

For the treatment of **tardive dyskinesia (TD)** in adults

Your Tracking Guide for AUSTEDO® XR will help you start and stay on treatment for TD by setting treatment goals, tracking progress, and discussing treatment with your healthcare provider.



APPROVED USE

AUSTEDO® XR (deutetrabenazine) extended-release tablets and AUSTEDO® (deutetrabenazine) tablets are prescription medicines that are used to treat the movements in the face, tongue, or other body parts that cannot be controlled (tardive dyskinesia).

It is not known if AUSTEDO XR and AUSTEDO are safe and effective in children.

IMPORTANT SAFETY INFORMATION

AUSTEDO XR and AUSTEDO® (deutetrabenazine) tablets can cause serious side effects in people with Huntington's disease, including: depression, suicidal thoughts, or suicidal actions. Do not start taking AUSTEDO XR or AUSTEDO if you are depressed (have untreated depression or depression that is not well controlled by medicine) **or** have suicidal thoughts. Pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts or feelings. This is especially important when AUSTEDO XR or AUSTEDO is started and when the dose is changed. Call your healthcare provider right away if you become depressed, have unusual changes in mood or behavior, or have thoughts of suicide.

Please read **Important Safety Information** on pages 8-9 and click [here](#) or visit www.AUSTEDO.com to read or print the **Medication Guide** for AUSTEDO XR.

TD TREATMENT GOALS

You and your healthcare team have worked together to develop a plan to treat your TD that includes one pill, once-daily AUSTEDO® XR (deutetrabenazine) extended-release tablets. **To help you stay on track with your treatment plan, it's important to first define your goals.**

Here are a few questions to get you started.

Write answers in the spaces provided and share them with your healthcare team, family members, and/or care partners:

1 ***What uncontrollable movements are you hoping may improve with treatment?***

2 ***What other personal treatment goals have you and/or your healthcare team set?***

3 ***What steps have you, your healthcare team, family members, and/or care partners identified to help you achieve your treatment goals?***

4 ***If you were to achieve your treatment goals, what would be different?***

IMPORTANT SAFETY INFORMATION (CONTINUED)

Do not take AUSTEDO® XR (deutetrabenazine) extended-release tablets or AUSTEDO® (deutetrabenazine) tablets if you:

- have Huntington's disease and are depressed or have thoughts of suicide.
- have liver problems.

TAKE YOUR MEDICATION AS PRESCRIBED

Life can get busy, and it's not always easy to remember all your healthcare provider's instructions. **However, it is important that you continue to take one pill, once-daily AUSTEDO® XR (deutetrabenazine) extended-release tablets exactly as prescribed.**

AUSTEDO® XR (deutetrabenazine) extended-release tablets should be taken:



Once daily



With water



Whole (do not
crush or break)



With or
without food

If you cannot swallow AUSTEDO XR tablets whole, tell your healthcare provider. You may need a different medicine.

**AUSTEDO XR tablets can be taken with most
mental health medications.***

*Once-daily AUSTEDO XR contains the same active ingredient as twice-daily AUSTEDO® (deutetrabenazine) tablets. Data on this page is based on twice-daily dosing.

IMPORTANT SAFETY INFORMATION (CONTINUED)

Do not take AUSTEDO XR or AUSTEDO® (deutetrabenazine) tablets if you:

- are taking reserpine. **Do not** take medicines that contain reserpine with AUSTEDO XR or AUSTEDO. If your healthcare provider plans to switch you from taking reserpine to AUSTEDO XR or AUSTEDO, you must wait at least 20 days after your last dose of reserpine before you start taking AUSTEDO XR or AUSTEDO.

STAYING ON TRACK

It's important to take one pill, once-daily AUSTEDO® XR (deutetrabenazine) extended-release tablets as prescribed. Use these tips to help you stay on track:



Have a plan

- Before starting AUSTEDO XR, talk to your healthcare provider about what to do if you miss a dose
- Add your dosing schedule to your other daily routines so you will be less likely to miss a dose
- Tell your doctor if you stop taking AUSTEDO XR for more than 1 week. Do not take another dose until you talk to your doctor



Set a routine

- Follow the dosing schedule exactly as prescribed by your doctor
- Set an alarm as a treatment reminder
- Keep your AUSTEDO XR tablets in the same place so you know where they are



Record your treatment

- Use the Progress Tracker and Activity Log included in this guide to record when AUSTEDO XR is taken and any questions you have for your doctor



Reach your appropriate dose

- Work with your doctor to find the dose of AUSTEDO XR that works for you
- It's important to take AUSTEDO XR exactly as your doctor prescribes it
- Your doctor may adjust your dose up or down in the first few weeks of treatment based on reduction of movements and how well the medicine is tolerated

IMPORTANT SAFETY INFORMATION (CONTINUED)

Do not take AUSTEDO XR or AUSTEDO® (deutetrabenazine) tablets if you:

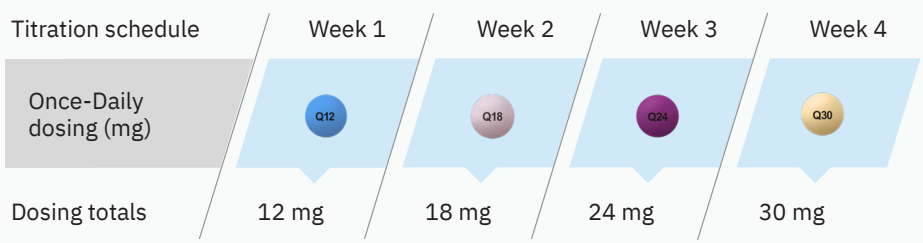
- are taking a monoamine oxidase inhibitor (MAOI) medicine. **Do not** take an MAOI within 14 days after you stop taking AUSTEDO XR or AUSTEDO. **Do not** start AUSTEDO XR or AUSTEDO if you stopped taking an MAOI in the last 14 days. Ask your healthcare provider or pharmacist if you are not sure.



“Once I started treatment with AUSTEDO (deutetrabenazine) tablets, I did notice that the tasks weren’t as difficult as they were before. I did notice that I felt less movement and I was very happy with the results.”

—Rebecca, living with TD
Individual results may vary.

This is the dosing schedule for the Titration Kit. Upon completion of the kit, your doctor will write you a prescription for AUSTEDO XR and determine what daily dose is right for you.



Pills are for illustration only and not actual size or likeness.

IMPORTANT SAFETY INFORMATION (CONTINUED)

Do not take AUSTEDO XR or AUSTEDO if you:

- are taking tetrabenazine. If your healthcare provider plans to switch you from tetrabenazine to AUSTEDO XR or AUSTEDO, take your first dose of AUSTEDO XR or AUSTEDO on the day after your last dose of tetrabenazine.
- are taking valbenazine.

ANSWERING YOUR QUESTIONS

It's normal to have questions when starting a new medication. Here are some questions from people living with TD, with answers provided by a healthcare professional:

Q: Why am I being prescribed AUSTEDO® XR (deutetrabenazine) extended-release tablets?

A: Your healthcare provider has diagnosed your uncontrollable movements as tardive dyskinesia (TD). In clinical studies, AUSTEDO® (deutetrabenazine) tablets effectively reduced tardive dyskinesia (TD) body movements. And, in the clinical studies, people taking AUSTEDO were able to continue with their mental health medications.*

Q: Will taking AUSTEDO XR affect my other medications?

A: In clinical studies, people taking AUSTEDO were able to continue with their mental health medications like antipsychotics or antidepressants. Tell your healthcare provider about all your medical conditions and all of the medicines you take, including prescription and over-the-counter medications, vitamins, and herbal supplements.*

Q: How will I know if AUSTEDO XR is working?

A: TD affects everyone differently, so treatment results may vary from person to person. In one clinical study, people taking AUSTEDO saw more than a 2x reduction in uncontrolled body movements compared to patients who took placebo. Some began to see results as early as 2 weeks.*

*Once-daily AUSTEDO XR extended-release tablets contain the same active ingredient as AUSTEDO tablets. Data on this page is based on twice-daily dosing.

IMPORTANT SAFETY INFORMATION (CONTINUED)

Other possible serious side effects include:

- **Irregular heartbeat (QT prolongation).** AUSTEDO® XR (deutetrabenazine) extended-release tablets and AUSTEDO® (deutetrabenazine) tablets increases your chance of having certain changes in the electrical activity in your heart. These changes can lead to a dangerous abnormal heartbeat. Taking AUSTEDO XR or AUSTEDO with certain medicines may increase this chance.

Q: What happens if I miss a dose?

A: Before starting AUSTEDO® XR (deutetrabenazine) extended-release tablets, talk to your healthcare provider about what to do if you forget a dose. Also, tell your healthcare provider if you stop taking AUSTEDO XR for more than 1 week. Do not take another dose until you talk to your healthcare provider. Using the Progress Tracker and Activity Log in this guide will help you remember to take your daily medication as prescribed.

Q: Why might my healthcare provider adjust my dose?

A: Your healthcare provider will start you at a low dose and gradually increase your dose over time. This approach allows your body to get used to the medication and can help with side effects as movements are reduced. This way, your healthcare provider can find a dose that works for you. This process is called titration.

Q: What happens when I reach my appropriate dose?

A: Once your healthcare provider determines the dose of AUSTEDO XR that's right for you, that amount will become your maintenance dose. It's important to track your progress (using the Progress Tracker included in this guide) both during the initial titration period and once your maintenance dose is established, so your treatment plan can be adjusted if something changes.

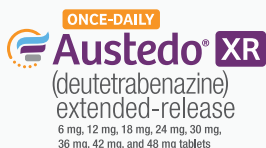
Q: Are there side effects?

A: As with any medication, it's always important to discuss possible side effects with your healthcare provider before you start taking AUSTEDO XR. It's also important to keep your healthcare provider informed as to how you're feeling throughout treatment. If something doesn't feel right, tell your healthcare provider so your treatment plan can be adjusted as necessary.

IMPORTANT SAFETY INFORMATION (CONTINUED)

Other possible serious side effects include:

- **Neuroleptic Malignant Syndrome.** Call your healthcare provider right away and go to the nearest emergency room if you develop these signs and symptoms that do not have another obvious cause: high fever, stiff muscles, problems thinking, very fast or uneven heartbeat, or increased sweating.



APPROVED USE

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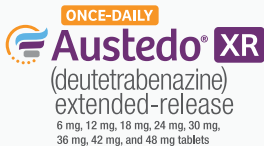
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Do not take AUSTEDO XR or AUSTEDO if you:

- have Huntington's disease and are depressed or have thoughts of suicide.
- have liver problems.
- are taking reserpine. **Do not** take medicines that contain reserpine with AUSTEDO XR or AUSTEDO. If your healthcare provider plans to switch you from taking reserpine to AUSTEDO XR or AUSTEDO, you must wait at least 20 days after your last dose of reserpine before you start taking AUSTEDO XR or AUSTEDO.
- are taking a monoamine oxidase inhibitor (MAOI) medicine. **Do not** take an MAOI within 14 days after you stop taking AUSTEDO XR or AUSTEDO. **Do not** start AUSTEDO XR or AUSTEDO if you stopped taking an MAOI in the last 14 days. Ask your healthcare provider or pharmacist if you are not sure.
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- are taking valbenazine.



IMPORTANT SAFETY INFORMATION (CONTINUED)

Other possible serious side effects include:

- **Irregular heartbeat (QT prolongation).** AUSTEDO® XR (deutetrabenazine) extended-release tablets and AUSTEDO® (deutetrabenazine) tablets increases your chance of having certain changes in the electrical activity in your heart. These changes can lead to a dangerous abnormal heartbeat. Taking AUSTEDO XR or AUSTEDO with certain medicines may increase this chance.
- **Neuroleptic Malignant Syndrome.** Call your healthcare provider right away and go to the nearest emergency room if you develop these signs and symptoms that do not have another obvious cause: high fever, stiff muscles, problems thinking, very fast or uneven heartbeat, or increased sweating.
- **Restlessness.** You may get a condition where you feel a strong urge to move. This is called akathisia.
- **Parkinsonism.** Symptoms include: slight shaking, body stiffness, trouble moving, trouble keeping your balance, or falls.

Sleepiness (sedation) is a common side effect of AUSTEDO XR and AUSTEDO® (deutetrabenazine) tablets. While taking AUSTEDO XR or AUSTEDO, do not drive a car or operate dangerous machinery until you know how AUSTEDO XR or AUSTEDO affects you. Drinking alcohol and taking other drugs that may also cause sleepiness while you are taking AUSTEDO XR or AUSTEDO may increase any sleepiness caused by AUSTEDO XR and AUSTEDO.

The most common side effects of AUSTEDO in people with Huntington’s disease include sleepiness (sedation), diarrhea, tiredness, and dry mouth.

The most common side effects of AUSTEDO in people with tardive dyskinesia include inflammation of the nose and throat (nasopharyngitis) and problems sleeping (insomnia).

The most common side effects of AUSTEDO XR are expected to be similar to AUSTEDO in people with Huntington’s disease or tardive dyskinesia.

These are not all the possible side effects of AUSTEDO XR or AUSTEDO. Call your doctor for medical advice about side effects. You are encouraged to report side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call **1-800-FDA-1088**.

Please read the accompanying **Medication Guide** [here](#).

PROGRESS TRACKER AND ACTIVITY LOG

1 Use this progress tracker daily to help you achieve your treatment goals with one pill, once-daily AUSTEDO® XR (deutetrabenazine) extended-release tablets

a Write the Week # (eg, week 1) and the month/day/year you start treatment.

b Check the “Titrated” box if you are still in the process of working with your healthcare provider to find the dose that’s effective for you.

Check the “Maintenance” box if you already found your effective dose so you’re able to track it over time to ensure it’s the most appropriate dose for your needs.

c Note your prescribed dose for that week given to you by your healthcare provider. Track progress both during the titration period and with the maintenance dose so your treatment plan can be adjusted if something changes.

2 Record changes in movements in the activity log

Evaluate your movements each week and the impact they’ve had on your daily life as compared to the previous week.

3 Keep notes to discuss with your healthcare provider during your next visit

DON'T FORGET REFILLS

Need additional Progress Tracker and Activity Log sheets? Download more at www.AUSTEDO.com/tardive-dyskinesia/resources. Remember to bring your completed log sheets to upcoming appointments to help you discuss your progress with your healthcare provider.



1a → Week # 2

1b → Indicate your dose for the week

1c →

Titrated:

Q6 Q12 Q18 18 Q24 Q30 Q36 Q42 Q48

Check each box after taking your daily dose

SUN	MON	TUES	WED	THURS	FRI	SAT
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Assess your activity

Each week, especially during the initial dose-adjustment period, it's extremely important to evaluate your unintentional, uncontrollable movements of tardive dyskinesia (TD) and the impact they have on your daily activities as compared to the previous week.

2 →

	Face	Hands	Feet	Torso	Other
<input checked="" type="checkbox"/> better	<input type="checkbox"/> better	<input type="checkbox"/> better	<input checked="" type="checkbox"/> better	<input checked="" type="checkbox"/> better	<input checked="" type="checkbox"/> better
<input type="checkbox"/> same	<input checked="" type="checkbox"/> same	<input checked="" type="checkbox"/> same	<input type="checkbox"/> same	<input type="checkbox"/> same	<input type="checkbox"/> same
<input type="checkbox"/> worse	<input type="checkbox"/> worse	<input type="checkbox"/> worse	<input type="checkbox"/> worse	<input type="checkbox"/> worse	<input type="checkbox"/> worse









3 → This week I accomplished

Questions to discuss with my doctor

Week # _____

____/____/____

Indicate your dose for the week

Titrated:	<input type="checkbox"/>				
Maintenance:	<input type="checkbox"/>				

Check each box after taking your daily dose

SUN	MON	TUES	WED	THURS	FRI	SAT

Assess your activity

Each week, especially during the initial dose-adjustment period, it's extremely important to evaluate your unintentional, uncontrollable movements of tardive dyskinesia (TD) and the impact they have on your daily activities as compared to the previous week.

<i>Face</i>	<input type="checkbox"/> better	<input type="checkbox"/> same	<input type="checkbox"/> worse
<i>Hands</i>	<input type="checkbox"/> better	<input type="checkbox"/> same	<input type="checkbox"/> worse
<i>Feet</i>	<input type="checkbox"/> better	<input type="checkbox"/> same	<input type="checkbox"/> worse
<i>Torso</i>	<input type="checkbox"/> better	<input type="checkbox"/> same	<input type="checkbox"/> worse
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






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





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






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






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






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HEALTH INFORMATION

AUSTEDO® XR (deutetrabenazine) extended-release tablets start date:

Primary care doctor _____

Phone number _____

Address _____

Neurologist _____

Phone number _____

Address _____

Hospital _____

Phone number _____

Address _____

Pharmacy _____

Phone number _____

Address _____

Insurance carrier _____

Phone number _____

Health insurance member ID _____

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*Your go-to resource for financial assistance,
nurse support, and benefits coverage.*



1-800-887-8100

Monday-Friday
from 8 AM to 8 PM CT

APPOINTMENT RECORD

Record your next appointment date in the space provided.

My next appointment is:

MONTH:

DAY:

TIME:

AM/PM

NOTES:

My next appointment is:

MONTH:

DAY:

TIME:

AM/PM

NOTES:

My next appointment is:

MONTH:

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My next appointment is:

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My next appointment is:

MONTH:

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AM/PM

NOTES:

My next appointment is:

MONTH:

DAY:

TIME:

AM/PM

NOTES:

REACH OUT TO US, WE'LL REACH FOR SOLUTIONS TOGETHER

Teva Shared Solutions® patient support program is here to help you every step of the way.



If you have any questions while you're setting goals and tracking progress with one pill, once-daily AUSTEDO® XR (deutetrabenazine) extended-release tablets, **Shared Solutions** can help achieve your treatment goals.

Sign up for Shared Solutions

by phone Monday-Friday
from 8 AM to 8 PM CT at
1-800-887-8100

OR

through our website anytime
at **MySharedSolutions.com**

IMPORTANT SAFETY INFORMATION

AUSTEDO XR and AUSTEDO® (deutetrabenazine) tablets can cause serious side effects in people with Huntington's disease, including: depression, suicidal thoughts, or suicidal actions. Do not start taking AUSTEDO XR or AUSTEDO if you are depressed (have untreated depression or depression that is not well controlled by medicine) **or** have suicidal thoughts. Pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts or feelings. This is especially important when AUSTEDO XR or AUSTEDO is started and when the dose is changed. Call your healthcare provider right away if you become depressed, have unusual changes in mood or behavior, or have thoughts of suicide.

Please read **Important Safety Information** on pages 8-9 and click [here](#) or visit www.AUSTEDO.com to read or print the **Medication Guide** for AUSTEDO XR.