



(sodium oxybate) for extended-release oral suspension ©

TALKING TO YOUR DOCTOR ABOUT LUMRYZ

Your doctor is your best source of information when it comes to treatment for narcolepsy and deciding if once-at-bedtime LUMRYZ may be right for you or your loved one.

This guide was created to help you prepare for a conversation at your next appointment. You can also use it with a loved one to help them prepare.

How might a single dose at night impact your day?

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 or by calling 1-877-453-1029.

INDICATIONS

LUMRYZ (sodium oxybate) for extended-release oral suspension is a prescription medicine used to treat the following symptoms in adults with narcolepsy:

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

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

Think about how narcolepsy affects you

When you're ready to consider changing your narcolepsy treatment, your doctor will help you make the right choice. The questions below will help you work together to decide if once-at-bedtime LUMRYZ fits your life and your needs.

Here are some questions to ask yourself and share with your doctor:

What aspect of my life does narcolepsy impact the most? How is narcolepsy getting in the way of things I want to do or accomplish?

How have my symptoms of cataplexy or excessive daytime sleepiness (EDS) been affecting me? How do I sleep at night? How often do I wake up at night?

Ask your doctor if a sleep diary could be helpful.

IMPORTANT SAFETY INFORMATION (cont'd)

It is not known if LUMRYZ is safe and effective in people less than 18 years of age.

Do not take LUMRYZ if you take 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 the [full Prescribing Information](#), including BOXED Warning, and [Medication Guide](#).

If taking a narcolepsy medication, why am I interested in changing treatments? How well do I think my current treatments are working?

If taking a twice-nightly oxybate, is waking up to take a second dose a challenge for me? What do I have to do every night to wake up for that second dose?

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

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 have ever abused or been dependent on alcohol, prescription medicines, or street drugs.

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Once at bedtime, for your daytime



FDA-approved single-dose sodium oxybate for adults with narcolepsy. LUMRYZ helps control the daytime symptoms of cataplexy or EDS, while its once-at-bedtime dosing means no waking up for a second dose.



Potential for less interrupted sleep

- No second dose waiting on your nightstand to take in the middle of the night



Proven effective

- LUMRYZ delivered daytime symptom relief in a clinical trial



Consistent dosing

- Premeasured dose packets make sure you get the right amount of treatment each time



Support services

- RYZUP is a required support program dedicated to helping you throughout your treatment with LUMRYZ. This includes help accessing LUMRYZ and financial assistance services such as co-pays as little as \$0 for eligible patients.*

Visit [RYZUPSupport.com](https://www.ryzup.com/support) to learn more

What could LUMRYZ mean for you?

*Except where prohibited by state law. Some people will not qualify for certain affordability programs. Avadel reserves the right to rescind, revoke or amend terms and conditions of affordability programs without notice.

For full terms and conditions of the co-pay program, visit [RYZUPSupport.com/copay-terms](https://www.ryzup.com/copay-terms).

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 the [full Prescribing Information](#), including [BOXED Warning](#), and [Medication Guide](#).

Questions to ask your doctor

Bring this list to your appointment to start the discussion.

Questions about LUMRYZ:

- How is LUMRYZ different from other narcolepsy treatments?
- What do you think LUMRYZ can do for me?
- How do I take LUMRYZ?
- What are the most common side effects of LUMRYZ?

If you've never taken an oxybate before:

- How do oxybates work?
- How will adding a once-at-bedtime sodium oxybate to my treatment plan impact my daily life?

If you're currently taking or have taken an oxybate before:

- How is LUMRYZ different than other oxybates?
- Could LUMRYZ be a good fit for me?

If you and your doctor decide LUMRYZ is appropriate for you:

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

Please use the space below to take notes during your appointment.

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 the [full Prescribing Information](#), including [BOXED Warning](#), and [Medication Guide](#).



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YOUR TREATMENT PATH SHOULD BE A TEAM DECISION BETWEEN YOU AND YOUR DOCTOR

Get ready for an open conversation with your doctor about LUMRYZ.

Your life shouldn't revolve around your narcolepsy treatment. Take an active role in your treatment plan. By working together with your doctor, 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 have or had depression or have tried to harm yourself. **Call your doctor right away if you have symptoms of mental health problems or a change in weight or appetite.**
- **Sleepwalking.** Sleepwalking can cause injuries. Call your doctor if you start sleepwalking.

Tell your doctor if you are on a salt-restricted diet or if you 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. 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, or call 1-800-FDA-1088.

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