

MY TREATMENT WITH AQUIPTA[®] ▼ (ATOGEPAANT) IN MIGRAINE

Do not copy, share or distribute this booklet except to patients prescribed AQUIPTA[®] as permitted by Abbvie Ltd.

This booklet is intended exclusively for patients who have been prescribed AQUIPTA[®] to introduce you to your medicine and does not replace the patient information leaflet. Always refer to the patient information leaflet that comes with the tablet packaging before you start your treatment and while you are taking your medication. This booklet is not intended to replace the information leaflet that comes with your tablets. Always seek the advice of your healthcare professional if you have any questions relating to your medical condition/medication.

AQUIPTA[®] is used to prevent migraine in adult patients who have at least 4 migraine days per month.

▼ This medicine is subject to additional monitoring. This will allow quick identification of new safety information. You can help by reporting any side effects you may get.

REPORTING SIDE EFFECTS

If you experience any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this booklet or the Patient Information Leaflet. You can help by reporting side effects directly via the Yellow Card Scheme at <https://yellowcard.mhra.gov.uk/> or via the MHRA Yellow Card app, available in the Google Play or Apple App Stores. Adverse events should also be reported to AbbVie at GBPV@abbvie.com. By reporting side effects, you can help provide more information on the safety of this medicine.

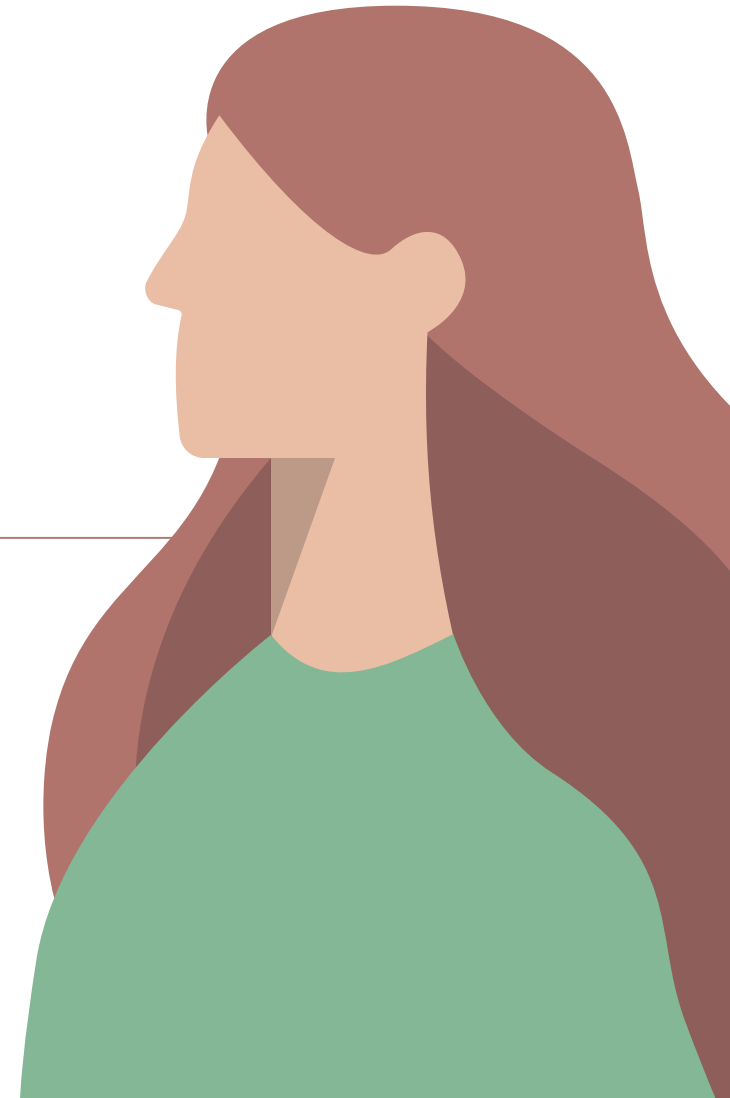
STARTING YOUR TREATMENT

Whether you are new to migraine medication or not, we're here to help you understand what to potentially expect with AQUIPTA®. We'll walk you through what the medication is, how it works, and some important details you need to know while taking it.

So, let's get started!



It is important to remember that everybody is different, and each person responds to medication differently.



ABOUT YOUR MEDICINE

How does AQUIPTA® help manage migraines?

This is a preventive treatment, meaning it aims to reduce the number of migraines you experience. It is not a treatment that aims to stop a migraine once it has started.

Always take this medicine exactly as your doctor has told you.

By taking one tablet of your treatment once a day, every day, even when you are not experiencing a migraine, you can help prevent migraines from developing.

Do not stop taking your medicine without first talking to your healthcare professional.



Your medication
can reduce the
number of days
you are impacted
by migraines

HOW DOES YOUR MEDICATION WORK?

It blocks the action of a molecule called **calcitonin gene-related peptide (CGRP)**.

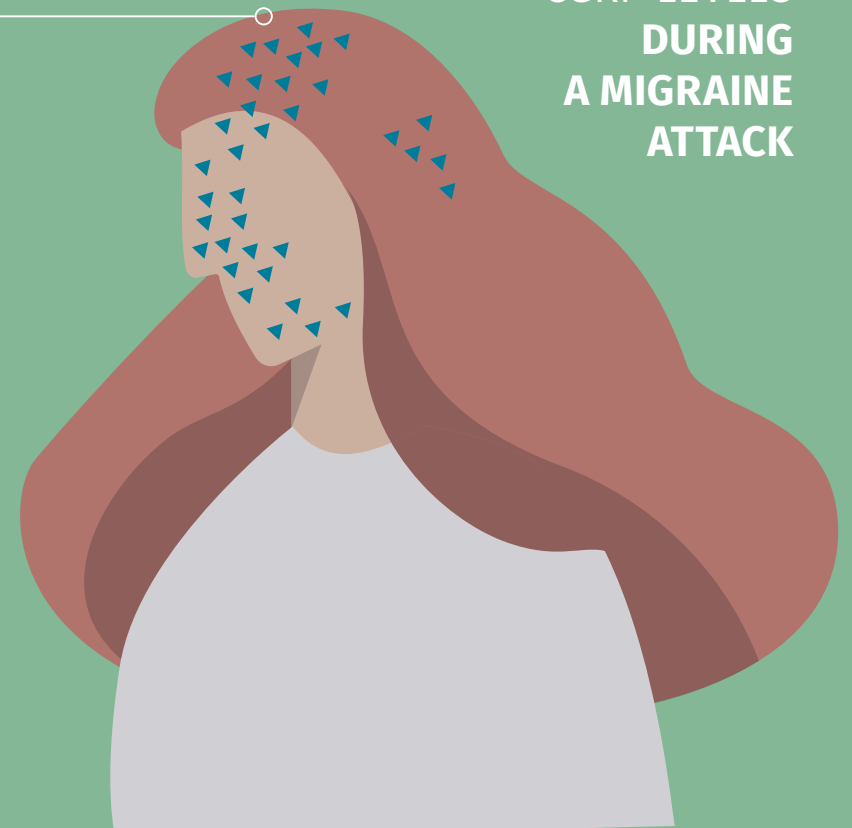
CGRP has been shown to play a role in migraine attacks, which means blocking it can help prevent a migraine from occurring.

CGRP LEVELS
AT REST



CGRP

CGRP LEVELS
DURING
A MIGRAINE
ATTACK



BEFORE TAKING YOUR MEDICATION

Tell your healthcare professional if:



You are taking any other medications, including:

- Treatments that may affect your immune system
- Treatments for infections
- Treatments for high blood pressure
- Prescription medication
- Over-the-counter medicines



You are allergic to any of the ingredients in AQUIPTA®

These can be found in the leaflet that comes with your medication.



You have any liver or kidney problems



You are or are planning to become pregnant



You are currently breastfeeding

Be sure to contact your healthcare professional if you have any questions.

TAKING YOUR MEDICATION

Always take this medicine exactly as your healthcare professional has told you. Speak to your doctor or pharmacist if you are not sure.

As this medication is preventive, it's important that you take it every day.

What if you forget to take your medication?

A missed dose should be taken straight away. If it is close to your scheduled next dose, do not take a double dose to make up for a forgotten tablet.



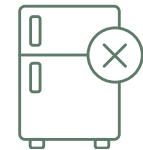
One tablet



Once daily



With or
without food



No special storage
requirements

**Always keep this medicine out of the sight
and reach of children.**

TAKING YOUR MEDICATION CONSISTENTLY



This medication is most effective when taken every day.

It's important to be open with your healthcare professional about how well you're remembering to take your tablets. This means they'll be able to give you the support you need as well as make informed decisions about your treatment.

You can use the migraine diary section to help identify days where you've missed a dose and the possible reasons why. This can be helpful to refer back to during discussions with your healthcare professional.

TIPS FOR REMEMBERING TO TAKE YOUR MEDICATION

We know taking an oral treatment can be hard to remember in the long term, but the good news is that there are plenty of things you can do to help yourself not miss a dose:



Store your medication somewhere visible to you that is out of sight and reach of children (a consistent spot can help)



Take your medication at the same time and in the same place each day to form a habit



Set daily reminders on your phone, tablet or smart speaker



Set reminders to order medication in advance so you don't run out

POSSIBLE SIDE EFFECTS

Like all medications, this medication may cause side effects, although not everybody gets them.

Common (may affect up to 1 in 10 people):

- Feeling sick (nausea)
- Constipation
- Tiredness (fatigue) or sleepiness (somnolence)
- Decreased appetite
- Weight loss



**This medication may make you feel sleepy.
Do not drive or use machines if you are affected.**

If you get any side effects, including any that are not listed here, talk to a healthcare professional.

You can also report side effects directly via the Yellow Card Scheme at www.yellowcard.mhra.gov.uk/ 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 medication.

MY MIGRAINE DIARY



This section is designed to help you keep track of your migraines, including your symptoms, possible triggers and medication.

The more information you have to hand, the better equipped you'll be to take control of your condition.

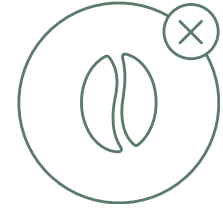
HEALTHY HABITS TO HELP MANAGE MIGRAINES



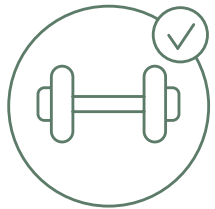
Eat regular,
balanced meals



Stay
hydrated



Avoid
caffeine



Exercise
regularly



Keep a consistent
sleep schedule



Reduce
stress

MISSED A DOSE?

If you've missed a dose recently, use this space to note down any reasons why this may have happened. For example:

- Ran out of medication
- Change to usual routine
- Starting to feel better

Date:

Reason:

.....
.....
.....
.....

Date:

Reason:

.....
.....
.....
.....
.....

Date:

Reason:

.....
.....
.....
.....
.....

MY MIGRAINE DIARY: AN OVERVIEW

MIGRAINE SEVERITY

You can record the severity of your migraine by ticking the relevant icon.



Mild



Moderate



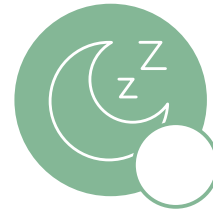
Severe

TRIGGERS

If you think you know what triggered your attack, tick the relevant icon.



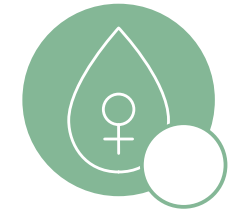
Stress



Sleep



Alcohol/Caffeine



Period

MEDICATION

Finally, please tick the type of medication you took for your migraine today:

Prophylactic



Taken daily to help prevent migraine attacks

Other



Remember, if you experience any side effects while taking a medication, advise your healthcare professional.

Week	Migraine severity			Triggers					Medication	
	Mild	Moderate	Severe	Stress	Sleep	Alcohol/ Caffeine	Period	Other	Prophylactic	Other
MON	Prophylactic <input type="checkbox"/>	Other <input type="checkbox"/>
TUE	Prophylactic <input type="checkbox"/>	Other <input type="checkbox"/>
WED	Prophylactic <input type="checkbox"/>	Other <input type="checkbox"/>
THU	Prophylactic <input type="checkbox"/>	Other <input type="checkbox"/>
FRI	Prophylactic <input type="checkbox"/>	Other <input type="checkbox"/>
SAT	Prophylactic <input type="checkbox"/>	Other <input type="checkbox"/>
SUN	Prophylactic <input type="checkbox"/>	Other <input type="checkbox"/>