

COPD FLARE-UP ACTION PLAN

COPD flare-ups are those times when your usual breathing problems become noticeably worse. COPD flare-ups can be serious events, so it's important to be alert for the signs and symptoms, and take steps to reduce your risk of future flare-ups. You should always contact your doctor right away if you think you may be having a flare-up. In cases of an emergency, call 911.

Here's a Flare-up Action Plan that may also help:

- 1 Be Prepared**
 - » If you use a rescue inhaler, be sure it is not empty and keep it with you at all times
 - » Keep important contact numbers with you at all times, including your doctors, and family/friends who know about your condition

- 2 Recognize the Symptoms**

Learn to recognize the early warning signs of a flare-up, and call your doctor or 9-1-1 if you experience symptoms of a flare-up. Warning signs of a COPD flare-up may include:

 - » Increased coughing
 - » Increase in amount of mucus
 - » Worsening shortness of breath
 - » Wheezing
 - » Chest tightness

- 3 Get Help When Necessary**

Learn to recognize a severe COPD flare-up and seek immediate medical care, including calling 9-1-1 or going to an emergency room if you experience any of the following:

 - » Feeling confused, dazed, or very sleepy
 - » Slurred speech
 - » Sudden or severe shortness of breath
 - » Quick rise in heart rate
 - » Quick rise or fall in respiratory rate
 - » Chest pain
 - » Change in skin or nail color, such as a bluish tint to nails or lips

Please see next page for step 4

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Please see previous page for steps 1, 2, and 3.

4 Take Steps to Help Reduce the Risk of Another Flare-up

- » Avoid getting sick by getting a yearly flu shot, avoid crowds during cold and flu season, and wash your hands often
- » If you smoke, talk to your doctor about ways to quit. Quitting smoking can help prevent COPD flare-ups
- » Avoid outdoor air pollution
- » Work closely with your doctor to come up with a management plan, including discussion of treatments that can help reduce your risk of flare-ups
- » If you have severe COPD, DALIRESP may help you reduce your risk of future flare-ups. DALIRESP is not a bronchodilator and should not be used for treating sudden breathing problems

INDICATION

DALIRESP is a prescription medicine used in adults with severe Chronic Obstructive Pulmonary Disease (COPD) to decrease the number of flare-ups or the worsening of COPD symptoms (exacerbations). DALIRESP is not a bronchodilator and should not be used for treating sudden breathing problems.

DALIRESP 250 mcg is a starting dose for the first 4 weeks only and is not the effective dose.

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about DALIRESP?

DALIRESP can cause serious side effects. Tell your healthcare provider right away if you have any of the symptoms listed below while taking DALIRESP.

- » **DALIRESP may cause mental health problems, including suicidal thoughts and behavior.** Some people taking DALIRESP may develop mood or behavior problems, including thoughts of suicide or dying, attempt to commit suicide, trouble sleeping (insomnia), new or worse anxiety, new or worse depression, acting on dangerous impulses, or other unusual changes in behavior or mood
- » **Weight loss.** DALIRESP can cause weight loss. You should check your weight on a regular basis. You will also need to see your healthcare provider regularly to have your weight checked. If you notice that you are losing weight, call your healthcare provider. Your healthcare provider may ask you to stop taking DALIRESP if you lose too much weight

DALIRESP may affect the way other medicines work, and other medicines may affect how DALIRESP works. Tell your healthcare provider about all the medicines you take, including prescription and nonprescription medicines, vitamins, and herbal supplements.

Who should not take DALIRESP?

Do not take DALIRESP if you have certain liver problems. Talk with your healthcare provider before taking DALIRESP if you have liver problems.

What should I tell my healthcare provider before taking DALIRESP?

Before you take DALIRESP, tell your healthcare provider if you:

- » Have or have had a history of mental health problems, including depression and suicidal behavior
- » Have liver problems
- » Have any other medical conditions
- » Are pregnant or plan to become pregnant. It is not known if DALIRESP will harm your unborn baby
- » Are breastfeeding or plan to breastfeed. It is not known if DALIRESP passes into your breast milk

What are the most common side effects of DALIRESP?

The most common side effects of DALIRESP include diarrhea, weight loss, nausea, headache, back pain, flu-like symptoms, problems sleeping (insomnia), dizziness, and decreased appetite. These are not all the possible side effects of DALIRESP. Always tell your healthcare provider about any side effects that bother you or don't go away.

Learn more at www.DALIRESP.com

Please see full **Prescribing Information**, including **Medication Guide**.



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Daliresp 
(roflumilast) tablets