

As you start DUPIXENT for your uncontrolled chronic rhinosinusitis with nasal polyposis (CRSwNP), pay attention to your symptoms to see if you notice any changes you can share with your healthcare provider.

When you stay committed to treatment and take note of your symptoms over time, you may see how DUPIXENT can work for you. In as little as 4 weeks, when added to other nasal polyps medicines, DUPIXENT was clinically proven to significantly reduce nasal congestion and shrink nasal polyps.

DU MORE WITH LESS NASAL POLYPS

If I had better control of my chronic rhinosinusitis with nasal polyposis, I would be excited to...

Write your goal below, or take notes in a separate journal or notebook.

CHARTING YOUR SYMPTOMS

Each week, complete each of the charts below by shading in any change you may have noticed **since starting DUPIXENT**. See the example chart below for reference. Consider making this worksheet a part of your routine by completing it on the same day each week and keeping it in a visible place as a reminder.



NASAL CONGESTION

HAVE YOU NOTICED ANY CHANGE COMPARED TO WHEN YOU STARTED DUPIXENT?

	No Improvement	Slight Improvement	Moderate Improvement	Substantial Improvement
Week of _____				
Week of _____				
Week of _____				
Week of _____				
Week of _____				
Week of _____				

INDICATION

DUPIXENT is a prescription medicine used with other medicines for the maintenance treatment of chronic rhinosinusitis with nasal polyposis (CRSwNP) in adults whose disease is not controlled. It is not known if DUPIXENT is safe and effective in children with chronic rhinosinusitis with nasal polyposis under 18 years of age.

IMPORTANT SAFETY INFORMATION

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

Please see additional Important Safety Information for DUPIXENT on next page.

Please see accompanying full [Prescribing Information](#) and [Patient Information](#).

ABILITY TO SMELL

HAVE YOU NOTICED ANY CHANGE COMPARED TO WHEN YOU STARTED DUPIXENT?

	No Improvement	Slight Improvement	Moderate Improvement	Substantial Improvement
Week of _____				
Week of _____				
Week of _____				
Week of _____				
Week of _____				
Week of _____				

Staying committed to treatment may help you DU MORE of what makes you who you are.

Bring this page with you to your next appointment with your healthcare provider to help you have a more informed conversation.

IMPORTANT SAFETY INFORMATION (cont'd)

Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:

- have eye problems.
- have a parasitic (helminth) infection.

Please see additional Important Safety Information for DUPIXENT on next page.
 Please see accompanying full [Prescribing Information](#) and [Patient Information](#).

IMPORTANT SAFETY INFORMATION (cont'd)

- are scheduled to receive any vaccinations. You should not receive a “live vaccine” if you are treated with DUPIXENT.
- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.
 - There is a pregnancy exposure registry for women who take DUPIXENT during pregnancy to collect information about the health of you and your baby. Your healthcare provider can enroll you or you may enroll yourself. To get more information about the registry call 1-877-311-8972 or go to <https://mothertobaby.org/ongoing-study/dupixent/>.
- are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins and herbal supplements.

Especially tell your healthcare provider if you are taking oral, topical, or inhaled corticosteroid medicines or if you have CRSwNP and asthma and use an asthma medicine. **Do not** change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

DUPIXENT can cause serious side effects, including:

- **Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis.** Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.
- **Eye problems.** Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.
- **Inflammation of your blood vessels.** Rarely, this can happen in people with asthma who receive DUPIXENT. This may happen in people who also take a steroid medicine by mouth that is being stopped or the dose is being lowered. It is not known whether this is caused by DUPIXENT. Tell your healthcare provider right away if you have: rash, shortness of breath, persistent fever, chest pain, or a feeling of pins and needles or numbness of your arms or legs.

The most common side effects in patients with chronic rhinosinusitis with nasal polyposis include injection site reactions, eye and eyelid inflammation, including redness, swelling, and itching, high count of a certain white blood cell (eosinophilia), trouble sleeping (insomnia), toothache, gastritis and joint pain (arthralgia).

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 DUPIXENT. Call your doctor for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Use DUPIXENT exactly as prescribed. Your healthcare provider will tell you how much DUPIXENT to inject and how often to inject it. DUPIXENT is an injection given under the skin (subcutaneous injection). If your healthcare provider decides that you or a caregiver can give DUPIXENT injections, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. Do not try to inject DUPIXENT until you have been shown the right way by your healthcare provider.

Please see accompanying full [Prescribing Information](#) including [Patient Information](#).