

CSU



# Getting started on DUPIXENT<sup>®</sup> (dupilumab injection)

*A guide for adults and children 12 years of age and older with chronic spontaneous urticaria (CSU) that is not well controlled with allergy medicines called H1 antihistamines, and who have been prescribed DUPIXENT<sup>®</sup>*

To learn more  
about DUPIXENT<sup>®</sup>,  
visit [Dupixent.ca](http://Dupixent.ca)

**DUPIXENT<sup>®</sup>**   
(dupilumab) Injection

Brought to  
you by the

**freedom**   
\*Support Program



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## ABOUT DUPIXENT®



DUPIXENT® is an injectable medicine used to treat adults and children 12 years of age and older with CSU that is not well controlled with allergy medicines called H1 antihistamines.

DUPIXENT® is available as a pre-filled syringe with needle shield (200 and 300 mg) and as a pre-filled pen (200 and 300 mg).



|  
or  
|



It is not known if DUPIXENT® is safe and effective in children with CSU who are below the age of 12 years.

In the next few pages, you will find important information about DUPIXENT®, advice on how to get started and some tips to help you remember to take your medication as prescribed.

We also have some information about the Freedom Support Program for people prescribed DUPIXENT®, on page 20 of this brochure.

## What is chronic spontaneous urticaria (CSU)?

CSU, also known as chronic hives, is a skin reaction that causes itchy hives and swelling. Symptoms of CSU can last for more than 6 weeks and can come back often and anytime, sometimes over months or years.

## What causes CSU?

CSU signs and symptoms that include welts from hives may happen when the immune system is out of balance. This could lead to inflammation that contributes to spontaneous flare-ups that are not related to an allergy or obvious trigger.

Many things can trigger the skin reaction, including:

- Heat or cold
- Sunlight
- Vibration, which can be caused by jogging or using lawn mowers
- Pressure on the skin, such as from a tight waistband
- Certain medical conditions like thyroid disease, infection, allergy or cancer

## What are some of the symptoms of CSU?



### Hives

Hives are batches of welts that can appear anywhere on the body. These welts can vary in size, change shape, and repeatedly appear and fade.

Welts can appear red, purple or skin-coloured, depending on your skin tone.



### Itch

Itchiness from CSU can be intense.



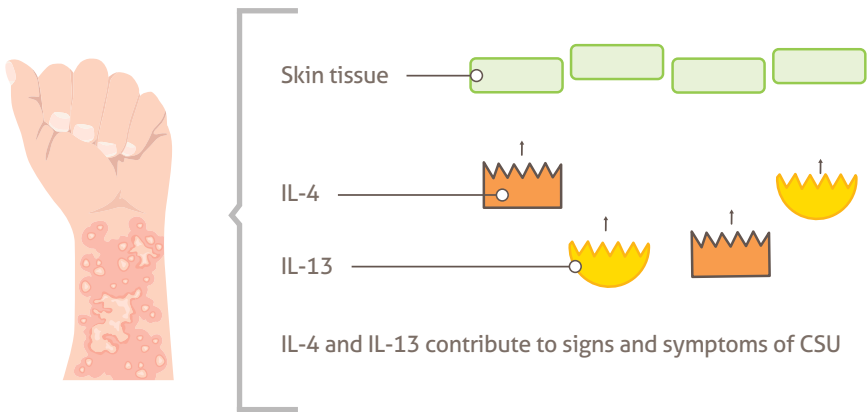
### Swelling

Swelling can occur around the eyes, cheeks or lips.

CSU flares can be caused by heat, exercise or stress.

## HOW DOES DUPIXENT® WORK? >

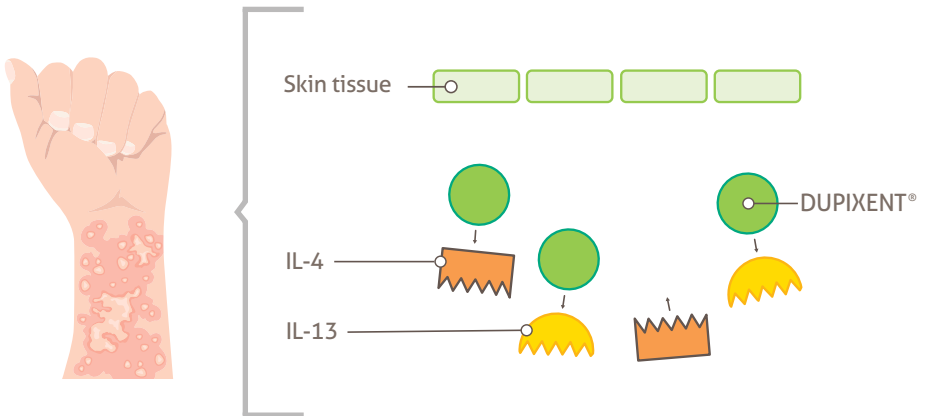
Interleukin 4 (IL-4) and interleukin 13 (IL-13) are inflammatory proteins in the body that contribute to signs and symptoms of CSU.



In addition to this booklet, there are other resources that will help you understand your treatment with DUPIXENT®. To see these resources, please visit [Dupixent.ca](https://www.dupixent.ca).

DUPIXENT® contains the active substance dupilumab. Dupilumab is a monoclonal antibody (a type of specialized protein) that blocks the action of inflammatory proteins called IL-4 and IL-13, which contribute to signs and symptoms of CSU.

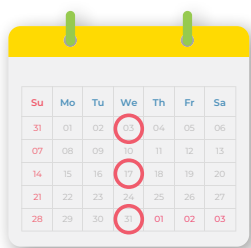
DUPIXENT® for CSU can improve the condition of your skin by reducing itch and hives.



## PREPARING FOR YOUR FIRST INJECTION >

DUPIXENT® is given by a subcutaneous injection that can be administered by you or somebody else, such as a caregiver. “Subcutaneous injection” means it is an injection under the skin.

### DUPIXENT® dosing for adults and children (12 years of age and older) with CSU



The recommended dose of DUPIXENT® for adults is 600 mg (two 300 mg shots) to start, then 300 mg given every 2 weeks.

For children (12–17 years of age), the recommended dose of DUPIXENT® is based on body weight:

- **30 to less than 60 kg:** 400 mg (two 200 mg shots) to start, then 200 mg given every 2 weeks
- **60 kg or more:** 600 mg (two 300 mg shots) to start, then 300 mg given every 2 weeks

Do not stop taking DUPIXENT® without speaking to your healthcare provider.

Refer to the Patient Medication Information leaflet for complete instructions regarding dosing and administration.

It is important to take DUPIXENT® exactly as directed by your doctor and not to miss any doses. There is a list of tips designed to help you remember to take your medication as prescribed on page 13 of this brochure.

# ADMINISTERING DUPIXENT®



Before you use the pre-filled pen or syringe for the first time, the Freedom Support Program or your healthcare provider will demonstrate how to inject DUPIXENT®. Do not try to inject DUPIXENT® until you or your caregiver have been shown the correct way.

Listed below are the helpful resources available to help you learn how to administer DUPIXENT® injections.



## Injection training

A dedicated Freedom Support Program case manager will reach out to you to schedule your injection training with a healthcare provider.



## Patient Medication Information leaflet

Complete instructions are available in the "Instructions for Use" section of the Patient Medication Information leaflet in your DUPIXENT® packaging.



## Dupixent.ca

Injection training videos, Patient Medication Information leaflet, and administration steps are also available for your reference on **Dupixent.ca**.

## Injection training videos



Scan the QR codes below to watch a short video on how to administer DUPIXENT®.

### DUPIXENT® pre-filled pen:

For patients

For caregivers



### DUPIXENT® pre-filled syringe with needle shield:

For patients

For caregivers



## PROPER STORAGE OF DUPIXENT®



Store in a refrigerator (2–8°C).



Keep the pre-filled pen or syringe in the outer carton in order to protect from freezing, light and extreme heat.



Keep out of reach and sight of children.



Do not use this medicine after the expiry date, which is stated on the label and carton.



Do not use this medicine if the solution is discoloured or cloudy, or if it contains visible flakes or particles.

### What if I leave DUPIXENT® out of the refrigerator?

If necessary, pre-filled pens or syringes may be kept at room temperature up to 25°C for a maximum of 14 days. **Do not store above 25°C.** After removal from the refrigerator, DUPIXENT® must be used within 14 days or discarded.

Keep DUPIXENT® away from:

- Direct heat and light
- Extreme heat

## HOW TO THROW OUT YOUR SUPPLIES >

### Use the right container



Throw away your used DUPIXENT® pre-filled pen or syringe in a container that cannot be punctured by sharp objects. **Never put them in your household trash.**

Always keep the container out of the reach of children. Ask your healthcare provider or pharmacist how to throw away the container. Do not recycle the container.

### A puncture-resistant container is one that:

- Is made of heavy-duty plastic
- Has a tight-fitting lid that is also puncture resistant (without sharps being able to come out)
- Can stay upright during use
- Is leak resistant
- Is properly labelled as hazardous waste

Ask your healthcare provider about provincial or local regulations regarding the proper way to dispose of your puncture-resistant container.

**Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.**



## HELPING YOU WITH YOUR INJECTION SCHEDULE >

### Take DUPIXENT® as prescribed

It is important to take DUPIXENT® exactly as directed by your doctor and not to miss any doses. The following is a list of tips designed to help you remember to take your medication as prescribed.

### Use technology



You can set up alerts on your smartphone to remind you to:

- Take your injections
- Order and pick up injection refills

### Choose a memorable day



Take DUPIXENT® on a day of the week when you already have another regular activity, such as a regularly scheduled class or recycling day.

### Choose a day that is less affected by changes to your routine

For example, Mondays and Fridays may not be ideal because they can be disrupted by holidays.

**Remember to follow your injection schedule and plan ahead!**

## WHAT IF I MISS A DOSE? >

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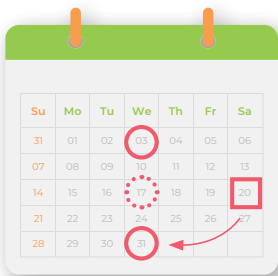
If it is within 7 days of the missed dose, administer the DUPIXENT® injection, then resume your original schedule

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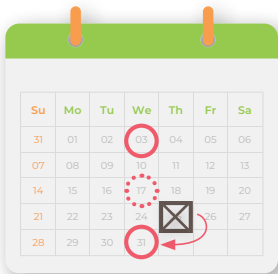
If it has been more than 7 days from the missed dose, administer the DUPIXENT® injection at the next scheduled dose

### Example of a missed dose

Your DUPIXENT® injection is scheduled every 2 weeks following your first dose.



**Scenario 1:** If you normally inject on Wednesdays but only remember on the Saturday of that week, you would inject DUPIXENT® on that Saturday and then again on your next regularly scheduled day on Wednesday.



**Scenario 2:** If you normally inject on Wednesdays but you only remember your missed injection on the following Thursday (a week plus a day later), wait until your next scheduled injection on the subsequent Wednesday.





## What to remember

It is important to keep your treatment in mind when you are planning your trip so that you continue to take DUPIXENT® exactly as directed by your doctor.

## General tips

- Make sure you have enough DUPIXENT® to last your entire trip. Take an extra prescription for DUPIXENT® in case you lose your medication or it becomes damaged.
- Make sure your injection schedule is marked on your calendar or programmed into your smartphone prior to your trip so you can take your DUPIXENT® on time
- Pack an adequate supply of alcohol wipes, cotton gauze, and a puncture-resistant container

## If you are travelling by plane

- Before travelling with your medication, check with your airline about the carry-on policy regarding medications
- Because DUPIXENT® requires storage in a refrigerator (2–8°C), ensure you have access to refrigeration during your trip and on your flight. You will also need to arrange insulated cold pack storage, as needed.
- Let your airline know you will need to keep your medication refrigerated before, during, and after your flights
- You will need to keep your DUPIXENT® between 2–8°C prior to putting it in a refrigerator on the airplane (for example, getting to the airport, waiting to board the flight). Use an insulated storage pack with cold packs to keep your DUPIXENT® at 2–8°C prior to refrigeration.
- Consider bringing a thermometer so you can verify the temperature is kept at 2–8°C
- Store your DUPIXENT® away from the freezer section and avoid contact with ice

- Keep in mind that DUPIXENT® can be stored at room temperature (25°C) for a single maximum period of 14 days. If you do not use it within 14 days, you must discard it.
- Pack your DUPIXENT® in your carry-on baggage to avoid possible loss in the event your checked baggage gets lost or damaged. Liquid prescription medications are exempt from the onboard liquid restrictions in Canada, but you will still need to declare them during security screening.
- Keep your DUPIXENT® in its original packaging with its pharmacy label and your name. This can help airport security verify the product as your prescription medication and its requirement for refrigerated storage. It will also protect it from light.
- Alcohol wipes may be easier to transport than rubbing alcohol, since you will need to declare rubbing alcohol at airport security
- Do not put your medication through the x-ray machine or body scanner. Ask for a visual/manual inspection before the screening process.

### For any trip, remember to store DUPIXENT® properly

Because DUPIXENT® requires storage in a refrigerator (2–8°C), you need to have access to refrigeration during your travels. If you have any questions about how to store DUPIXENT® properly while you travel, reach out to your dedicated case manager.



Use a cooler bag with gel packs to store your DUPIXENT® while travelling – remember to put the gel packs in the freezer for 6–8 hours before use.

Please read the full Prescribing Information. If you have additional questions, be sure to discuss them with your doctor or pharmacist.

## IMPORTANT INFORMATION ABOUT DUPIXENT®



### Who should NOT use DUPIXENT®?

Do not use DUPIXENT® if you are allergic to dupilumab or any of the ingredients in DUPIXENT®.

DUPIXENT® can potentially cause serious side effects, including generalized allergic (hypersensitivity) reactions and anaphylactic reaction. Check for signs or symptoms of these conditions (i.e., breathing problems, swelling of the face, lips, mouth, throat or tongue, fainting, dizziness, feeling lightheaded (low blood pressure), fever, general ill feeling, swollen lymph nodes, hives, itching, joint pain, skin rash) while you are taking DUPIXENT®.

Stop taking DUPIXENT® and tell your healthcare provider or seek medical help immediately if you experience any signs or symptoms of an allergic reaction.

### What should I tell my doctor before taking DUPIXENT®?

To help avoid side effects and ensure proper use, talk to your healthcare provider before you take DUPIXENT®. Talk about any health conditions or problems you may have, including if you:

- Have a parasitic infection (intestinal parasites). If you already have a parasitic infection, it should be treated before you start treatment with DUPIXENT®. If you live in a region where these infections are common or if you are travelling to such a region, check with your doctor.
- Are pregnant or plan to become pregnant. It is not known if DUPIXENT® will harm your unborn baby. Tell your healthcare provider if you become pregnant while taking DUPIXENT®.
- Are breastfeeding or plan to breastfeed. You and your healthcare provider should decide if you will take DUPIXENT® or breastfeed. You should not do both without talking to your healthcare provider first.
- Have other allergic conditions such as asthma and are taking asthma medicines
- Are scheduled to receive a vaccination
- Have eye problems (e.g., itching, redness)

You should also tell your doctor about all the medicines you take, including any drugs, vitamins, minerals, natural supplements or alternative medicines.

## What are the possible side effects of DUPIXENT®?

DUPIXENT® may cause allergic reactions. Stop taking DUPIXENT® and seek medical help immediately if you notice any signs or symptoms of an allergic reaction, such as:

- Breathing problems
- Swelling of the face, lips, mouth, throat or tongue (angioedema)
- Fever
- Feeling ill
- Swollen lymph nodes
- Hives
- Itching
- Skin rash
- Skin or eyelid itching
- Joint pain
- Fainting, dizziness, feeling lightheaded (low blood pressure)

DUPIXENT® may cause eye problems, including eye pain or change in vision. Tell your healthcare provider if you have any new or worsening eye problems.

The most common side effects of DUPIXENT® include:

- Injection-site reactions
- Eye and eyelid inflammation, including redness, swelling, itching, and/or dryness, sometimes with blurred vision
- Eye infections
- Cold sores in your mouth or on your lips (oral herpes)
- Extra high amount of a certain white blood cell (eosinophilia)
- Trouble sleeping (insomnia)
- Gastritis
- Joint pain (arthralgia)
- Headache
- Facial rash or redness
- Parasitic helminth infections

These are not all the possible side effects you may experience when taking DUPIXENT®. If you have a troublesome symptom or a side effect that is not listed here, talk to your healthcare provider.



**Inform your healthcare provider that you are taking DUPIXENT® if you recently received a vaccine or if you are about to receive a vaccine. DUPIXENT® should not be used at the same time with certain types of vaccines.**

WE ARE YOUR CARE COMPANION >



## How we care for you

As a Freedom Support Program member, you have access to a dedicated case manager who is your care companion and a DUPIXENT® expert. They will guide you through your treatment journey with DUPIXENT® and are always just a phone call away.



## The Freedom Support Program:

*A program defined by the service we provide*



**P**ERSONALIZED  
support

**S**PECIALIZED  
care

**P**ASSIONATE  
team

**DUPIXENT**<sup>®</sup>  
(dupilumab) Injection

## OUR SUPPORT SERVICES >

### Our support services show our commitment to you

We offer many support services that include:



#### **A dedicated team**

A team of experts working with a case manager to support you.



#### **Cost coverage support**

An expert in insurance reimbursement will explore options with you to help with the cost of the medication.



#### **Injection training and support**

At a time and place that works for you.



#### **Information and education**

Treatment and disease information for you and your family.



# WHAT TO EXPECT WITH THE FREEDOM SUPPORT PROGRAM >



1

## Prescription

You are prescribed DUPIXENT®.



2

## Enrolment

Your doctor enrolls you into the Freedom Support Program.



3

## Welcome email

You will receive information about the disease and treatment once your file is received.



4

## Welcome call

Within 24 hours of enrolment, you will receive a welcome call where you will be introduced to your dedicated case manager, begin discussing your relevant medical history and start exploring your coverage. You will receive an offer of ongoing support, including medication review and what to expect at your injection training.



5

### **Cost coverage support**

An expert in insurance reimbursement will be supporting your case manager, and they will work as your team to explore options with you to help with the cost of the medication.



6

### **Injection training**

Your case manager will help identify an injection training location that works for you. Once the training is finished, your case manager will call before your first self-injection to make sure you are ready and answer any questions you may have.



7

### **Treatment management support**

Your team will provide you with ongoing disease and treatment education and help with your ongoing coverage renewals.



## INJECTION TIPS >

If you find needle injections stressful, there are tips and methods that you can consider before and during the injection.



### Tip #1: Have a talk

Before the injection, talk to your doctor about why DUPIXENT® was prescribed and what to expect during the injection.



### Tip #2: Consider topical numbing agents

Various topical numbing creams/gels are available over the counter at the pharmacy. It is recommended to apply them 30–60 minutes before an injection.

Talk to your doctor or pharmacist about whether this is an appropriate option.



### Tip #3: Sit in an upright position

Sitting up straight with good posture can help with feeling more in control during the injection.

**Tear out this page and bring it to the next injection appointment**



### Tip #4: Take a deep breath

Deep breathing helps you feel relaxed and keeps your mind distracted.



### Tip #5: Distraction

Distraction techniques can redirect attention away from the injection.

It is theorized that distraction may reduce activity in parts of the brain associated with pain.

There are many distraction techniques you can use, like watching videos, listening to music, and even having a conversation.

#### Videos



Turn on your favourite show

#### Music



Listen to your favourite tunes

#### Talking



Make conversation with those around you







# QUESTIONS?

The Freedom Support Program is here to answer any questions you might have about treatment with DUPIXENT® and the support services we offer.

We are just a phone call away!



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