



## START THE CONVERSATION ABOUT LUMRYZ

Your healthcare provider is a valuable source of information when it comes to deciding if once-at-bedtime LUMRYZ may be right for you or your loved one.

Use this guide to help start a conversation about LUMRYZ with your or your loved one's healthcare provider.

**Once at bedtime, for your daytime**

### INDICATIONS

LUMRYZ (sodium oxybate) for extended-release oral suspension is a prescription medicine used to treat the following symptoms in patients 7 years of age and older with narcolepsy:

- sudden onset of weak or paralyzed muscles (cataplexy)
- excessive daytime sleepiness (EDS)

### IMPORTANT SAFETY INFORMATION

**WARNING:** Taking LUMRYZ™ (sodium oxybate) with other central nervous system (CNS) depressants such as medicines used to make you fall asleep, including opioid analgesics, benzodiazepines, sedating antidepressants, antipsychotics, sedating anti-epileptic medicines, general anesthetics, muscle relaxants, alcohol, or street drugs, may cause serious medical problems, including trouble breathing (respiratory depression), low blood pressure (hypotension), changes in alertness (drowsiness), fainting (syncope), and death.

The active ingredient of LUMRYZ (sodium oxybate) is a form of gamma hydroxybutyrate (GHB), a controlled substance. Abuse or misuse of illegal GHB alone or with other CNS depressants (drugs that cause changes in alertness or consciousness) have caused serious side effects. These effects include seizures, trouble breathing (respiratory depression), changes in alertness (drowsiness), coma, and death. Call your doctor right away if you have any of these serious side effects.

Because of these risks, LUMRYZ is available only by prescription and filled through certified pharmacies in the LUMRYZ REMS program. You must be enrolled in the LUMRYZ REMS to receive LUMRYZ. Further information is available at [www.LUMRYZREMS.com](http://www.LUMRYZREMS.com) or by calling 1-877-453-1029.

Please see Important Safety Information throughout, and full [Prescribing Information](#), including BOXED Warning, and [Medication Guide](#).

# How does narcolepsy affect you?

When you're ready to consider changing your narcolepsy treatment, your healthcare provider will help you make the right choice. The questions below will help you and your healthcare provider work together to discuss your treatment options.

Here are some questions to ask your child or yourself before you meet with your healthcare provider:

Why am I interested in changing treatments?

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How long have I been on my current narcolepsy treatment? What treatments have I tried in the past?

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What parts of my life do my narcolepsy symptoms disrupt the most? How is narcolepsy getting in the way of my morning routine?

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How have my symptoms of cataplexy or excessive daytime sleepiness (EDS) been affecting me during the day?

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## IMPORTANT SAFETY INFORMATION (cont'd)

Do not take LUMRYZ if you take or your child takes other sleep medicines or sedatives (medicines that cause sleepiness), drink alcohol, or have a rare problem called succinic semialdehyde dehydrogenase deficiency.

Please see Important Safety Information throughout, and full [Prescribing Information](#), including BOXED Warning, and [Medication Guide](#).

What are my short- and long-term goals for my narcolepsy treatment? Do I have an important life event coming up soon? Is there a hobby/interest I'd like to return to?

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If you or your child is currently taking a twice-nightly oxybate:

How many hours of uninterrupted sleep am I getting at night? What impact does twice-nightly dosing have on my sleep?

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How often do I miss the second dose? How do I feel the next day if I miss the second dose?

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What impact does twice-nightly dosing have on my morning routine?

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Keeping a journal may help you track your symptoms. Remember to share your symptoms at your next appointment with your healthcare provider.

## IMPORTANT SAFETY INFORMATION (cont'd)

Keep LUMRYZ in a safe place to prevent abuse and misuse. Selling or giving away LUMRYZ may harm others and is against the law. Tell your doctor if you or your child have ever abused or been dependent on alcohol, prescription medicines, or street drugs.

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Lumryz™  
(sodium oxybate) for extended-release oral suspension ©



FDA-approved single-dose sodium oxybate for adults and children 7 years of age and older with narcolepsy.

LUMRYZ helps improve the daytime symptoms of cataplexy or EDS, while its once-at-bedtime dosing means no waking up for a second dose.



### Premeasured packets

For dosing and discreet travel



### Once at bedtime

For your daytime symptoms



### Personalized support

For every step of the way



### Financial assistance programs are available.

Your co-pay could be as little as \$0 if you have commercial insurance.\* Visit [LUMRYZ.com/RYZUP](https://www.lumryz.com/RYZUP) to learn more.

## What could once-at-bedtime LUMRYZ mean for you?

\*This offer is valid only for patients who have commercial insurance. Offer not valid for patients enrolled in Medicare, Medicaid, or other federal or state healthcare programs. Additional terms and conditions apply. For full terms and conditions of the co-pay program, visit [LUMRYZ.com/RYZUP](https://www.lumryz.com/RYZUP).

### IMPORTANT SAFETY INFORMATION (cont'd)

Anyone who takes LUMRYZ should not do anything that requires them to be fully awake or is dangerous, including driving a car, using heavy machinery, or flying an airplane, for at least six (6) hours after taking LUMRYZ. Those activities should not be done until you know how LUMRYZ affects you.

Falling asleep quickly, including while standing or while getting up from the bed, has led to falls with injuries that have required some people to be hospitalized.

Please see Important Safety Information throughout, and full [Prescribing Information](#), including BOXED Warning, and [Medication Guide](#).

Consider asking some of these questions at your next appointment to start the discussion.

### Questions about LUMRYZ:

- How is LUMRYZ different from other narcolepsy treatments?
- What do you think LUMRYZ could do for my daytime symptoms of excessive daytime sleepiness or cataplexy?
- How do I take LUMRYZ? What does it look and taste like?
- What are the most common side effects of LUMRYZ?
- How long will it take me to see a difference in my symptoms?

### Questions about oxybate treatment:

- What should I know about oxybates as a treatment?
- How is LUMRYZ different from twice-nightly oxybates?
- What should I know about starting and titrating on an oxybate?

### If you and your healthcare provider decide LUMRYZ is right for you:

- What is REMS (Risk Evaluation and Mitigation Strategy) and how do I enroll?
- How will I get LUMRYZ?
- Are there access and support services for LUMRYZ?



The first thing I would tell someone with narcolepsy is to **be very vocal with your doctor about your symptoms and about how you're feeling**. I was relieved to have my doctor hear about my challenges with twice-nightly dosing."

—Tyler F., living with narcolepsy and treating with LUMRYZ

Tyler was compensated by Avadel Pharmaceuticals to share his story.

### IMPORTANT SAFETY INFORMATION (cont'd)

LUMRYZ can cause serious side effects, including the following:

- **Breathing problems, including** slower breathing, trouble breathing, and/or short periods of not breathing while sleeping (eg, sleep apnea). People who already have breathing or lung problems have a higher chance of having breathing problems when they take LUMRYZ.

Please see Important Safety Information throughout, and full [Prescribing Information](#), including BOXED Warning, and [Medication Guide](#).



(sodium oxybate) for extended-release oral suspension

## FEEL PREPARED WHEN MAKING A TREATMENT DECISION WITH YOUR HEALTHCARE PROVIDER



Get ready for open conversation with your healthcare provider about LUMRYZ. Take an active role in your treatment plan. By working together with your healthcare provider, you can make a decision that fits your life and your unique needs.

Scan the QR code or visit [LUMRYZ.com](https://www.lumryz.com) to learn more.



### IMPORTANT SAFETY INFORMATION (cont'd)

- **Mental health problems, including** confusion, seeing or hearing things that are not real (hallucinations), unusual or disturbing thoughts (abnormal thinking), feeling anxious or upset, depression, thoughts of killing yourself or trying to kill yourself, increased tiredness, feelings of guilt or worthlessness, and difficulty concentrating. Tell your doctor if you or your child have or had depression or have tried to harm yourself. **Call your doctor right away if you or your child have symptoms of mental health problems or a change in weight or appetite.**
- **Sleepwalking.** Sleepwalking can cause injuries. Call your doctor if you or your child start sleepwalking.

Tell your doctor if you or your child are on a salt-restricted diet or have high blood pressure, heart failure, or kidney problems. LUMRYZ contains a lot of sodium (salt) and may not be right for you.

The most common side effects of LUMRYZ in adults include nausea, dizziness, bedwetting, headache, and vomiting. Your side effects may increase when you take higher doses of LUMRYZ. The most common side effects in children include nausea, bedwetting, vomiting, headache, decreased weight, decreased appetite, dizziness, and sleepwalking.

LUMRYZ can cause physical dependence and craving for the medicine when it is not taken as directed. These are not all the possible side effects of LUMRYZ.

**For more information, ask your doctor or pharmacist. 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](https://www.fda.gov/medwatch), or call [1-800-FDA-1088](tel:1-800-FDA-1088).

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