

As you start DUPIXENT for your uncontrolled chronic rhinosinusitis with nasal polyps (CRSwNP), pay attention to your symptoms and note any changes you can share with your healthcare provider.

**DON'T LET NASAL POLYPS HOLD YOU BACK**

When you are staying committed to treatment and tracking your symptoms over time, you can see how DUPIXENT may be working for you. Results from 2 clinical trials with 724 adult patients with nasal polyps show that DUPIXENT:



**Relieved nasal congestion and reduced the size of nasal polyps**



**Improved smell and congestion in as little as 3 days**



**Significantly reduced the need for oral steroids or surgery\***

\*In clinical studies evaluating DUPIXENT 300mg + standard of care vs placebo + standard of care, 76% fewer patients taking DUPIXENT required oral/injected steroids or surgery. **Do not change or stop your corticosteroid medicine without talking to your healthcare provider.**

**DU MORE WITH LESS NASAL POLYPS**

If I had better control of my CRSwNP, I would look forward to...  
**Take a moment to write your treatment goals.**

Since individual results may vary, and improvement may not be seen right away, track the progress you or your loved one make as you start DUPIXENT to treat your nasal polyps.

**INSTRUCTIONS**

On the same day as your biweekly injection, reflect on your symptoms. Mark the charts on the next page to monitor and compare any changes you may have noticed. Check out the example chart below. If you run out of space, print out another copy of this tracker.

**EXAMPLE**

**Date:** 10/15

**Nasal Congestion**

- No change since last dose
- Slight Improvement
- Moderate Improvement
- Substantial Improvement

**Ability to Smell**

- No change since last dose
- Slight Improvement
- Moderate Improvement
- Substantial Improvement

**Symptom Tracking Tips**

- Put this symptom tracker guide somewhere that is visible and easy to access
- Ask a loved one to help you remember to track your symptoms
- Scan this code to download biweekly calendar reminders



**INDICATION**

DUPIXENT is a prescription medicine used with other medicines for the maintenance treatment of chronic rhinosinusitis with nasal polyps (CRSwNP) in adults and children 12 years of age and older whose disease is not controlled. It is not known if DUPIXENT is safe and effective in children with CRSwNP under 12 years of age.

**IMPORTANT SAFETY INFORMATION**

**Do not use** if you are allergic to dupilumab or to any of the ingredients in DUPIXENT.

**Please see additional Important Safety Information for DUPIXENT on next page. Please see accompanying full [Prescribing Information](#) and [Patient Information](#).**

Date: \_\_\_\_\_

**Nasal Congestion**

No change since last dose     Slight Improvement     Moderate Improvement     Substantial Improvement

**Ability to Smell**

No change since last dose     Slight Improvement     Moderate Improvement     Substantial Improvement

Date: \_\_\_\_\_

**Nasal Congestion**

No change since last dose     Slight Improvement     Moderate Improvement     Substantial Improvement

**Ability to Smell**

No change since last dose     Slight Improvement     Moderate Improvement     Substantial Improvement

Date: \_\_\_\_\_

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**IMPORTANT SAFETY INFORMATION (cont'd)**

Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:

- have eye problems.
- have a parasitic (helminth) infection.

Please see additional Important Safety Information for DUPIXENT on next page.  
Please see accompanying full [Prescribing Information](#) and [Patient Information](#).

If you've been pleased with your progress, take a moment to celebrate! But if you don't feel the way you expected, remember that seeing results may take time. It's best to always discuss your results with your doctor.

Note anything else you'd like to discuss with your doctor:

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## GET SUPPORT TO STAY ON TRACK



### DUPIXENT MyWay<sup>®</sup> CAN HELP

You've already taken some important steps to making treatment with DUPIXENT a part of your life. Now, take advantage of all the support *DUPIXENT MyWay* can offer.

Whether it is stories of real patients, supplemental injection training, calendar reminders, or frequently asked questions, there are helpful tools and resources available.

And if life changes ever impact your coverage for DUPIXENT, *DUPIXENT MyWay* can help you get the access you need.



### INJECTION SUPPORT

If you're feeling uncertain about self-injection, please talk to your doctor. And remember to take advantage of all the supplemental injection resources *DUPIXENT MyWay* offers. Scan the QR code to explore supplemental support.

### Support Throughout Your Journey

For additional resources, or to speak with a *DUPIXENT MyWay* Nurse Educator, call **1-844-DUPIXENT (1-844-387-4936), option 1.**

## IMPORTANT SAFETY INFORMATION (cont'd)

**Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:**

- are scheduled to receive any vaccinations. You should not receive a "live vaccine" right before and during treatment with DUPIXENT.

Please see additional Important Safety Information for DUPIXENT on next page. Please see accompanying full [Prescribing Information](#) and [Patient Information](#).

## IMPORTANT SAFETY INFORMATION (cont'd)

**Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:**

- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.
  - A pregnancy registry for women who take DUPIXENT during pregnancy collects information about the health of you and your baby. To enroll or get more information call 1-877-311-8972 or go to <https://mothertobaby.org/ongoing-study/dupixent/>.
- are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

**Especially tell your healthcare provider if you** are taking oral, topical, or inhaled corticosteroid medicines or if you have CRSwNP and asthma and use an asthma medicine. **Do not** change or stop your other medicines, including corticosteroid medicine or other asthma medicine, without talking to your healthcare provider. This may cause other symptoms that were controlled by those medicines to come back.

**DUPIXENT can cause serious side effects, including:**

- **Allergic reactions. DUPIXENT can cause allergic reactions, including skin reactions, that can sometimes be severe.** Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following signs or symptoms: breathing problems or wheezing, swelling of the face, lips, mouth, tongue, or throat, fainting, dizziness, feeling lightheaded, fast pulse, fever, hives, skin rash, including rash that looks like a bullseye or painful red or blue bumps under the skin, general ill feeling, itching, swollen lymph nodes, nausea or vomiting, joint pain, or cramps in your stomach area.
- **Eye problems.** Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision, such as blurred vision. Your healthcare provider may send you to an ophthalmologist for an eye exam if needed.
- **Inflammation of your blood vessels.** Rarely, this can happen in people with asthma who receive DUPIXENT. This may happen in people who also take a steroid medicine by mouth that is being stopped or the dose is being lowered. Tell your healthcare provider right away if you get: rash, chest pain, worsening shortness of breath, brown or dark colored urine, persistent fever, or a feeling of pins and needles or numbness of your arms or legs.
- **Joint aches and pain.** Some people who use DUPIXENT have had trouble walking or moving due to their joint symptoms, and in some cases needed to be hospitalized. Tell your healthcare provider about any new or worsening joint symptoms. Your healthcare provider may stop DUPIXENT if you develop joint symptoms.

**The most common side effects in patients with CRSwNP include** injection site reactions, eye problems, including eye and eyelid inflammation, redness, swelling, itching, eye infection, and blurred vision, high count of a certain white blood cell (eosinophilia), stomach problems (gastritis), joint pain (arthralgia), trouble sleeping (insomnia), and toothache.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.

Use DUPIXENT exactly as prescribed by your healthcare provider. It's an injection given under the skin (subcutaneous injection). Your healthcare provider will decide if you or your caregiver can inject DUPIXENT. **Do not** try to prepare and inject DUPIXENT until you or your caregiver have been trained by your healthcare provider. In children 12 years of age and older, it's recommended DUPIXENT be administered by or under supervision of an adult.

**Please see accompanying full [Prescribing Information](#) including [Patient Information](#).**