

# APPOINTMENT PREPARATION GUIDE

Get the conversation going with your loved one and their healthcare provider so they can reduce their Tardive Dyskinesia (TD) symptoms.

Answer the questions below to help your loved one prepare for the conversation at their next appointment.

Once-daily AUSTEDO XR® contains the same active ingredient as twice-daily AUSTEDO® (deutetrabenazine) tablets. AUSTEDO has not been demonstrated to affect all of the outcomes mentioned below.



## 1 Is your loved one taking mental health medications and having uncontrollable movements?

Please select one.

- ☐ Yes, they are taking mental health medications and having uncontrollable movements.
- ☐ No, they are not taking mental health medications, but they are having uncontrollable movements.
- ☐ They are not having uncontrollable movements.

## 2 Select the words you might use to describe their symptoms:

Select all that apply.

- ☐ Foot/leg/hand movements
- ☐ Movements while sleeping
- ☐ Writhing or twitching
- ☐ Fingers/toes moving
- ☐ Eye blinking
- ☐ Twisting tongue
- ☐ Clenching/biting/grinding teeth
- ☐ Face tics or lip smacking

## 3 Select the words they might use to describe how their symptoms make them feel, physically:

Select all that apply.

- ☐ Unwanted sensations
- ☐ Moving involuntarily
- ☐ Jittery
- ☐ Restless
- ☐ In pain
- ☐ Uncontrolled

## 4 Select the words they might use to describe how their symptoms make them feel, emotionally:

Select all that apply.

- ☐ They notice that small tasks are becoming more difficult.
- ☐ They're embarrassed that people have noticed their movements.
- ☐ They're self-conscious and feel like everyone is looking at them.
- ☐ They want to avoid crowded places and isolate to avoid interactions with family and friends.
- ☐ They feel they have no control over their body.
- ☐ None of the above

Sometimes, it can be difficult to describe uncontrollable movements in their words. This real patient quote may give your loved one inspiration for what to say to their healthcare provider.

***"I noticed that I was having difficulty doing simple things like preparing food, using a knife, counting change, buttoning, zippering clothing. Those things became more challenging."***

—Rebecca, living with TD

### APPROVED USES

AUSTEDO XR® (deutetrabenazine) extended-release tablets and AUSTEDO® (deutetrabenazine) tablets are prescription medicines that are used to treat:

- the involuntary movements (chorea) of Huntington's disease. AUSTEDO XR and AUSTEDO do not cure the cause of the involuntary movements, and it does not treat other symptoms of Huntington's disease, such as problems with thinking or emotions.
- movements in the face, tongue, or other body parts that cannot be controlled (tardive dyskinesia).

It is not known if AUSTEDO XR and AUSTEDO are safe and effective in children.

Please read additional **Important Safety Information** continued on the next page and [here](#) or visit [www.AUSTEDO.com](http://www.AUSTEDO.com) to read or print the Medication Guide for AUSTEDO XR.

### IMPORTANT SAFETY INFORMATION

**AUSTEDO XR® and AUSTEDO® can cause serious side effects in people with Huntington's disease, including: depression, suicidal thoughts, or suicidal actions. Do not** start taking AUSTEDO XR or AUSTEDO if you are depressed (have untreated depression or depression that is not well controlled by medicine) **or** have suicidal thoughts. Pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts or feelings. This is especially important when AUSTEDO XR or AUSTEDO is started and when the dose is changed. Call your healthcare provider right away if you become depressed, have unusual changes in mood or behavior, or have thoughts of suicide.

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## 5 Select which of these statements best describe how they feel about their next appointment:

Select all that apply.

<input type="checkbox"/> They're nervous about what will happen when they bring up their movements.	<input type="checkbox"/> They're concerned they won't be taken seriously.	<input type="checkbox"/> They're embarrassed to talk about their movements.	<input type="checkbox"/> They do not want to take another medication.
<input type="checkbox"/> They're concerned about insurance coverage or affording AUSTEDO XR.	<input type="checkbox"/> They're worried about potential side effects.	<input type="checkbox"/> None of the above	

Having your loved one prepare for their appointment can help facilitate their discussion about their TD movements. Bring information about your loved one's mental health conditions and treatments, as well as details about how their movements are affecting them.

***Their healthcare provider may perform an Abnormal Involuntary Movement Scale (AIMS) test—a checklist to assess the severity of uncontrollable movements. This will help determine the severity of their movements.***

## 6 If they are diagnosed with TD, are they open to treating it?

Please select one.

<input type="radio"/> Yes	<input type="radio"/> Not sure
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### IMPORTANT SAFETY INFORMATION (CONTINUED)

#### Do not take AUSTEDO XR or AUSTEDO if you:

- have Huntington's disease and are depressed or have thoughts of suicide.
- have liver problems.
- are taking reserpine. **Do not** take medicines that contain reserpine with AUSTEDO XR or AUSTEDO. If your healthcare provider plans to switch you from taking reserpine to AUSTEDO XR or AUSTEDO, you must wait at least 20 days after your last dose of reserpine before you start taking AUSTEDO XR or AUSTEDO.
- are taking a monoamine oxidase inhibitor (MAOI) medicine. **Do not** take an MAOI within 14 days after you stop taking AUSTEDO XR or AUSTEDO. **Do not** start AUSTEDO XR or AUSTEDO if you stopped taking an MAOI in the last 14 days. Ask your healthcare provider or pharmacist if you are not sure.
- are taking tetrabenazine. If your healthcare provider plans to switch

you from tetrabenazine to AUSTEDO XR or AUSTEDO, take your first dose of AUSTEDO XR or AUSTEDO on the day after your last dose of tetrabenazine.

- are taking valbenazine.

#### Other possible serious side effects include:

- **Irregular heartbeat (QT prolongation).** AUSTEDO XR and AUSTEDO increases your chance of having certain changes in the electrical activity in your heart. These changes can lead to a dangerous abnormal heartbeat. Taking AUSTEDO XR or AUSTEDO with certain medicines may increase this chance.
- **Neuroleptic Malignant Syndrome.** Call your healthcare provider right away and go to the nearest emergency room if you develop these signs and symptoms that do not have another obvious cause: high fever, stiff muscles, problems thinking, very fast or uneven heartbeat, or increased sweating.

Please read additional **Important Safety Information** continued on the next page and [here](#) or visit [www.AUSTEDO.com](http://www.AUSTEDO.com) to read or print the Medication Guide for AUSTEDO XR.

# APPOINTMENT PREPARATION GUIDE

**AUSTEDO XR® is a once-daily treatment for adults with Tardive Dyskinesia (TD).**

Once-daily AUSTEDO XR contains the same active ingredient as twice-daily AUSTEDO® (deutetrabenazine) tablets.

**Have your loved one use these questions to help talk with their healthcare provider and learn more about AUSTEDO XR.**

**1** *How may AUSTEDO XR be able to help me?*

**2** *I don't want to change my mental health medications. Can I take AUSTEDO XR with my other medications?*

**3** *I'm concerned about side effects. What are the potential side effects of AUSTEDO XR?*

**4** *AUSTEDO XR has different dosing options. What does this mean for my treatment?*

**5** *How do I take AUSTEDO XR?*

**6** *What is the Abnormal Involuntary Movement Scale (AIMS), and how can it measure my progress?*

**7** *What support and resources are available if I start taking AUSTEDO XR?*

## IMPORTANT SAFETY INFORMATION (CONTINUED)

- **Restlessness.** You may get a condition where you feel a strong urge to move. This is called akathisia.
- **Parkinsonism.** Symptoms include: slight shaking, body stiffness, trouble moving, trouble keeping your balance, or falls.

**Sleepiness (sedation) is a common side effect of AUSTEDO XR and AUSTEDO.** While taking AUSTEDO XR or AUSTEDO, do not drive a car or operate dangerous machinery until you know how AUSTEDO XR or AUSTEDO affects you. Drinking alcohol and taking other drugs that may also cause sleepiness while you are taking AUSTEDO XR or AUSTEDO may increase any sleepiness caused by AUSTEDO XR and AUSTEDO.

**The most common side effects of AUSTEDO in people with Huntington's disease include** sleepiness (sedation), diarrhea, tiredness, and dry mouth.

**The most common side effects of AUSTEDO in people with tardive dyskinesia include** inflammation of the nose and throat (nasopharyngitis) and problems sleeping (insomnia).

The most common side effects of AUSTEDO XR are expected to be similar to AUSTEDO in people with Huntington's disease or tardive dyskinesia.

These are not all the possible side effects of AUSTEDO XR or AUSTEDO. Call your doctor for medical advice about side effects. You are encouraged to report side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call **1-800-FDA-1088**.

**Please read the accompanying [Medication Guide](#).**