within your My Story binder to help organize a schedule of who can help you with certain tasks and when they are available

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How my normal, daily routine may change during my treatment days:

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Loved ones to discuss my treatment with:

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Informing your coworkers

Depending on your personal situation, it may be important to discuss your upcoming treatment with your employer or supervisor. The amount of information you wish to share with them is up to you. Here are some discussion points to help guide the conversations.

**TOPICS TO DISCUSS**

- I need to take some days off for a medical treatment, and during those days I won’t be available for my job-related duties.
- You should know that after treatment, I will need to go for a monitoring appointment once a month. However, there are various options that can help monitoring fit into my schedule.
- Perhaps we should discuss who will be taking over my duties while I’m out and how I can help prepare them.

**Tips and considerations**

- It may help to give your employer time to have someone ready to cover for you during your absence
- It’s a personal decision whether or not to discuss your treatment with coworkers. Only you know what information you want to communicate and with whom

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These are the dates of my treatment:

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Number of sick days and vacation days I have available to use:

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IMPORTANT SAFETY INFORMATION

LEMTRADA can cause serious side effects including:

**Serious autoimmune problems:** Some people receiving LEMTRADA develop a condition where the immune cells in your body attack other cells or organs in the body (autoimmunity), which can be serious and may cause death. Serious autoimmune problems may include:

- Immune thrombocytopenia, which is when reduced platelet counts in your blood cause severe bleeding that, if not treated, may cause life-threatening problems. Call your healthcare provider right away if you have any of the following symptoms: easy bruising; bleeding from a cut that is hard to stop; heavier menstrual periods than normal; bleeding from your gums or nose that is new or takes longer than usual to stop; small, scattered spots on your skin that are red, pink, or purple

- Kidney problems called anti-glomerular basement membrane disease, which can, if untreated, lead to severe kidney damage, kidney failure that needs dialysis, a kidney transplant, or death. Call your healthcare provider right away if you have any of the following symptoms: blood in the urine (red or tea-colored urine); swelling of legs or feet; coughing up blood

It is important for you to have blood and urine tests before you receive, while you are receiving and every month, for 4 years or longer, after you receive your last LEMTRADA infusion.

**Serious infusion reactions:** LEMTRADA can cause serious infusion reactions that may cause death. Serious infusion reactions may happen while you receive, or up to 24 hours or longer after you receive LEMTRADA.

- You will receive your infusion at a healthcare facility with equipment and staff trained to manage infusion reactions, including serious allergic reactions, and urgent heart or breathing problems. You will be watched while you receive, and for 2 hours or longer after you receive, LEMTRADA. If a serious infusion reaction happens while you are receiving LEMTRADA, your infusion may be stopped.

Tell your healthcare provider right away if you have any of the following symptoms of a serious infusion reaction during the infusion, and after you have left the healthcare facility:

- swelling in your mouth or throat
- trouble breathing
- weakness
- fast, slow, or irregular heartbeat
- chest pain
- rash

To lower your chances of getting a serious infusion reaction, your healthcare provider will give you a medicine called corticosteroids before your first 3 infusions of a treatment course. You may also be given other medicines before or after the infusion to try to reduce your chances of having these reactions or to treat them after they happen.
Certain cancers: Receiving LEMTRADA may increase your chance of getting some kinds of cancers, including thyroid cancer, skin cancer (melanoma), and blood cancers called lymphoproliferative disorders and lymphoma. Call your healthcare provider if you have the following symptoms that may be a sign of thyroid cancer:

- new lump
- swelling in your neck
- pain in front of neck
- hoarseness or other voice changes that do not go away

Have your skin checked before you start receiving LEMTRADA and each year while you are receiving treatment to monitor for symptoms of skin cancer.

Because of risks of autoimmunity, infusion reactions, and some kinds of cancers, LEMTRADA is only available through a restricted program called the LEMTRADA Risk Evaluation and Mitigation Strategy (REMS) Program.

Do not receive LEMTRADA if you are infected with human immunodeficiency virus (HIV).

Thyroid problems: Some patients taking LEMTRADA may get an overactive thyroid (hyperthyroidism) or an underactive thyroid (hypothyroidism). Call your healthcare provider if you have any of these symptoms:

- excessive sweating
- unexplained weight loss
- eye swelling
- nervousness
- fast heartbeat
- trouble swallowing or breathing
- cough that is not caused by a cold

Low blood counts (cytopenias): LEMTRADA may cause a decrease in some types of blood cells. Some people with these low blood counts have increased infections. Call your doctor right away if you have symptoms of cytopenias such as:

- weakness
- chest pain
- yellowing of the skin or whites of the eyes (jaundice)
- dark urine
- fast heartbeat

Please see Important Safety Information on pages 6-7 and full Prescribing Information / Medication Guide, including serious side effects.
IMPORTANT SAFETY INFORMATION (continued)

**Serious infections:** LEMTRADA may cause you to have a serious infection while you receive and after receiving a course of treatment. Serious infections may include:

- **Herpes viral infections.** Some people taking LEMTRADA have an increased chance of getting herpes viral infections. Take any medicines as prescribed by your healthcare provider to reduce your chances of getting these infections.

- **Tuberculosis.** Your healthcare provider should check you for tuberculosis before you receive LEMTRADA.

- **Hepatitis.** People who are at high risk of, or are carriers of, hepatitis B (HBV) or hepatitis C (HCV) may be at risk of irreversible liver damage.

- **Listeria.** People who receive LEMTRADA have an increased chance of getting a bacterial infection called listeria, which can lead to significant complications or death. Avoid foods that may be a source of listeria or make sure foods that may contain listeria are heated well.

These are not all the possible infections that could happen while on LEMTRADA. Call your healthcare provider right away if you have symptoms of a serious infection such as fever or swollen glands. Talk to your healthcare provider before you get vaccinations after receiving LEMTRADA. Certain vaccinations may increase your chances of getting infections.

**Inflammation of the gallbladder without gallstones (acalculous cholecystitis):** LEMTRADA may increase your chance of getting inflammation of the gallbladder without gallstones, a serious medical condition that can be life-threatening. Call your healthcare provider right away if you have any of the following symptoms:

- stomach pain or discomfort
- fever
- nausea or vomiting

**Swelling of lung tissue (pneumonitis):** Some people have had swelling of the lung tissue while receiving LEMTRADA. Call your healthcare provider right away if you have the following symptoms:

- shortness of breath
- cough
- wheezing
- chest pain or tightness
- coughing up blood
Before receiving LEMTRADA, tell your healthcare provider if you:

- are taking a medicine called Campath® (alemtuzumab)
- have bleeding, thyroid, or kidney problems
- have HIV
- have a recent history of infection
- have received a live vaccine in the past 6 weeks before receiving LEMTRADA or plan to receive any live vaccines. Ask your healthcare provider if you are not sure if your vaccine is a live vaccine
- are pregnant or plan to become pregnant. LEMTRADA may harm your unborn baby. You should use birth control while receiving LEMTRADA and for 4 months after your course of treatment
- are breastfeeding or plan to breastfeed. You and your healthcare provider should decide if you should receive LEMTRADA or breastfeed. You should not do both.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. LEMTRADA and other medicines may affect each other, causing side effects. Especially tell your healthcare provider if you take medicines that increase your chance of getting infections, including medicines used to treat cancer or to control your immune system.

The most common side effects of LEMTRADA include:

- rash
- headache
- thyroid problems
- fever
- swelling of your nose and throat
- nausea
- urinary tract infection
- feeling tired
- trouble sleeping
- upper respiratory infection
- herpes viral infection
- hives
- itching
- fungal infection
- joint pain
- pain in your arms or legs
- back pain
- diarrhea
- sinus infection
- mouth pain or sore throat
- tingling sensation
- dizziness
- stomach pain
- sudden redness in face, neck, or chest
- vomiting

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of LEMTRADA.

You are encouraged to report side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please see the full Prescribing Information, including serious side effects and Medication Guide, for additional Important Safety Information.
Prepare for treatment by talking about it

Having open conversations is the first step toward preparing for your treatment with LEMTRADA. If you have additional questions about LEMTRADA, you can call your healthcare provider or your MS One to One® Nurse.

INDICATION

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For answers 24/7, contact MS One to One at 1-855-676-6326*

*As a member of MS One to One, you’ll have access to an on-duty Nurse 24/7. Regular MS One to One call center hours are Mon-Fri, 8:30 am-8:00 pm ET.

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