

READY TO GET STARTED WITH DUPIXENT? LET'S DO THIS.

Print this symptom tracker to help you record and share any changes you notice with DUPIXENT.

Now that you or your loved one have started DUPIXENT to help manage chronic spontaneous urticaria (CSU), also known as chronic hives with no known cause, you could be closer to seeing the results you're looking for.

DUPIXENT helps proactively manage your symptoms by targeting an underlying source of inflammation that contributes to CSU.

REMEMBERING YOUR "WHY"

Identifying some of your or your loved one's treatment goals—your "why"—can help you stay on course. Use the prompts below for inspiration.

Finish each sentence with a goal that's specific to you. If you're a caregiver, help your loved one complete this section.

DUPIXENT is part of my treatment plan because...

For me, control of my CSU would mean...

THE BENEFITS OF KEEPING TRACK

Recognizing even small changes in symptoms can help you or your loved one stay motivated. Sharing your progress can help your doctor understand if DUPIXENT is working.

INDICATION

DUPIXENT is a prescription medicine used to treat adults and children 2 years of age and older with chronic spontaneous urticaria (CSU) who continue to have hives that are not controlled with H1 antihistamine treatment. **DUPIXENT is not used** to treat any other forms of hives (urticaria). It is not known if DUPIXENT is safe and effective in children with CSU under 2 years of age, or who weigh less than 11 pounds (5 kg).

IMPORTANT SAFETY INFORMATION

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

SUPPORT AT EVERY STEP

Visit dupixent.com/support-savings/dupixent-my-way or call 1-844-DUPIXENT (1-844-387-4936) to see how **DUPIXENT MyWay**® can help.

Please see additional Important Safety Information for DUPIXENT throughout. Please see accompanying full [Prescribing Information](#) including [Patient Information](#).

DUPIXENT®
(dupilumab) Injection
200mg · 300mg

TRACKING TIPS



Keep this symptom tracker somewhere visible, like on your fridge



Ask a loved one to help you remember to record changes in your symptoms every 2 weeks



Track your symptoms before every DUPIXENT dose so that it becomes part of your routine

Visit dupixent.com/support-savings/staying-on-track to download biweekly calendar reminders.

RECORDING YOUR PROGRESS

Use the following symptom trackers every 2 weeks to help you or your loved one identify any changes to symptoms. Keep in mind that hives may appear in one area and later show up on a different part of the body. At first, you may still notice hives in several areas. But over time, DUPIXENT may help improve your symptoms. In the clinical trials, results with DUPIXENT were demonstrated at 24 weeks.

Before each dose, reflect on the severity of symptoms since the last dose.

Example Symptom Tracker Entry

Dose Date: 5/10/25

Number of Hives

In the past 2 weeks, about how many hives did you have during your last flare-up?

Few (0-5) Some (6-19) Many (20+)

Severity of Itch

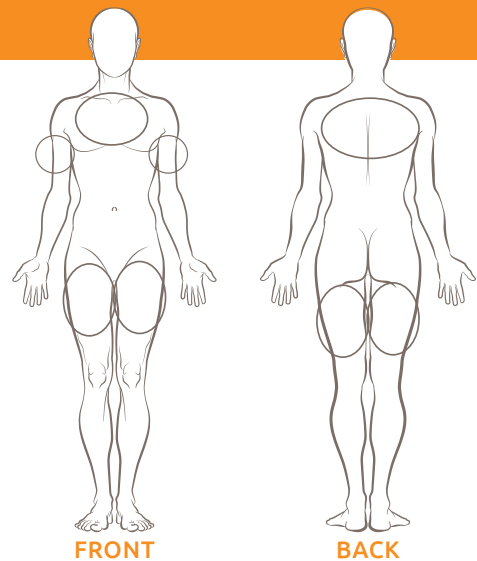
CIRCLE a number from 0 (no itch) to 3 (severe itch).

0 — 1 — 2 — 3
No itch Mild itch Moderate itch Severe itch

Notes:

I have noticed less severe flare-ups in the past 2 weeks.

I had hives 8 out of 14 days.



FRONT

BACK

Affected Areas

CIRCLE any areas that had hives.

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

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What changes have you noticed in the past 2 weeks while taking DUPIXENT?

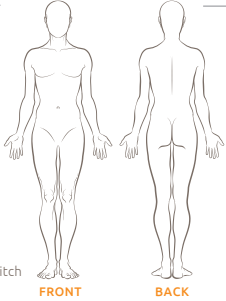
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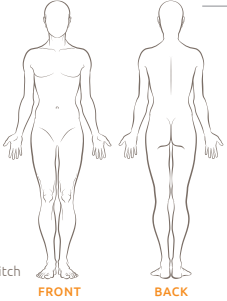
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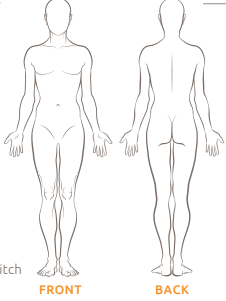
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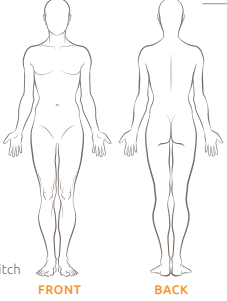
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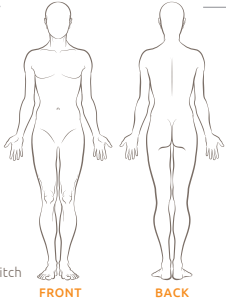
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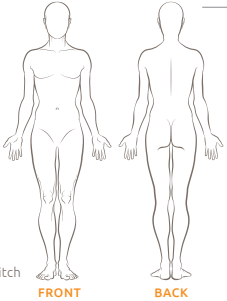
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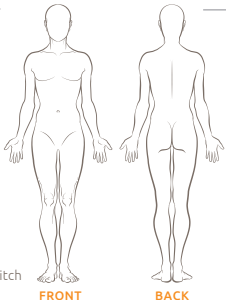
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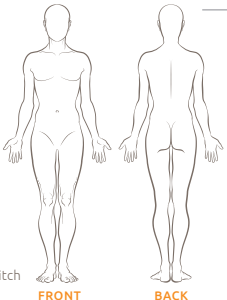
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IMPORTANT SAFETY INFORMATION (cont'd)

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

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REFLECT ON YOUR RESULTS

DUPIXENT is a different way to proactively manage your chronic spontaneous urticaria and helps treat your CSU even between doses. If you or your loved one have noticed positive changes since starting DUPIXENT, take a moment to celebrate!

Remember that it may take time to reach your goals. While staying committed to your treatment plan is important, it's always best to discuss your progress with your doctor. Bring this document to your next appointment to have a more productive conversation.

Anything else on your mind? Jot down any other notes for your doctor below:

IMPORTANT SAFETY INFORMATION (cont'd)

Especially tell your healthcare provider if you are taking oral, topical, or inhaled corticosteroid medicines or if you have CSU 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.

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 chronic spontaneous urticaria include injection site reactions.

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 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 2 years to less than 12 years of age, DUPIXENT should be given by a caregiver.

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

For more information, visit [DUPIXENT.com/CSU](https://www.dupixent.com/CSU)

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