

CONVERSATION STARTER



LET'S TALK ITP, TREATMENT OPTIONS, AND YOU

Talking with your doctor is an important part of managing ITP. It helps your doctor make sure that you are getting the most out of your care. In your next appointment, remember to:

- Be as detailed and open as you can
- Share what you want out of your, or your child's, ITP treatment
- Fill out this guide, print it, and bring it to the next appointment

Discover more tips and watch the *Now We're Talking* video series at GotPlatelets.com.

 **TIP: OPEN AND HONEST CONVERSATIONS ARE THE BEST**
Be prepared. Get specific. Speak up about your concerns.

To help you talk to your doctor about ITP treatment options, think about the following example questions for your next appointment.

How are you feeling, and what symptoms are you experiencing?

Have you been able to take your ITP medication as directed? (If not, make a note about it.)

What do you want out of your treatment?

Is your ITP or ITP treatment stopping you from doing things you want to do? If so, what?

Include anything else you'd like to share with your doctor:



IF A TREATMENT ISN'T GIVING YOU WHAT YOU NEED, IT'S IMPORTANT TO ADMIT IT AND SAY SO. IT'S ALSO REASONABLE TO WANT MORE FROM YOUR MEDICATION.

- Leading ITP Specialist





TIP: ASK YOUR DOCTOR ABOUT YOUR OPTIONS

Below are sample questions to help you learn as much as you can about your treatment options:

Select the questions you'd like to ask.

- Based on my symptoms and medical history, what are my ITP treatment options? Are they FDA-approved for ITP?
- What side effects might these treatments have?
- How are these treatments given?
- When, where, and for how long will I need to take these treatments?
- How long will it take for these treatments to start working?
- Will these treatments interact with any other medicines that I take or foods that I eat?



Check out more videos like Ally's at GotPlatelets.com →

In the *Now We're Talking* video series on GotPlatelets.com, Ally, an ITP patient, has researched alternative treatment options before going to her appointment.

Like Ally, it's helpful to do some research, so that you know what treatment options are available to you.



For caregivers of children

As a caregiver of a child, you may have questions specific to ITP treatment for children. Here are some to consider:

- Have these treatments been studied or FDA-approved in children?
- How does this treatment work in children?
- Are there any particular side effects we should look out for?



THE NEXT TIME YOU'RE AT THE DOCTOR WITH YOUR LOVED ONE, CONSIDER MAKING A GAME PLAN TOGETHER BEFORE THE VISIT.

- Leading ITP Specialist



IS NPLATE® RIGHT FOR ME?

Talk to your doctor about Nplate® as a treatment option. Use the questions below to guide your conversation.

Select the questions you'd like to ask.

- How does Nplate® work?
- How well has Nplate® worked for others?
- How long before Nplate® starts working?
- What are the most common side effects?
- How will I receive Nplate®?
- How can I get help paying for Nplate®?



For caregivers of children

You may have questions about Nplate® for children. Below are some additional questions you can ask your child's doctor:

- How does Nplate® work in children?
- What activities can my child do while on this treatment?
- Does Nplate® reduce the risk of bleeding in children?
- Are there any foods or medicines we need to avoid?



Now that we're talking, let's recap:

- Prepare questions and take notes
- Use your time together to find solutions. Your doctor is here to help
- Do some research ahead of time
- As a caregiver, let your loved one take the lead; help them speak up and express their concerns as much as possible



BRING THIS GUIDE TO YOUR NEXT APPOINTMENT.
ASK YOUR DOCTOR IF NPLATE® IS RIGHT FOR YOU.

APPROVED USES

Nplate® is a prescription medicine used to treat low blood platelet counts (thrombocytopenia) in:

- adults with immune thrombocytopenia (ITP) when certain medicines or surgery to remove your spleen have not worked well enough.
- children 1 year of age and older with ITP for at least 6 months when certain medicines or surgery to remove your spleen have not worked well enough.

Nplate® is not for use in people with a precancerous condition called myelodysplastic syndrome (MDS), or low platelet count caused by any condition other than immune thrombocytopenia (ITP). Nplate® is only used if your low platelet count and medical condition increase your risk of bleeding. Nplate® is used to try to keep your platelet count about 50,000 per microliter in order to lower the risk for bleeding. Nplate® is not used to make your platelet count normal. It is not known if Nplate® works or if it is safe in people under the age of 1.

IMPORTANT SAFETY INFORMATION

Nplate® can cause serious side effects: worsening of a precancerous blood condition to a blood cancer (leukemia) in patients with MDS and higher risk for blood clots.

Please see additional Important Safety Information on the next page.

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about Nplate®?

Nplate® can cause serious side effects, including:

- **Worsening of a precancerous blood condition to a blood cancer (leukemia):** Nplate® is not for use in people with a precancerous condition called myelodysplastic syndromes (MDS), or for any condition other than immune thrombocytopenia (ITP). If you have MDS and receive Nplate®, your MDS condition may worsen and become an acute leukemia. If MDS worsens to become acute leukemia you may die sooner from the acute leukemia.
- **Higher risk for blood clots:**
 - You may have a higher risk of getting a blood clot if your platelet count becomes high during treatment with Nplate®. You may have severe complications or die from some forms of blood clots, such as clots that spread to the lungs or that cause heart attacks or strokes.
 - If you have a chronic liver disease, you may get blood clots in the veins of your liver. This may affect your liver function.
- **What are the possible side effects of Nplate®?**
 - Nplate® may cause serious side effects. See **“What is the most important information I should know about Nplate®?”**
 - The most common side effects of Nplate® in adults include:

<ul style="list-style-type: none"> • headache • joint pain • dizziness • trouble sleeping • muscle tenderness or weakness • pain in arms and legs • stomach (abdomen) pain 	<ul style="list-style-type: none"> • shoulder pain • indigestion • tingling or numbness in hands and feet • indigestion • bronchitis • inflammation of the sinuses (sinusitis) 	<ul style="list-style-type: none"> • vomiting • diarrhea • upper respiratory tract infection • cough • nausea • pain in mouth and throat (oropharyngeal pain)
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 - The most common side effects of Nplate® in children 1 year of age and older include:

<ul style="list-style-type: none"> • bruising 	<ul style="list-style-type: none"> • upper respiratory tract infection 	<ul style="list-style-type: none"> • pain in mouth and throat (oropharyngeal pain)
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 - People who take Nplate® may have an increased risk of developing new or worsening changes in the bone marrow called “increased reticulin.” These changes may improve if you stop taking Nplate®. Your healthcare provider may need to check your bone marrow for this problem during treatment with Nplate®.
 - These are not all the possible side effects of Nplate®. Tell your healthcare provider if you have any side effect that bothers you or that does not go away. For more information, ask your healthcare provider or pharmacist.
 - If you have any questions about this information, be sure to discuss with your doctor. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

IMPORTANT SAFETY INFORMATION (CONT'D)

How will I receive Nplate®?

Nplate® is given as an injection under the skin (subcutaneous) one time each week by your healthcare provider. Your healthcare provider will check your platelet count every week and change your dose of Nplate® as needed. This will continue until your healthcare provider decides that your dose of Nplate® can stay the same. After that, you will need to get blood tests every month. When you stop receiving Nplate®, you will need blood tests for at least 2 weeks to check if your platelet count drops too low.

Please see additional Important Safety Information on the previous page and

Prescribing Information and Medication Guide for more information about Nplate® on **Nplate.com**.