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# Your guide to Vyepti<sup>®</sup>

(eptinezumab)



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# Welcome

You have been given this booklet because you have been prescribed Vyepiti to help manage your migraine.

This booklet includes information about:

- migraine and Vyepiti
- how Vyepiti is administered and 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 Vyepiti Consumer Medicine Information (CMI) leaflet contains more information about Vyepiti. You can ask your doctor, pharmacist or infusion clinic for a copy, or you can download a copy from <https://medicines.org.au/c/view/lucvyeptCMI>

# Living with migraine can be tough

As you know, migraine is more than just a bad headache. A migraine attack can start at any time - sometimes for what seems like no reason at all - and can completely change your plans.<sup>1</sup>

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.<sup>1</sup>

Common signs of migraine include:<sup>2</sup>

- a moderate or severe headache, usually on one side of the head
- symptoms like nausea (feeling sick), vomiting and sensitivity to light, smell or sound.

**4.9 million** Australians live with migraine<sup>3</sup>  
**71%** are women<sup>3</sup>

# There are many different types of migraine

The two most common types of migraine are migraine without aura and migraine with aura.<sup>4</sup>



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

Migraines can be classified as either:<sup>4</sup>



## **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)



# Tracking your triggers

To help keep your migraines under control, it's important you understand your migraine triggers and patterns.

Common triggers include:<sup>1,5</sup>



## Food and drink

→ Foods such as aged cheese, nitrates and nitrites (often in cured meats), or monosodium glutamate (commonly known as MSG; often in fast food, but can also occur naturally in foods such as tomatoes)

If you are unsure whether your food contains nitrates, nitrites or MSG, check the ingredients list 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 high-caffeine drinks.



## 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.

Even if you know your triggers, tracking them will help you to recognise whether they change over time. It's up to you how and when you do this. Whether you choose to use an app or a pen and paper, there are lots of different resources available.

You may like to use the notes section at the back of this booklet to record your triggers.

# 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 three months.<sup>6</sup>

Vyepti is given by intravenous (IV) infusion by a healthcare professional – this could be at an infusion centre, a doctor's office, or at a hospital.<sup>6</sup>



**'Intravenous' means 'into the vein.'**<sup>7</sup>

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.<sup>6</sup>

You will only have four Vyepti infusions each year.<sup>6</sup>





# How Vyepti works<sup>1,6,8</sup>



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

CGRP helps to communicate pain to the brain. During a migraine attack, levels of CGRP have been shown to be elevated in the body.



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,<sup>9</sup> so it's important to keep up with your Vyepti treatment every three months.<sup>6</sup>

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 the place where you will be receiving Vyepti and how to get there. You may like to write it down at the back of this booklet.

## **Getting ready**

Your infusion will take about 30 minutes,<sup>6</sup> but the total time you'll be at your appointment will be longer. You may like to 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, since 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**

Remember to:<sup>10</sup>

- Bring a list of your medications and allergies. You can write them down at the back 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.
- You may like to wear layers of clothing in case you feel too warm or cold in the room. 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.<sup>6</sup>



## After your infusion

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

As long as you are feeling well, you can continue your day as usual, including going to work and driving a car.<sup>6</sup>

Schedule your next infusion before you leave the clinic. Add your next appointment to your calendar right away, use the page at the back of this booklet or the **Vyepti appointment card**.

It's important to keep up with your Vyepti treatment every three months.<sup>6</sup>



# Things to be aware of

## **Common side effects<sup>6</sup>**

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.

Serious allergic reactions can sometimes occur in some people. Tell your doctor immediately 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 experience any side effects at all.<sup>6</sup>

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



## Talk to your doctor<sup>6</sup>

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



# Vyepti Buddy

Track your progress as you continue treatment with Vyepti!

Vyepti Buddy, in partnership with Migraine Buddy, is a free app that offers personalised support, treatment and migraine tracking for Vyepti patients.

With Vyepti Buddy, you can:

- set reminders for infusion and doctor appointments
- learn more about Vyepti
- get treatment tips and explore frequently asked questions.

## Migraine Buddy: Track Headache



## Join Vyepti Buddy

Download the free Migraine Buddy app via the App store on your device, by scanning the QR code.

You will be asked to verify your Vyepti prescription and other information.



# 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: \_\_\_\_\_

## My next Vyepiti infusion

Date:	Date:	Date:	Date:
_____	_____	_____	_____

Time:	Time:	Time:	Time:
_____	_____	_____	_____

Time:	Time:	Time:	Time:
_____	_____	_____	_____



**References:** **1.** Migraine Australia. [www.migraine.org.au](http://www.migraine.org.au) [accessed Sep 2021]. **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, Nagalli S. Migraine with Aura. In: StatPearls [Internet]. Treasure Island: StatPearls Publishing, 2021. **6.** Vyepiti Consumer Medicine Information. **7.** Healthline. Intravenous medication: what to know. [www.healthline.com/health/intravenous-medication-administration-what-to-know#side-effects](http://www.healthline.com/health/intravenous-medication-administration-what-to-know#side-effects) [accessed Sep 2021]. **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](http://www.medicinenet.com/iv_drug_infusion_faqs/article.htm#how_do_i_prepare_for_the_infusion) [accessed Oct 2021].

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