

## HAVE MORE PRODUCTIVE CONVERSATIONS ABOUT YOUR CHILD'S EOSINOPHILIC ESOPHAGITIS (EoE)

When your child has a chronic condition like EoE, which can be progressive and damage the esophagus over time, caregiving responsibilities can feel overwhelming.

**This guide is designed to help you and your child organize your thoughts and questions, so you can get the most out of discussions with your child's healthcare provider and can more easily navigate each step of their treatment plan.**

### ENCOURAGE YOUR CHILD TO PARTICIPATE BY:

- **Completing this guide together.** As you answer questions, they can share their perspective, complete a fun activity, and more
- **Talking to them about their condition and medication** when you feel your child is ready
- **Preparing younger children to participate** during appointments using role-play
- **Encouraging older children (12+ years) to lead their own appointments** with your support



When children take part in their own care from a young age, it may help them better understand their condition and treatment goals.

### JUST FOR KIDS!



**Fun Fact:** The esophagus is a long, muscular tube that connects your throat to your stomach. **Can you circle it in this picture?**

### 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 eosinophilic esophagitis 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.

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

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

## GATHER INFORMATION FOR THEIR APPOINTMENT

The questions will help you prepare for your child's upcoming appointment. Complete the questionnaire with your child, then bring it with you to discuss with their EoE specialist.

I first noticed my child's symptoms of eosinophilic esophagitis (EoE) at \_\_\_\_\_ months/years old.

**Check all signs and symptoms that your child has experienced, and circle the most common:**

- |  |   |
|--|---|
| <input type="checkbox"/> Belly ache  | <input type="checkbox"/> Vomiting (threw up)                  |
| <input type="checkbox"/> Heartburn (burning feeling in chest)                  | <input type="checkbox"/> Food refusal (refused to eat a meal) |
| <input type="checkbox"/> Acid reflux (acid coming up from stomach into throat) | <input type="checkbox"/> Trouble swallowing food              |
| <input type="checkbox"/> Regurgitation (food came up from stomach into mouth)  | <input type="checkbox"/> Food stuck in throat                 |

**They experience symptoms:**

- A few times a year    Monthly    Weekly    Daily    Other (eg, "Twice a week"): \_\_\_\_\_

**How often does your child avoid food because they're afraid of experiencing EoE symptoms?**

- A few times a year    Monthly    Weekly    Daily    Other (eg, "Twice a week"): \_\_\_\_\_

**Which of these strategies have you tried in the past year?**

(Check all that apply)

- |   |  |
|---|--|
| <input type="checkbox"/> Modifying foods (eg, putting ingredients in the blender or cutting up food into very small pieces) | <input type="checkbox"/> Avoiding certain foods/changing my child's diet |
| <input type="checkbox"/> Adding sauces to foods   | <input type="checkbox"/> Taking a proton pump inhibitor (PPI)            |
| <input type="checkbox"/> Eating slowly  | <input type="checkbox"/> Taking a swallowed topical corticosteroid (TCS) |
| <input type="checkbox"/> Drinking a lot of liquid   |  |
| <input type="checkbox"/> Other: _____   |  |

## 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.

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

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



My child's eosinophilic esophagitis (EoE) affects our family by \_\_\_\_\_

My goals for the management of my child's EoE are \_\_\_\_\_

My child and I would like to share the following with their healthcare provider: \_\_\_\_\_

## GET THE MOST OUT OF DISCUSSIONS WITH THEIR HEALTHCARE PROVIDER

Don't be afraid to speak up during your child's appointment. After all, you and their healthcare provider are a team, working together to find a plan for your child's EoE. **Encourage your child to share** what it's like living with EoE.

Start the conversation with questions, including:

- Will my child grow out of EoE?
- Is there anything else we need to know to treat my child's EoE symptoms?
- How is DUPIXENT different from the other strategies and medical treatments we've tried?
- What has been your experience treating children with DUPIXENT?

Notes: \_\_\_\_\_

### IMPORTANT SAFETY INFORMATION (cont'd)

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

- 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. To enroll or get more information 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.

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

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

**FOR MORE INFORMATION, VISIT [DUPIXENT.COM/EoE](https://www.dupilumab.com/EoE)**



## MAKE A PLAN AND MOVE FORWARD

After you speak with your child’s healthcare provider, it’s time to use the knowledge you’ve gained and take action. Review any notes taken at your child’s appointment. Then, use these insights to make a plan with your EoE specialist.

**My child’s thoughts and feelings after their appointment are:**

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**Something we’ll incorporate into my child’s daily routine is:**

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**Tips from my child’s healthcare provider we’d like to try are:**

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### START TRACKING SYMPTOMS NOW

Using a symptom tracker can be helpful in tracking their progress during treatment. **Scan this QR code to use the DUPIXENT Symptom Tracker together.**

Building positive habits in childhood can help your child manage ongoing symptoms and stay on track with treatment. So, celebrate all you’re doing to establish these habits, and remember to take care of yourself, too.



**Scan this QR code to use the DUPIXENT Symptom Tracker.**

### 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.

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

**FOR MORE INFORMATION, VISIT [DUPIXENT.COM/EoE](https://www.dupilumab.com/EoE)**



## BRING A BIRTHDAY PARTY TO LIFE

Here is a fun activity for you to complete. Color the scene how you like!



## IMPORTANT SAFETY INFORMATION (cont'd)

**Especially tell your healthcare provider if you** are taking oral, topical, or inhaled corticosteroid medicines; have asthma and use an asthma medicine; or have atopic dermatitis or CRSwNP, and also have asthma. **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. DUPIXENT can cause allergic 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, joint pain, general ill feeling, itching, skin rash, swollen lymph nodes, nausea or vomiting, 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 eosinophilic esophagitis 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.**