

 **Vyepti**[®]
(eptinezumab)
100 mg/mL

Your guide to Vyepti[®]

(eptinezumab)

References: **1.** Migraine Australia. www.migraine.org.au [accessed Nov 2022]. **2.** Blumenfeld AM. *J Prim Care Community Health* 2020; 11:1–6. **3.** Deloitte Access Economics. Migraine in Australia Whitepaper, 2018. **4.** Headache Classification Committee of the International Headache Society. International Classification of Headache Disorders, 3rd edition. *Cephalalgia* 2018;38(1):1–211. **5.** Kikkeri N, et al. Migraine with Aura. In: StatPearls [Internet]. Treasure Island: StatPearls Publishing, 2021. **6.** Vyepti Consumer Medicine Information. **7.** Healthline. Intravenous medication: what to know. www.healthline.com/health/intravenous-medication-administration-what-to-know#side-effects [accessed Nov 2022]. **8.** Russell FA et al. *Physiol Rev* 2014; 94(4):1099–142. **9.** Baker B et al. *Pharmacol Res Perspect* 2020; 00:e00567. **10.** MedicineNet. IV Drug Infusion Therapy FAQs. www.medicinenet.com/iv_drug_infusion_faqs/article.htm#how_do_i_prepare_for_the_infusion [accessed Nov 2022].

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Welcome

You have been given this booklet because your doctor has prescribed Vyepti to help manage your migraines.

This booklet includes information about:

- migraine and Vyepti
- how Vyepti is administered
- tips for your infusion.

The information provided is general in nature and is not intended to replace specific advice from your doctor or healthcare team.

The Vyepti Consumer Medicine Information (CMI) leaflet contains more information about Vyepti.

You can ask your doctor, pharmacist or infusion clinic for a copy. Alternatively, you can scan the QR code.



Living with migraine can be tough

As you know, migraine is more than just a bad headache.

You may have experienced different symptoms with your migraines, so you know how unpredictable they can be. There's also the added stress of not knowing when, where, or how migraine could affect you.¹

Common signs of migraine:²

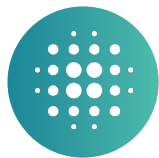
- A moderate or severe headache, usually on one side of the head.
- Nausea (feeling sick), vomiting and sensitivity to light or sound.

4.9 million Australians live with migraine³

71% are women³

Different types of migraine

The two most common types of migraine are migraine without aura and migraine with aura.⁴



Auras are the flashes of light, blind spots, or tingling in the hands or face that some people experience before or during a migraine.⁵

Migraines are classified as either:⁴



Episodic migraine

When you experience a headache up to 14 days a month



Chronic migraine

When you experience a headache on 15 or more days a month (of which at least 8 are migraine days) for >3 months.



Tracking your triggers

Knowing your migraine triggers and patterns can help keep migraines under control. Common triggers include:¹⁵



Food and drink

→ Aged cheese, nitrates and nitrites (often in cured meats), or monosodium glutamate (MSG). MSG is often added to fast food, but can be found in foods such as tomatoes.

Look for nitrates, nitrites or MSG by checking ingredients lists or ask the people preparing your food.

- Skipping meals and mild dehydration.
- Drinking a lot of caffeinated drinks, such as coffee, or sudden withdrawal from drinks high in caffeine.



Stress and anxiety



Not enough or too much sleep



Exercise



Hormonal changes

- Before or during a menstrual period.
- During menopause.



Environmental changes

- Storms, strong winds, or change in altitude.
- Bright lights, loud noise, or strong smells.

Keeping track of your triggers will help you to recognise whether they change over time. You can use an app or a pen and paper to keep a record of what triggers your migraines.

Moving forward

Together, you and your doctor have chosen Vyepti to treat your migraines. Vyepti is a preventive migraine treatment and is given once every 3 months.⁶

Vyepti is given by intravenous (IV) infusion by a healthcare professional at an infusion centre, a doctor's office, or at a hospital.⁶



'Intravenous' means 'into the vein?'

A needle is inserted into your vein – usually in your wrist, the inside of your elbow or the back of your hand.



The infusion is given over 30 minutes, with some additional time needed to set up the IV infusion.⁶

You will only have four Vyepti infusions each year.⁶



How Vyepti works^{1,6,8}



Vyepti is a medicine that targets a protein in your body called calcitonin gene-related peptide (CGRP).

CGRP helps to send pain messages to the brain. During a migraine attack, levels of CGRP in the body are usually high.



Vyepti works by blocking the activity of CGRP in your body.

Vyepti has been prescribed to help prevent your migraines.

Over time, the amount of Vyepti in your body decreases,⁹ so it's important to keep up with your Vyepti treatment every 3 months.⁶

Remember to schedule your next infusion before you leave the clinic.



Planning for your infusions

Before the day of your infusion, make sure you know the name and address of where you will be receiving Vyepiti and how to get there. You can write it down on the last page of this booklet.

Getting ready

Your infusion will take about 30 minutes,⁶ but the total time you'll be at your appointment will be longer. You can ask the nurse or staff how long you will need to be there so you can plan ahead.

Make the most of this time to relax! Some people like to check their social media, listen to music, read a book or do a crossword puzzle.

Consider downloading any entertainment before you leave the house. The infusion centre may not have Wi-Fi or a good signal.

If you would like to bring someone with you for support, check with your doctor or nurse prior to your appointment to make sure there is room for visitors in the infusion area.



On the day of your infusion:¹⁰

- Bring a list of your medications and allergies. You can write them down on the last page of this booklet.
- Drink plenty of water.
- Wear comfortable clothing – ideally a t-shirt or top with loose-fitting sleeves that can easily be rolled up, or a jacket that can be removed.
- Wear layers of clothing in case you feel too warm or cold. Some people find that the infusion feels cold, so you may want to have an extra layer of clothing that you can easily slip on like a cardigan or zip-up hoodie.

Getting your infusion

When you receive your first infusion, it's normal to feel a bit anxious. If you have any concerns or questions about the infusion, please speak to your doctor or nurse. They are there to help you understand what is happening and guide you through the process.

When your Vyepiti infusion starts, get comfortable and enjoy the things you brought from home to stay entertained or just use the time to relax.

If you begin to feel unwell at any time during your infusion, tell the doctor or nurse right away.⁶

Schedule your next infusion before you leave the clinic. Add your appointment to this booklet or the **Vyepiti appointment card**.

After your infusion

When your Vyepiti infusion is finished, the nurse will place a small bandage over the infusion site. Ask the nurse how long you should keep it in place.

If you are feeling well, you can continue your day as usual, including going to work and driving a car.⁶



Things to be aware of

Common side effects⁶

As with all medicines, Vyepti may cause side effects.

The most common side effects of Vyepti are:

- infections of the nose and throat
- allergic reactions including hives, a rash, itchiness, redness and warmth.
- infusion-related reactions including nasal congestion, runny nose, sore throat, cough, sneezing and difficulty breathing.

Serious allergic reactions can sometimes occur. Tell your doctor right away or go directly to the Emergency Department of your nearest hospital if you have:

- difficulty breathing
- a fast or weak pulse or a sudden drop in blood pressure (making you feel dizzy or lightheaded)
- swelling of the face, lips, tongue or other parts of the body.

Most side effects are minor and temporary, or you may not have any side effects at all.⁶

However some side effects may need medical attention. Tell your doctor if you're feeling unwell.⁶

Talk to your doctor⁶

Before taking Vyepti, tell your doctor about any other medical conditions you have and other medicines you are taking (including vitamins or supplements that you buy without a prescription from your pharmacy, supermarket or health food shop).

You also need to tell your doctor if you're pregnant, planning to become pregnant, breastfeeding, or planning to breastfeed.

Do not take Vyepti if you are allergic to eptinezumab (the main ingredient in Vyepti), or any of the ingredients listed:

- Histidine
- Histidine hydrochloride monohydrate
- Polysorbate 80
- Sorbitol
- Water for injections



Keep track of important details

Medications and allergies

Medications I'm taking: _____

My allergies: _____

Where I get my infusions

Hospital/clinic name: _____

Address: _____

Phone number: _____

It's important to keep up with your Vyepti treatment every 3 months.⁶

My next Vyepti infusion

Vyepti is administered once every 3 months⁶



Date: _____



Time: _____



Date: _____



Time: _____



Date: _____



Time: _____



Date: _____



Time: _____