

## Patient Medication Guide

### HOW SHOULD I TAKE XOLAIR?

1. Use XOLAIR exactly as prescribed by your healthcare provider.
2. When starting treatment XOLAIR should be given by your healthcare provider in a healthcare setting.
3. If your healthcare provider decides that you or a caregiver may be able to give your own XOLAIR prefilled syringe or auto-injector injections, you should receive training on the right way to prepare and inject XOLAIR.
4. Do not try to inject XOLAIR until you have been shown the right way to give XOLAIR prefilled syringe or auto-injector injections by a healthcare provider.
5. The XOLAIR auto-injector (all doses) is intended for use only in adults and adolescents aged 12 years and older.
6. XOLAIR is given in 1 or more injections under the skin (subcutaneous), 1 time every 2 or 4 weeks.
7. You may not see improvement in your symptoms right away after XOLAIR treatment.
8. If you inject more XOLAIR than prescribed, call your healthcare provider right away.
9. Do not use a double dose to make up for a forgotten dose.
10. If you miss a dose or if you use more XOLAIR than you need, call your doctor or pharmacist to find out what to do.
11. Tell your doctor if you are pregnant, plan on getting pregnant, or are breast-feeding. You will need to talk about the benefits and risks to you and the baby.

### PRECAUTIONS

**Do not receive and use XOLAIR if you are allergic to latex or any of the ingredients in XOLAIR.**

1. If you have inflammatory bowel disease like ulcerative colitis or Crohn's disease, talk with your doctor.
2. Talk with your doctor before getting any vaccines.
3. Do not try to inject XOLAIR until you have been shown the right way to give XOLAIR prefilled syringe or auto-injector injections by a healthcare provider.
4. Do not use if the solution is cloudy, leaking, or has particles.
5. This drug is colourless to a faint yellow. Do not use if the solution changes colour.
6. Do not shake.
7. Do not use this drug if it has been dropped or if it is broken.

### HOW SHOULD I STORE AND/OR THROW OUT XOLAIR?

1. Store XOLAIR in the refrigerator between (2C to 8C).
2. Keep your unused XOLAIR prefilled syringes or auto-injectors in the original carton until use to protect them from light.
3. XOLAIR prefilled syringe or auto-injector can be removed from and placed back in the refrigerator if needed.
4. The total combined time out of refrigerator may not exceed 2 days. Do not use if XOLAIR prefilled syringe or auto-injector is exposed to temperatures above (25C).
5. Do not freeze. Do not use if XOLAIR prefilled syringes or auto-injectors have been frozen.
6. Keep XOLAIR out of direct sunlight.
7. Do not use XOLAIR past the expiration date.
8. Keep this medicine out of the sight and reach of children.
9. Throw away needles in a needle/sharp disposal box.

### XOLAIR® OMALIZUMAB



### WHAT IS XOLAIR AND WHAT IS IT USED FOR?

Xolair is an injectable medicine used to treat certain allergic conditions, such as allergic asthma and chronic Urticaria (chronic hives).

Your doctor might prescribe you Xolair to treat chronic spontaneous Urticaria (CSU) that is

### WHAT ARE THE INGREDIENTS IN XOLAIR?

Xolair contains the active ingredient, **Omalizumab**.

Other ingredients:

**Prefilled syringe:** arginine hydrochloride, histidine, L-histidine hydrochloride monohydrate, and polysorbate 20.

**Vial:** histidine, L-histidine hydrochloride monohydrate, polysorbate 20 and sucrose.

## MY NOTES

### I AM TAKING XOLAIR IN ORDER TO:

Treat my Chronic hives (Chronic Spontaneous Urticaria)

### HOW & WHEN I SHOULD TAKE XOLAIR:

#### Prescribed strength & Dosage form:

- Xolair Vials **150 mL**
- Xolair Solution Prefilled Syringe **75 mg/0.5 mL**
- Xolair Solution Prefilled Syringe **150 mg/1 mL**

#### Dosage regimen:

- Every 2 weeks
- Every 4 weeks

#### Administration route:

- Under the skin (subcutaneous)

### FOR HOW LONG I WILL TAKE XOLAIR:

Treatment duration:

Refills:

Refill date:

Refill quantity:

## WHAT ARE THE POSSIBLE SIDE EFFECTS OF COSENTYX AND HOW TO DEAL WITH THEM?

Like all medicines, this medicine can cause side effects, although not everybody gets them.

Tell your doctor or get medical help right away if you experience any of the following signs or symptoms:

The most common side effects of XOLAIR in people with chronic spontaneous Urticaria include: nausea, headaches, swelling of the inside of your nose, throat or sinuses, cough, joint pain, and upper respiratory tract infection.

**XOLAIR may cause serious side effects, including:** Severe allergic reaction. A severe allergic reaction called anaphylaxis can happen when you receive XOLAIR. The reaction can occur after the first dose, or after many doses. It may also occur right after a XOLAIR injection or days later.

**Anaphylaxis** is a life-threatening condition and can lead to death. Go to the nearest emergency room right away if you have any of these symptoms of an allergic reaction: wheezing, shortness of breath, cough, chest tightness, or trouble breathing, low blood pressure, dizziness, fainting, rapid or weak heartbeat, anxiety, or feeling of “impending doom”, flushing, itching, hives, or feeling warm, swelling of the throat or tongue, throat tightness, hoarse voice, or trouble swallowing.

Your healthcare provider will monitor you closely for symptoms of an allergic reaction while you are receiving XOLAIR and for a period of time after treatment is initiated. Your healthcare provider should talk to you about getting medical treatment if you have symptoms of an allergic reaction.

### **SPECIFIC RECOMMENDATIONS PROVIDED TO THE PATIENT INCLUDE:**

#### **Dietary considerations**

- Identify Potential Triggers: Keep a detailed food diary this can help you identify potential trigger foods or beverages that exacerbate urticarial symptoms. Common triggers can include certain foods, food additives, and histamine-rich foods (e.g., aged cheeses, processed meats, fermented foods).
- Elimination Diet: If specific foods are triggering urticaria, remove suspected trigger foods from the diet and then gradually reintroduce them to see if they cause a reaction. This should be done under the guidance of your doctor or allergist.
- Low Histamine Diet: Some individuals with urticaria find relief by following a low histamine diet. Histamine is a compound that can trigger hives in sensitive individuals. Foods high in histamine include fermented foods, certain fruits, and aged cheeses. A low histamine diet may involve avoiding or reducing these foods.
- Allergen Testing: Consider testing for food allergies or sensitivities. Allergists can perform skin prick tests or blood tests to identify allergens that may exacerbate the hives.
- Balanced Diet: Maintain a balanced and nutritious diet that includes a variety of fruits, vegetables, lean proteins, and whole grains. A well-rounded diet can support overall health and may help improve immune function.

#### **Nocturnal pruritus**

- May be reduced by:
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- Lukewarm bathing and keeping the surrounding temperature of the bedroom cool.
- Application of lotions with menthol and phenol provides prompt relief of pruritus for some patients.
- Elimination of suspected triggers.
- Avoidance of mental stress, overtiredness, nonsteroidal anti-inflammatory drugs (NSAIDs), and tight-fitting garments.

#### **Insomnia and Sleep problems**

- Educate patients on sleep hygiene and good sleep habits and relaxation techniques.
- Regular physical activity such as aerobic and flexibility exercise or intraday aerobic exercise is recommended.
- Drink chamomile tea before you sleep for relaxation.