

Your VYEPTI[®]▼ (eptinezumab) treatment starter pack

VYEPTI is used to **prevent migraine** in adults who have migraine at least 4 days per month.¹

For migraine patients who have been prescribed VYEPTI. Produced by Lundbeck Ltd. following consultation with UK Headache Specialists.

This medicine is subject to additional monitoring. This will allow quick identification of new safety information. You can report side effects directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store.

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What is migraine?

Migraine is a severe and painful long-term health condition. Different people can get different symptoms. When you have a migraine attack it can impact your daily life.²



Symptoms

Common symptoms may include:

- A moderate or severe headache, usually on one side of the head³
- Nausea, vomiting and sensitivity to light, sound, or strong smells²
- Attacks with or without aura (flashes of light, blind spots, or tingling in the hands or face, which may come on before or during migraine)³

Types of people with migraine⁴

People with migraine are split into two types, depending on how many migraines they get a month.

People with 'episodic migraine'

This describes people who have migraines on fewer than 15 days per month.

People with 'chronic migraine'

This describes people who have headaches at least 15 days a month (including 8 days of migraines), with symptoms lasting for at least 3 months.


Medication Overuse Headache (MOH)⁵

MOH is a secondary condition that can occur from using lots of acute medicines for at least 3 months. With this high use, sometimes the medicines themselves can cause more headaches. Your healthcare professional can discuss this with you.

Keep track of your headaches and migraines

The Headache Diary will help you record:

- When you had the headache/migraine
- How painful it was
- Medications you took for relief
- Any missed work or bed rest you needed



Your healthcare professional can support you in reducing your acute medications and other treatment options, if they think this is necessary.

Talking with your healthcare professional

Open communication is important
to help your migraine get better

The more detail you can give your healthcare professional,
the better. They may be able to help you with coping
strategies and to provide additional resources.

It is important to mention how migraine affects your life.



Living well with migraine

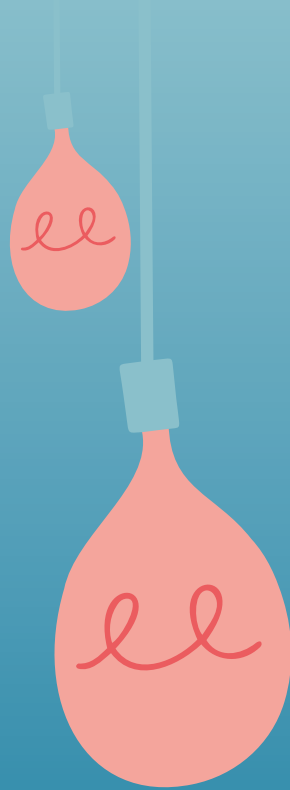
Migraine triggers

A trigger is any kind of stimulus (something that happens to you or something you do) that seems to result in you having a migraine attack.⁶

Keeping track of your triggers and ways to relieve them could be an important part of your treatment plan. Even if you know your triggers, tracking them will help you recognise whether they change over time, and whether some ways of managing them work better for you than others.

Everyone has different triggers and ways to manage them, both of which can change from time to time.

It's also worth noting that some things you perceive as triggers might actually be warning signs of the early stages of a migraine attack. For example, in the early stages of a migraine attack you might be more sensitive to bright lights, rather than the lights triggering the migraine itself. Keeping a Headache Diary will help you work out what your triggers and sensitivities are.⁶



Migraine management strategies could include:

Managing stress



→ Consider a 'lifestyle MOT'⁷

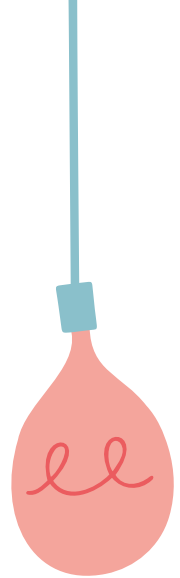
If there are times when you feel stressed or anxious, taking some time to think about the things that add to your feelings of stress is a first step towards making them more manageable.

Even if your routines feel impossible to change, chatting them through with a friend or relative could help you discover practical and helpful adjustments you can make that you hadn't thought of before.

→ Get creative⁸

Art or other creative activities can help you make peace with your emotions and can reduce stress. Try indulging your creative side with painting, colouring or writing.

It may be helpful to choose pens and paints without strong smells if these affect you.²



Good nutrition and diet



Some foods may impact your headache or migraine. Talk to your healthcare professional if you have any concerns.⁶

→ Cook something tasty

Cooking and baking may give you something to focus on and can help you relax. Plus, they may give you more control over your diet and can help you avoid foods that may trigger migraine.



Caffeine

→ Make changes gradually

Having too much caffeine can lead to a migraine attack for some people. However, cutting out caffeine suddenly can also trigger migraine attacks, so try to reduce gradually. Remember, caffeine is in tea, coffee and cola, as well as chocolate and some over-the-counter painkillers.⁶



Hormones and migraine



There is a known link to hormonal changes and migraine throughout a woman's life. This could be at puberty when menstruation starts, during pregnancy, and/or at perimenopause/menopause.⁶

→ Take time for yourself

Set aside 'me time' by creating an at-home spa with a hot bath, enjoying a warm drink, or watching a movie.



Sleep

→ Regular sleep pattern

Maintaining a regular sleep pattern could avoid a migraine, as too much sleep or not enough sleep could impact your migraine.⁹

Exercise



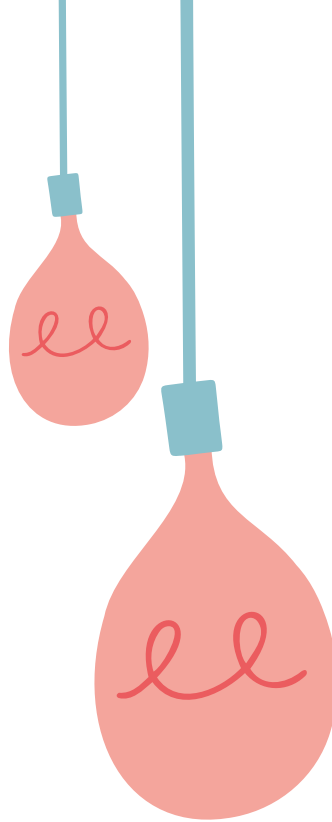
→ Get some fresh air and exercise

Spending time outdoors can help lower stress and can help you sleep better and keep to a healthy, regular sleep routine. Daily walks, gardening or cycling are all good ways to relax.¹⁰

→ Try stretching

Light exercise can benefit your physical and mental health, whatever the prevailing conditions are like. If the weather prevents you from getting outside, you could try stretching or dancing.

It may help to plan exercise in advance, making sure you are well hydrated and nourished beforehand, and keeping things steady and manageable.



→ Practise self-care

Making self-care part of your everyday life can help reduce how often you get a migraine and the impact of them. Try yoga, meditating, and doing other things you enjoy.

Environment



Bright lights, loud noises or strong smells⁶

→ Talk with your employer

If your work environment is contributing to your migraines, consider discussing this with your employer – they may be able to help. You can find some tips on this later on in this guide.



Healthy habits

Checklists might help you build self-supporting activities into your routine

Maintaining a balanced lifestyle is one way to help manage migraine symptoms. Habits such as taking medications as prescribed for any other conditions you may have and tracking in your Headache Diary when pain relief medication helps you could also be beneficial.

Here are some sample checklists of healthy habits that could help with your migraines. Consider keeping them somewhere you can easily keep track of, or adding them to your mobile phone with reminders. Some habits are daily, while others may vary in frequency but should ideally be done regularly.



Daily

- Try to have a regular sleep schedule (including weekends)
- Try to limit caffeine
- Drink plenty of water
- Have a regular routine for meals

Regularly

- Remember to take any medications for other conditions on time
- Eat fresh, unprocessed food whenever possible
- Manage stress and practise self-care
- Exercise regularly

Communicating with your employer

Think about what you feel comfortable doing at work:

- Do you need to work full time?
- Could part-time working be a better fit than full time?
- What might help you work better?

The workplace can have many triggers for migraine:

- Bright or fluorescent lights
- Loud noises
- Shift work or working irregular hours (this may affect sleep, which may be a trigger)
- Strong odours including perfume, candles, or air fresheners

Consider asking about changes that your employer may be able to make to help you do your best work.

For example, employers can switch lighting types, or have policies to limit the use of perfumes and colognes in the office. They may also be able to organise more flexible working arrangements.

Migraine treatments and getting your VYEPTI infusion

You do not have to discuss your health with your employer, but it could help. Helping your manager to understand your condition can help make it clearer what they may be able to do to support you.

Remember to plan time off from work in advance so you can attend your VYEPTI infusion appointments. Consider scheduling a meeting with your HR department and manager. A doctor's note could also help to support your conversation.



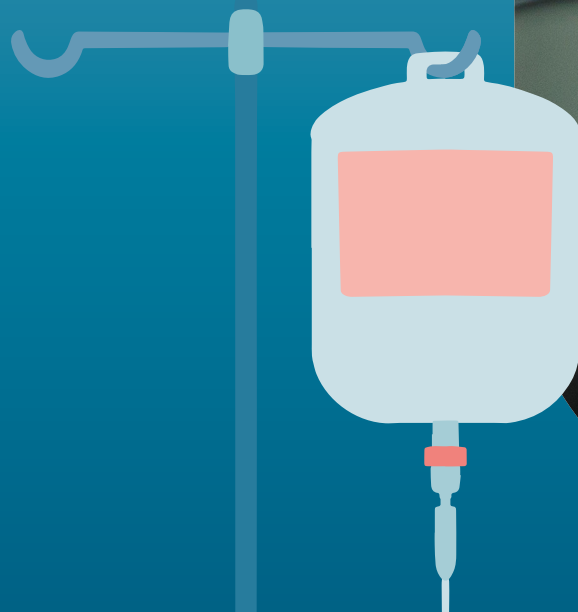
About VYEPTI

A medicine for helping to prevent migraines

You and your healthcare professional have decided that you may benefit from VYEPTI treatment. VYEPTI is given as a drip (infusion) into a vein.¹

VYEPTI is a migraine-preventive treatment designed to help prevent migraines before they start.¹

For full information please refer to your Patient Information Leaflet (PIL).

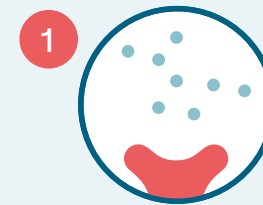


VYEPTI is given every 12 weeks - this means you will only have to take VYEPTI about 4 times each year:¹

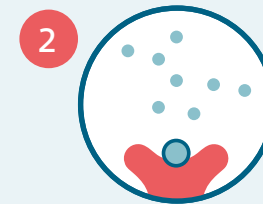
- VYEPTI is given by a healthcare professional¹ - this could be at an infusion centre, or as an outpatient at a hospital
- The recommended dose is 100 mg given every 12 weeks. Some patients may benefit from a dose of 300 mg given every 12 weeks. Your doctor will decide the right dose for you and how long you should continue to be treated¹
- VYEPTI is given as a drip (infusion) into a vein. This will be done for you and ensures 100% of the medication gets straight to the places it needs to be to work¹
- VYEPTI is delivered in about 30 minutes, with some additional time needed to set up the intravenous (IV) infusion¹
- After receiving your VYEPTI treatment, you are free to continue your day as usual, including going to work and driving a car¹
- If you have any questions about the treatment process, be sure to speak with your healthcare professional

How VYEPTI works

A brief look at the science



1 Inside your body, there is a protein called calcitonin gene-related peptide (CGRP).¹¹



2 It is thought to play a large role in causing migraine.¹² People with migraine have been found to have higher than normal levels of CGRP.¹³



3 VYEPTI binds to CGRP, preventing it from activating the CGRP receptors, which in turn helps to reduce the risk of migraine.¹²

- CGRP
- ▼ VYEPTI
- ♥ CGRP receptor

Possible side effects¹

Like all medicines, VYEPTI can cause side effects, although not everybody gets them.

Contact your doctor or nurse immediately if you have any of the following side effects – you may need urgent medical treatment:

Common (may affect 1 in 10 people): **allergic reactions and other reactions due to the infusion.**

Reactions can develop quickly during infusion.

Symptoms of allergic reactions are:

- Breathing difficulties
- Fast or weak pulse
- Sudden drop in blood pressure making you feel dizzy or lightheaded
- Swelling of the lips or tongue
- Severe skin itching, rash

Serious allergic reactions are uncommon (may affect up to 1 in 100 people).

Other symptoms that may occur due to the infusion include respiratory symptoms (e.g. blocked or runny nose, throat irritation, cough, sneezing, shortness of breath) and feeling tired. These symptoms are usually non-serious and of short duration.¹

Other side effects can occur with the following frequency: Common (may affect up to 1 in 10 people)

- Stuffy nose
- Sore throat
- Fatigue

Before taking VYEPTI, tell your healthcare professional about any medical conditions, including disease affecting the heart and blood circulation. You also need to tell them if you're pregnant (or planning to become pregnant), or breastfeeding (or planning to breastfeed). You should not be given VYEPTI if you are, or trying to become, pregnant.

Talk to your healthcare professional before taking any medications for side effects or migraine.

For full information please refer to your Patient Information Leaflet (PIL).

Reporting of side effects: If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects, you can help provide more information on the safety of this medicine.

Your infusion appointment

Here are some tips to help you prepare for your VYEPTI infusion

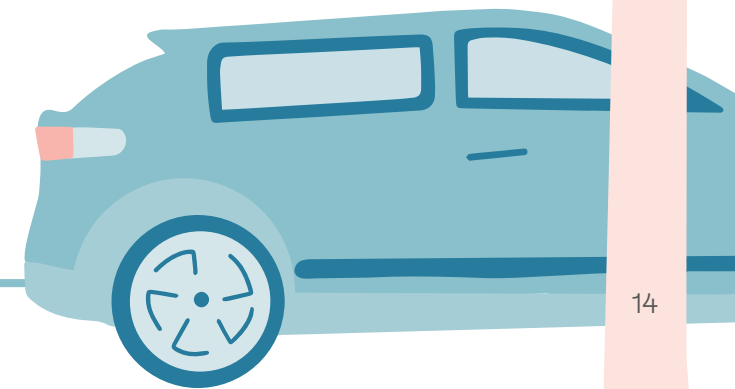


Planning for your infusion

Before your infusion day, make sure you know the name and address of the place where you will be receiving VYEPTI and how to get there. Write it down on the Important Information page at the back of this booklet so you don't forget.

How will you pass the time?

Your infusion will take about 30 minutes. Some people like to bring headphones so they can listen to music, or take time to relax. Consider bringing your favourite magazine to read or downloading an episode of your favourite show to your tablet (if you have one) before leaving home in case the Wi-Fi connection or signal isn't good.



On the day of your infusion

Remember to:

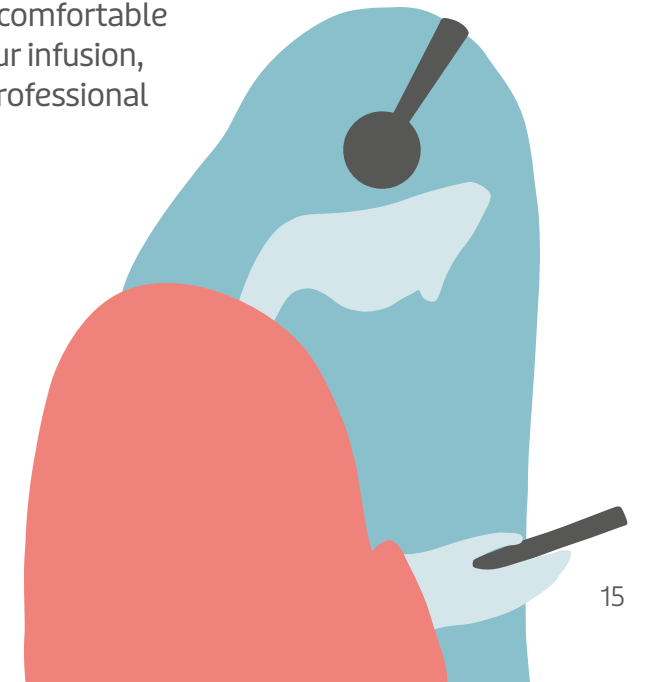
- **Bring your up-to-date Headache Diary**
- **Talk to your doctor or nurse** before being given VYEPTI if you have **disease affecting the heart and blood circulation**
- **Bring a list of your medications and any allergies**, if your healthcare professional has asked for this
- **Drink plenty of water** - it is important to be well hydrated to help the healthcare professional set up your infusion
- **If it would help, ask your healthcare professional if you can bring someone with you.** Rules may vary, but some clinics do have room for visitors in the infusion area. Check with the outpatient clinic or hospital prior to your appointment
- **Wear a comfortable shirt or blouse** with loose-fitting sleeves that can be rolled up, or a jacket that can be removed. Also, consider wearing layers of clothing in case you feel too warm or too cold in the room
- **Keep in mind that your total time at the appointment will be longer than 30 minutes.** You will need time for everything to be set up for your infusion and have some brief health checks prior to treatment. Ask your healthcare professional how long you will need to be there so you can plan ahead

Receiving your infusion

Once you're at the clinic, you may want to ask the healthcare professional who is giving the infusion to talk you through what they are doing. They are there to help you understand what is happening at every step.

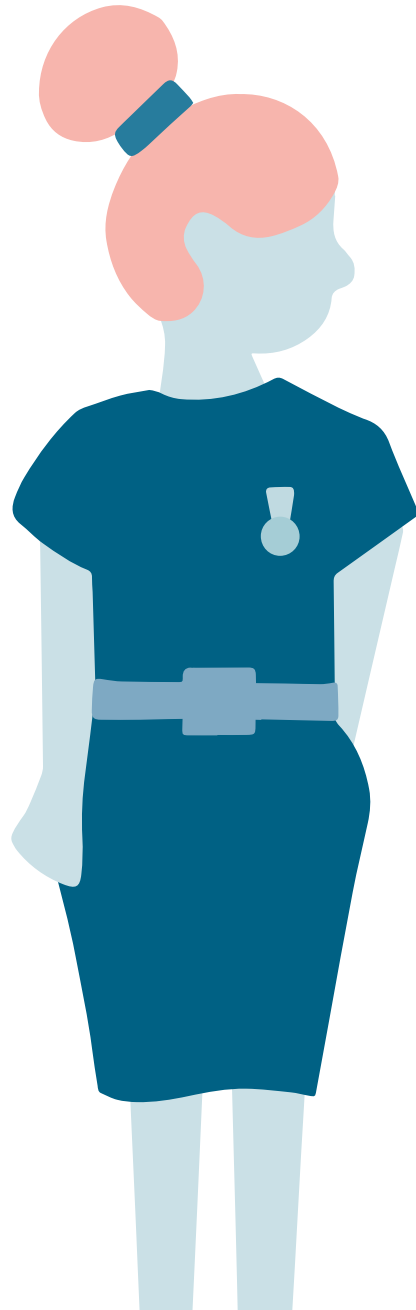
When your VYEPTI infusion starts, get comfortable and enjoy the things you brought to stay entertained - or just use the time to take a break and relax.

- When you receive your first infusion, it is normal to feel a bit anxious. If you have any concerns or questions about the infusion, please speak to your healthcare professional. They are there to help, guide and make sure you are comfortable
- If you begin to feel uncomfortable at any time during your infusion, tell your healthcare professional right away



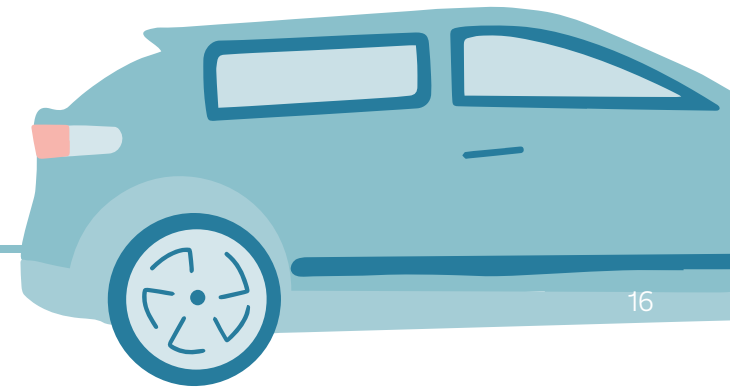
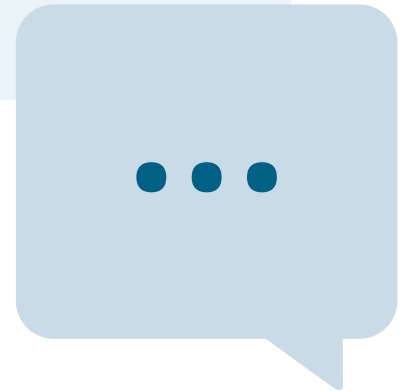
After your infusion

When you have finished getting your VYEPTI treatment, the healthcare professional will place a small bandage over the infusion site. Ask them how long you should keep it in place. Before you leave, ask your healthcare professional if there is anything you need to do once you've left.



Don't forget

Before you leave, make sure any questions you have about your treatment schedule are answered.



12-weekly treatment schedule

Why is it important that I go back for my infusion every 12 weeks?

It is important to go back for your VYEPTI infusion every 12 weeks, so that it can have the best chance to continue working to reduce your risk of migraine.¹⁴

If you need to move your appointment

- If you cannot make your infusion appointment speak with your healthcare professional as soon as possible
- If you think you may miss your appointment or need to reschedule your infusion, contact your healthcare professional immediately to reschedule
- If you wait longer than 12 weeks after treatment, VYEPTI may not have the same preventive effect on your migraine



Support from family and friends

Family and friends can help support you, especially if they understand what you are going through

Some of the information in this guide might help your family and friends support you in managing your migraines, so consider offering them the chance to read it after you.



Some ways you can help family and friends know how to provide the support you need:

- Help them understand that migraine is a condition that can affect your work and personal life
- Remind them or let them know about migraine triggers such as certain smells or foods, and how these can change over time. They may even be able to help you identify triggers that you were not aware of
- Consider asking them to join you when you go for your infusion. You may wish to check with your healthcare professional that there is space in the infusion area, or find out if there is a café or waiting area where they could be while you're getting your infusion

You could also ask your friends and family to join you in activities that help you live well with migraine:

- Take a short walk together every day
- Discover new hobbies

Important information

Keep track of your treatment

This leaflet is not intended to replace the advice of your healthcare professional. If you have any questions about your medication, please speak to your doctor, nurse, or pharmacist.



Keep track of your VYEPTI treatment

My VYEPTI clinic

Healthcare professional contact:

Address:

Phone number:

My next VYEPTI appointment

Date: Date: Date:

Time: Time: Time:

Date: Date: Date:

Time: Time: Time:

Date: Date: Date:

Time: Time: Time:

My notes

Write any questions you have here, so you have them at your next appointment.

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Additional support sources

Migraine Trust

The Migraine Trust is a UK charity that provides information and support for people living with migraine, their friends and families.



migrainetrust.org



0808 802 0066 (Mon-Fri, 10am-4pm)

My local support group

Ask your healthcare professional for recommendations of any local support groups you could join:

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