

Your guide to **NUCALA** for
COPD with raised eosinophils

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Welcome to NUCALA



This guide was created specifically for people like you — those with **chronic obstructive pulmonary disease with raised eosinophils** who have been prescribed **NUCALA**.



NUCALA has been prescribed by your doctor to lower airway inflammation to help reduce flare-ups (or exacerbations) of COPD symptoms.

Inside you'll find useful information on **COPD with raised eosinophils** and NUCALA. You'll also find answers to questions you may have before and during your treatment. Importantly, this guide also includes lifestyle tips to help you manage your COPD.



What is chronic obstructive pulmonary disease with raised eosinophils?

Chronic obstructive pulmonary disease (COPD) is an ongoing lung condition caused by damage to the lungs. The damage causes inflammation in the airways that limits airflow in and out of the lungs. This limited airflow is known as obstruction. Some people with COPD have too many eosinophils — a type of white blood cell — in the blood and lungs, causing the airways to become inflamed and thickened.



COPD is a long-term condition that slowly gets worse.

COPD symptoms include:



Shortness of breath



Cough



Chest discomfort



Coughing up mucus

What are COPD flare-ups (or exacerbations)?

A COPD flare-up happens when COPD symptoms get worse or when new symptoms develop. A flare-up is often triggered by a lung infection.

How serious can a flare-up be?

Flare-ups can range from mild to severe:

- Mild — Your symptoms get worse, such as more shortness of breath, thicker or darker mucus, or more mucus than usual
- Moderate — Your symptoms get worse and your doctor prescribes antibiotics and/or steroid tablets
- Severe — Your symptoms require a hospital stay

If you notice your symptoms getting worse, contact your doctor or healthcare team early — treatment works best when started quickly.

What are triggers?

Triggers are things that make your COPD worse.

Possible triggers:



Smog, air pollution, or allergens



Chest infection from a virus (cold or flu) or bacteria



What is NUCALA?

NUCALA is a medication used to treat adults who have COPD with raised eosinophils as an add-on maintenance therapy in combination with other COPD medicines.

NUCALA is not used to treat sudden breathing problems that can occur with COPD.

Why was I prescribed NUCALA?

NUCALA has been prescribed by your doctor to lower airway inflammation to help reduce flare-ups (or exacerbations) of COPD symptoms.

Your doctor may assess the following before prescribing NUCALA:



The kinds of medications you are taking



Your symptoms, such as shortness of breath, cough, chest discomfort, and coughing up mucus



The results from your blood test (the level of eosinophils found in your blood)

How does NUCALA work?



NUCALA contains the medicine mepolizumab (*meh-poh-liz-oo-h-mab*), which works by blocking a protein called interleukin-5 (IL-5).

By blocking the action of IL-5, NUCALA:

- Limits the production of more eosinophils in the bone marrow
- Lowers the number of eosinophils in the blood, lungs, and tissues



How is NUCALA taken?

NUCALA is given as 1 injection, under the skin (subcutaneous), once every 4 weeks.



Do not stop treatment with NUCALA unless advised by your doctor.



NUCALA is an **add-on** treatment, which means that you should **continue** to take your other COPD medications as prescribed by your doctor. Interrupting or stopping treatment with NUCALA may cause your symptoms to become worse or occur more frequently. If your symptoms get worse when being treated with NUCALA, immediately tell your doctor.

Consult your healthcare professional if you have questions about your medication.

Tell your doctor if you are taking corticosteroids or other medicines for the treatment of COPD. **Do not suddenly stop taking** your corticosteroids or other medicines once you have started NUCALA. Corticosteroids must be stopped gradually, under the direction and supervision of your doctor.

Tell your healthcare professional about all the medicines you take or have recently taken, including drugs or medicines obtained without a prescription (vitamins, minerals, natural supplements, or alternative medicines).

What is the recommended dose of NUCALA?

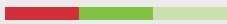
Adults (≥ 18 years of age) | 100 mg every 4 weeks



NUCALA in a pre-filled autoinjector or safety syringe can be given by a healthcare professional, yourself, or a caregiver. A healthcare professional will decide if you or your caregiver can inject **NUCALA**. If appropriate, training will be provided to show the correct way to administer the injections before you use **NUCALA** at home.



What do in-clinic injections involve?



You might have already had your first NUCALA injection, but if you haven't, you probably want to know what to expect.

- The injection is given by a healthcare professional.
- The injection goes **just underneath the skin** (subcutaneously).
- NUCALA injections are given once every 4 weeks.

Planning for your appointments

You might wonder how to remember your injection appointments. Since NUCALA is taken once every 4 weeks, it can be easy to lose track of your next appointment. Here are **a few tips to help you stay on schedule**:

- Use your smartphone to set up automated reminders, or write a reminder on your calendar.
- Choose the same day of the week, and work it into your existing routine.
- Work with your patient support program nurse to set up reminder calls.
- Use your injection tracker at the back of this guide to help you stay on top of your appointments.

*Use **your NUCALA injection tracker** to help you stay on top of your appointments.*

What if I want to receive NUCALA by self-injecting at home?

NUCALA in a pre-filled autoinjector or a safety syringe can be given at home by you or your caregiver.

Your healthcare professional will decide if you or your caregiver can inject NUCALA.

If appropriate, training will be provided to show the correct way to administer the injections before you use NUCALA unsupervised at home.

For more information on self-injection at home

Please follow the instructions provided in the carton with your medicine. Detailed instructions on preparing your NUCALA and your injection site, as well as instructions for self-injecting, are available at **NUCALA.ca**.

To access the website, you will need the 8-digit Drug Identification Number (DIN), which you can find on your NUCALA medication carton.



You can also **scan the QR code** with your smartphone to access the website.

If you have any other questions, please ask your healthcare professional.



What if I miss a dose?



If you realize you've missed a dose, **you or your caregiver should inject the next dose of NUCALA as soon as you remember**. Then, you can resume dosing on the usual day of administration.

If it is already time for your next dose, then just inject the next dose as planned. If you are not sure what to do, ask your healthcare professional.

How can I travel with my NUCALA?

Travelling with NUCALA may be possible. Speak to your healthcare professional before doing so. **Remember that you need to keep it in the original packaging and protected from light**. You may keep NUCALA at room temperature, below 30°C, for no more than 7 days when kept in the original carton.

If you do take your medicine out of its carton, it should be used within 8 hours. Throw the NUCALA away if it has been kept out of the refrigerator for more than 7 days when stored in the original carton. Throw the NUCALA away if the carton is opened and not used within 8 hours.

What side effects can NUCALA cause?

As with all medications, patients may experience side effects while on NUCALA. The side effects caused by NUCALA are usually mild or moderate but can occasionally be serious.

Allergic or allergic-like reactions

These are different from injection site reactions. They are allergic or allergic-like reactions that may be severe. They generally happen very quickly (within minutes or hours) after the medicine has been taken, but in some cases they can happen up to several days later. You may experience this type of reaction even if it is not your first injection.

Symptoms of allergic reactions can include:

- Becoming very wheezy, cough, difficulty breathing, chest tightness
- Fainting, feeling dizzy, suddenly feeling weak or light-headed (due to a drop in blood pressure)
- Swelling of the eyelids, face, lips, tongue, mouth, and other areas of the body (angioedema), skin rash, hives, redness

Stop taking NUCALA and seek medical attention immediately if you think you may be having a reaction.

If you think you have had a reaction like this before, tell your doctor before you start taking NUCALA.



Side effects which may affect more than 1 in 10 people include:

- Headache
- Joint pain
- Sinus infection
- Cough, sore throat, runny nose, nasal congestion (upper respiratory tract infection)
- Diarrhea
- Vomiting
- Back pain
- Rash
- Neck pain
- Mouth and/or throat pain
- Injection site reactions (including pain, redness, swelling, itching, and burning sensation of the skin near where the injection was given)

Side effects which may affect up to 1 in 10 people include:

- Sore throat (pharyngitis)
- Congestion, cough, discomfort, fever (lower respiratory tract infection)
- Stuffy nose (nasal congestion)
- Stomach pain or discomfort in the upper area of the stomach (upper abdominal pain)
- Itchy red patches on the skin (eczema)
- High temperature (fever)
- Muscle and/or bone pain
- Sensation of spinning or feeling off balance, dizziness (vertigo)
- Lack of energy, muscle weakness
- Sensation of tingling and/or numbness (paraesthesia)
- Blurry vision
- Urinary tract infection (blood in urination, painful and frequent urination, fever, pain in lower back)

These are not all the possible side effects that you may feel when taking NUCALA. If you experience any side effects not listed here, contact your healthcare professional.

Serious side effects and what to do about them



Stop taking the drug and get immediate medical help if you experience sudden, severe allergic reactions such as:

- Skin rash (hives) or redness
- Swelling, sometimes of the face or mouth (angioedema)
- Becoming very wheezy, coughing, or having difficulty breathing
- Suddenly feeling weak or light-headed (may lead to collapse or loss of consciousness)

If you have a troublesome symptom or side effect that is not listed here or becomes bad enough to interfere with your daily activities, tell your healthcare professional right away.

For more information on side effects, please see the patient information leaflet that comes with your medicine, or contact your clinic for advice.

 **If you get any side effects, tell your doctor or nurse immediately.**

This includes any possible side effects not listed here.



The VISTA Patient Support Program: Here for you along the way

We can help guide you

As a part of the VISTA Patient Support Program, you can get access to customized services, which may include:



Reimbursement
navigation



Patient education
and support



Financial
assistance



Pharmacy
services

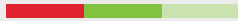
Talk to your doctor for more information.

Once your physician submits your enrollment in the Program, you can expect a call from your nurse case manager at the **VISTA Patient Support Program** in the next few days. If you do not hear from the Program, please contact them via one of the following methods:

The VISTA Patient Support Program

Phone: 1-844-847-4392

Fax: 1-844-410-0653



Email: **enrollments@vistaforncala.ca**

Please be aware that the caller may appear as Bayshore Healthcare, 1-844-847-4938, or be a nurse with a phone number that you do not recognize.

We're here for you along the way.



What now?

We'll say it again because it's an important point.

NUCALA is an ongoing treatment, taken alongside your existing COPD medications, that can help reduce flare-ups of COPD symptoms.

NUCALA is given once every 4 weeks. Always consult your doctor or nurse before changing or stopping any medication or if you have any questions about your medication.



For more information about your condition and NUCALA, **visit www.NUCALA.ca or scan the QR code** with your smartphone to access the website.

Contact GSK Pharmaceutical inquiries for more information at **1-800-387-7374** and do not use the autoinjector if any of the below occur:

- If the security seal on the carton is broken
- If the autoinjector looks damaged
- If the medicine is cloudy or discoloured or has particles

Tips to help manage your triggers and COPD flare-ups

As you learn what your triggers are, you can learn how to avoid them. Avoiding triggers and flare-ups is important to help manage your disease.

Here are tips to help avoid a flare-up:



Take care of yourself. Eat well, exercise, and make sure you are getting enough sleep.



Take prescribed medications. Follow your doctor's instructions, and ask questions if needed.



Create an action plan, and work with your doctor to know when to seek medical help.



Get a yearly flu shot. Talk to your healthcare professional if you have not received a chickenpox or shingles vaccine. Public Health also recommends RSV vaccination for adults 75 years of age and older, especially individuals at increased risk, including those with COPD.



Avoid triggers. Stay away from air pollution, cigarette smoke, and extreme weather conditions.



Notes:

Notes:



Notes:





For more information about your condition and NUCALA, **visit www.NUCALA.ca or scan the QR code** with your smartphone to access the website.

To report an adverse event, please call 1-800-387-7374.

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