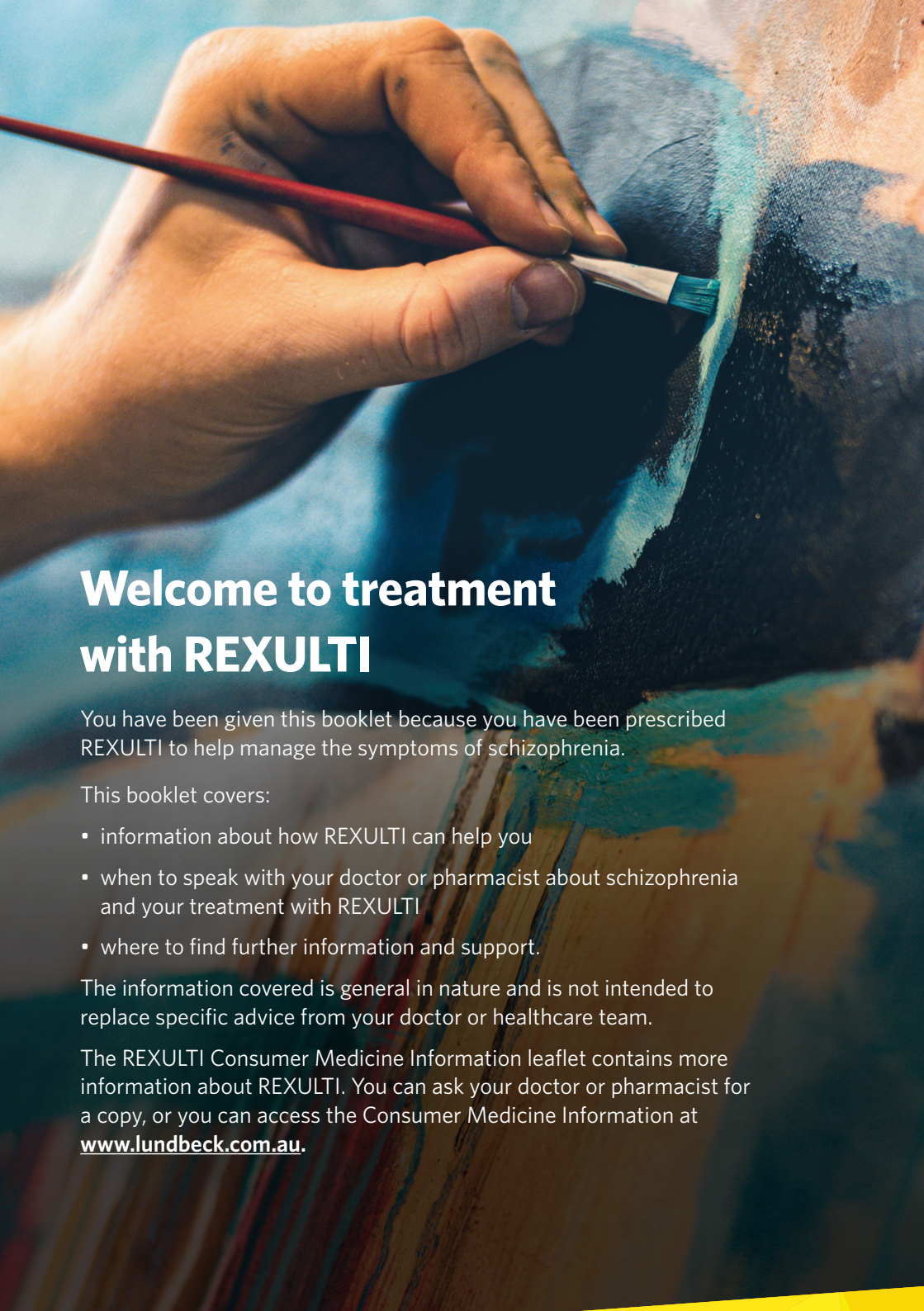


Getting started with
REXULTI[®]

(brexpiprazole)

What you need to know





Welcome to treatment with REXULTI

You have been given this booklet because you have been prescribed REXULTI to help manage the symptoms of schizophrenia.

This booklet covers:

- information about how REXULTI can help you
- when to speak with your doctor or pharmacist about schizophrenia and your treatment with REXULTI
- where to find further information and support.

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

The REXULTI Consumer Medicine Information leaflet contains more information about REXULTI. You can ask your doctor or pharmacist for a copy, or you can access the Consumer Medicine Information at www.lundbeck.com.au.

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About one in every one hundred people is living with schizophrenia.

[SANE Australia]

You are not alone

It can be daunting to be diagnosed with schizophrenia, but it's important to remember you are not alone. About one in every one hundred people is living with schizophrenia.¹

Schizophrenia can affect the way you think, make decisions, manage your emotions, and interact with other people.²

People with schizophrenia usually begin to experience symptoms in early adulthood, often between the late teens and early 30s, but it can also start later in life.¹ Every person's experience with schizophrenia is different.

The good news is that schizophrenia is treatable with medicines and psychosocial support.

Schizophrenia can be treated

Treatment for schizophrenia can help manage symptoms and stop symptoms from returning. Getting support as early as possible can help you get back into everyday life³.

A medicine like REXULTI combined with psychological therapy and community support can be an effective way to manage the symptoms of schizophrenia.²

Your healthcare team

A number of healthcare professionals may be involved in your care. In addition to a psychiatrist, you may see:²

- a general practitioner and/or a mental health nurse, to help monitor your symptoms, general health and wellbeing.
- a social worker, to help you manage social and practical matters, such as your relationships, housing and work.
- an occupational therapist, to help you feel confident with everyday activities, such as work and self-care.
- a psychologist or counsellor, to support you with any emotions, concerns or challenges that you face.

Your treatment plan and healthcare team may change over time, depending on what works best for you.



Medicine

Most people with schizophrenia take a type of medicine called an antipsychotic to help manage symptoms.

Antipsychotic medicines work to help reduce symptoms like hallucinations, delusions and disordered thinking. They can also help prevent symptoms from returning.¹

REXULTI is a type of antipsychotic medicine.⁴



Psychological therapies

Talking to a psychologist can help you to explore your thoughts, process your feelings and manage your moods. A psychologist can suggest strategies to cope if things become challenging or stressful.⁵

You may wish to take part in family therapy, together with your loved ones, to help them better understand your experience.

You can speak with your healthcare team to work out the types of psychological therapy that you feel would work for you.

Community support

Schizophrenia can affect the way you interact with friends and family. It might have an impact on your ability to work or study and may leave you feeling isolated or cut-off from the community.¹

Community support groups can be a helpful way to get involved with social activities, such as spending time with friends or playing sport. Community support groups may also offer guidance or mentorship from people who have experienced mental health issues themselves.

You can speak with your healthcare team, or visit the websites listed at the end of this booklet, to find community support groups in your local area.

About REXULTI

Your doctor has prescribed REXULTI, an antipsychotic medicine.⁴ REXULTI can help manage the symptoms of schizophrenia and prevent them from returning.⁴

REXULTI may be your first medicine for schizophrenia. Or, you may be switching to REXULTI from another treatment.

Before you start taking REXULTI, it is important for you (or someone who helps you with your treatment) to read the REXULTI Consumer Medicine Information leaflet. The Consumer Medicine Information answers common questions about REXULTI. You can ask your doctor or pharmacist for a copy, or you can download a copy from www.lundbeck.com.au.

Always take your medication as prescribed by your doctor. REXULTI can help manage symptoms, but it does not cure them. If you don't take REXULTI as prescribed, your symptoms could return.⁴ Always speak with your doctor before you make any changes to your treatment.

REXULTI

- **Is prescribed for the management of schizophrenia in adults.⁴**
- **can help to keep symptoms under control, and stop them from coming back.⁴**
- **Should be taken as directed by your doctor.⁴**

Read the Consumer Medicine Information leaflet for more information.



How to take REXULTI

Before recommending REXULTI, your doctor will have considered your overall health, including any allergies and medical conditions you have, and any other medicines you may be taking.⁴

If you think you have forgotten to tell your doctor about something important – like another medicine you are taking – let them know as soon as possible before you start treatment.⁴

Your doctor or pharmacist will tell you how much you will need to take each day. This will depend on your condition and whether you are taking any other medicines. Follow the instructions they give you.⁴

Take your REXULTI once a day, swallowing your dose whole with a glass of water. You can take REXULTI with or without food.⁴



Take REXULTI once a day.⁴



Follow the dosing instructions from your doctor.⁴



Remember to get your repeat prescription filled before your current box of tablets runs out.⁴

My daily dose of REXULTI

You can use the table below to record your daily REXULTI dose for the first 8 days of treatment. You can ask your doctor to help you fill it in and write any special notes for you to remember.

Date	Daily dose	Notes
/ /	mg	
/ /	mg	
/ /	mg	
/ /	mg	
/ /	mg	
/ /	mg	
/ /	mg	
/ /	mg	



SIDE EFFECTS

All medicines can have side effects. Sometimes they are serious, but most of the time they are not.⁴ You may experience some side effects from REXULTI, or you may experience no side effects at all.

You can find more information about side effects in the Consumer Medicine Information leaflet.

If you're worried about how you're feeling while taking REXULTI, or if you notice any side effects, speak with your doctor or pharmacist as soon as possible.

THINGS TO BE AWARE OF

- **Some people can feel light-headed or tired when they take REXULTI. If you feel this way, you should avoid driving or operating machinery.⁴**
- **Avoid drinking alcohol while taking REXULTI as it may make potential side effects worse.⁴**
- **REXULTI can make your body react differently to heat and cold. Make sure you keep cool in hot weather, and warm in cool weather.⁴**

Getting connected

There is a lot of information and support available online for people with schizophrenia. It can be hard to pick the most helpful website! So, we've listed some reliable ones below.

- Sane Australia
www.sane.org
- Head to Health
www.headtohealth.gov.au
- Headspace
www.headspace.org.au
- Mental Illness Fellowship of Australia Inc (MIFA)
www.mifa.org.au
- Mental Health Council
www.mhaustralia.org
- Lifeline
13 11 14

Lundbeck is not responsible for the content or availability of the above resources.

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