

# YOUR GUIDE TO TRACKING YOUR DUPIXENT TREATMENT JOURNEY

**DUPIXENT is the first biologic treatment approved by the FDA to treat adults and children 1 year of age and older, who weigh at least 33 pounds (15 kg), with eosinophilic esophagitis (EoE).** DUPIXENT was proven to help reduce difficulty swallowing.\* DUPIXENT is a weekly injectable treatment given under the skin (subcutaneous injection).

After you start taking DUPIXENT for your EoE, **use this guide to keep track of your symptoms.** If you're a caregiver of a teen (aged 12-17 years) with EoE, use this tool to learn more about EoE and track symptoms together. You may share responses and any additional questions with your or your teen's healthcare provider.

\*Based on a clinical trial with 240 adult and pediatric patients (12+ years) weighing at least 88 lb with EoE at week 24.

## HOW TO USE THIS GUIDE

Follow these steps to get the most out of this guide:

1. Explore more about DUPIXENT and EoE
2. Review treatment reminders for your DUPIXENT journey
3. Learn how to track your symptoms
4. Track your symptoms
5. Fill out your DUPIXENT injection tracker
6. Reflect on your results

### Symptom Tracking Tips

- Put this symptom tracker guide somewhere that is visible and easy to access
- Ask a loved one to help you remember to track your symptoms
- Scan this code to download weekly calendar reminders



## 1 EXPLORE HOW DUPIXENT TREATS EoE



### EoE IS CAUSED BY INFLAMMATION

Inflammation is a type of physical response in the body. The immune system of a person with EoE creates more inflammation than normal in the esophagus, contributing to symptoms like difficulty swallowing, feeling of food getting stuck, or choking.



### DUPIXENT TARGETS A SOURCE OF INFLAMMATION

It is a biologic treatment that targets an underlying source of Type 2 inflammation, which is a cause of EoE. DUPIXENT is the first FDA-approved treatment of its kind for EoE.

## INDICATION

DUPIXENT is a prescription medicine used to treat adults and children 1 year of age and older with eosinophilic esophagitis (EoE), who weigh at least 33 pounds (15 kg). It is not known if DUPIXENT is safe and effective in children with EoE under 1 year of age, or who weigh less than 33 pounds (15 kg).

## IMPORTANT SAFETY INFORMATION

**Do not use** if you are allergic to dupilumab or to any of the ingredients in DUPIXENT<sup>®</sup>.

**Please see additional Important Safety Information for DUPIXENT throughout.**  
**Please see accompanying full Prescribing Information including Patient Information.**



## 2 REVIEW TREATMENT REMINDERS FOR YOUR DUPIXENT JOURNEY

Keeping the following things in mind throughout your DUPIXENT journey may help you stick to your treatment plan. Remember, your healthcare provider is the best source of information for questions about your health.



**Stick to your treatment plan exactly as prescribed by your doctor.** Contact your healthcare provider if you miss a dose, as missing doses could affect your results.



**Commit to tracking symptoms.** Monitoring your progress once per week may help you and your doctor notice any changes.



**Remember that improvement may take time.** It's important to follow your doctor's guidance before making any changes to your diet or symptom management plan.

## 3 LEARN HOW TO TRACK YOUR SYMPTOMS

**Consider tracking your or your loved one's progress weekly after starting DUPIXENT.** Please remember that individual results may vary.

On the same day as your weekly injection, reflect on your symptoms from the previous 7 days. Mark the charts on the next page to **monitor and compare any changes you may have noticed.** The symptom severity scale in each chart ranges from "1," representing no symptoms, to "5," representing very severe symptoms. **Check out the chart below for an example.** If you run out of space, print out another copy of this tracker.

Symptom Severity	Week of 06/03	Week of 06/10	Week of 06/17	Week of 06/24	Week of 07/01	Week of 07/08	Week of 07/15	Week of 07/22	Week of 07/29	Week of 08/05	Week of 08/12	Week of 08/19
5	x	x	x									
4				x								
3					x	x						
2							x	x	x	x		
1											x	x

(1=no symptoms, 5=very severe symptoms)

## IMPORTANT SAFETY INFORMATION (cont'd)

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

- have a parasitic (helminth) infection.
- are scheduled to receive any vaccinations. You should not receive a "live vaccine" right before and during treatment with DUPIXENT.
- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.
  - A pregnancy registry for women who take DUPIXENT during pregnancy collects information about the health of you and your baby.

**Please see additional Important Safety Information for DUPIXENT throughout.**

**Please see accompanying full Prescribing Information including Patient Information.**

## 4 TRACK YOUR SYMPTOMS

### DIFFICULTY SWALLOWING

Mark the box that best describes your level of **difficulty swallowing**:

Symptom Severity	Week of _____	Week of _____	Week of _____	Week of _____	Week of _____	Week of _____	Week of _____	Week of _____	Week of _____	Week of _____	Week of _____	Week of _____
5												
4												
3												
2												
1												

*(1=no symptoms, 5=very severe symptoms)*

### PAIN WHEN SWALLOWING

Mark the box that best describes your level of **pain when swallowing**:

5												
4												
3												
2												
1												

*(1=no symptoms, 5=very severe symptoms)*

## 5 FILL OUT YOUR DUPIXENT INJECTION TRACKER

As you monitor your symptoms over time, you may also find it helpful to track your weekly dose of DUPIXENT. **Mark the chart below and note the date of each injection to help you stick to your treatment plan.** Remember, you should always make sure to take DUPIXENT exactly as prescribed.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____

### IMPORTANT SAFETY INFORMATION (cont'd)

**Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you (cont'd):**

- are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Please see additional Important Safety Information for DUPIXENT throughout.  
Please see accompanying full Prescribing Information including Patient Information.



## 6 REFLECT ON YOUR RESULTS

How you feel about your results matters. If you've been pleased with your progress, take a moment to celebrate! And remember to discuss your results and treatment with your healthcare provider:

- **DUPIXENT can help treat eosinophilic esophagitis (EoE).** It targets an underlying source of Type 2 inflammation, which is a cause of EoE.
- **Consistency matters** in treatment. Always make sure to take DUPIXENT exactly as prescribed. If you miss a dose, follow the instructions in the Patient Prescribing Information and contact your doctor if you have any questions.
- **Diet is important,** so talk to your healthcare providers before trying different foods. It's normal to want to change your diet, but you should only do so if recommended by your doctor.

Note anything else you'd like to discuss with your doctor:

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### Stay Committed to Sharing Your Journey

**Bring this symptom tracker guide to your next doctor appointment to help talk about your symptoms.** Remember that everyone responds to DUPIXENT differently, so it's important to keep tracking changes in your symptoms over time. This can help you and your doctor understand the progress you may be making.

## IMPORTANT SAFETY INFORMATION (cont'd)

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 EoE and asthma and use an asthma medicine. **Do not** change or stop your other medicines, including corticosteroid medicine or other asthma medicine, without talking to your healthcare provider. This may cause other symptoms that were controlled by those medicines to come back.

**Please see additional Important Safety Information for DUPIXENT throughout.**  
**Please see accompanying full Prescribing Information including Patient Information.**



## IMPORTANT SAFETY INFORMATION (cont'd)

**DUPIXENT can cause serious side effects, including:**

- **Allergic reactions.** **DUPIXENT can cause allergic reactions, including skin reactions, that can sometimes be severe.** Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following signs or symptoms: breathing problems or wheezing, swelling of the face, lips, mouth, tongue or throat, fainting, dizziness, feeling lightheaded, fast pulse, fever, hives, skin rash, including rash that looks like a bullseye or painful red or blue bumps under the skin, general ill feeling, itching, swollen lymph nodes, nausea or vomiting, joint pain, or cramps in your stomach area.
- **Joint aches and pain.** Some people who use DUPIXENT have had trouble walking or moving due to their joint symptoms, and in some cases needed to be hospitalized. Tell your healthcare provider about any new or worsening joint symptoms. Your healthcare provider may stop DUPIXENT if you develop joint symptoms.

**The most common side effects in patients with EoE include** injection site reactions, upper respiratory tract infections, cold sores in your mouth or on your lips, 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](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.

Use DUPIXENT exactly as prescribed by your healthcare provider. It's an injection given under the skin (subcutaneous injection). Your healthcare provider will decide if you or your caregiver can inject DUPIXENT. **Do not** try to prepare and inject DUPIXENT until you or your caregiver have been trained by your healthcare provider. In children 12 years of age and older, it's recommended DUPIXENT be administered by or under supervision of an adult. In children 1 to less than 12 years of age, DUPIXENT should be given by a caregiver.

**Please see accompanying full Prescribing Information including Patient Information.**