



# Patient Treatment Guide

## Your UPTRAVI Treatment Guide

This Patient Treatment Guide is for people who have been diagnosed with Pulmonary Arterial Hypertension (PAH) and have been prescribed UPTRAVI.<sup>1</sup>

## ***Welcome to your UPTRAVI guide***

Think of this guide as a handy reminder of what your doctor will tell you about your treatment. It will help you get the full benefit of this treatment for your PAH.

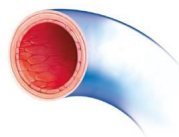


<b>About PAH and its treatments .....</b>	<b>Page 2</b>
<b>About UPTRAVI .....</b>	<b>Page 4</b>
<b>Finding the right UPTRAVI dose for you .....</b>	<b>Page 6</b>
<b>Taking UPTRAVI.....</b>	<b>Page 7</b>
<b>Dose adjustment—at a glance.....</b>	<b>Page 11</b>

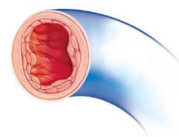
## **Pulmonary arterial hypertension (PAH) and its symptoms**

As you probably know, PAH affects the pulmonary arteries. These are the blood vessels that carry blood from the heart to the lungs. PAH narrows these arteries, so the heart has to pump harder to force the flow of blood to the lungs. This increases the blood pressure in the arteries. This extra work causes the right side of the heart to enlarge, and work less efficiently. This means less blood reaches the lungs, so less oxygen reaches the body.<sup>2</sup>

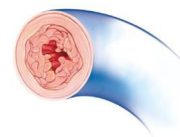
## **About PAH and its treatments**



• Healthy artery



• Narrowed artery



• Severely narrowed artery

Most people with PAH know that common symptoms of PAH can include tiredness, dizziness and breathing difficulties when climbing stairs or walking uphill. These symptoms are caused by not having enough oxygen in the blood. Other symptoms you may notice are:<sup>2</sup>

- Chest discomfort or pain
- A fast or irregular heartbeat
- Feeling lightheaded or faint
- Swelling in your legs and ankles.

Tell your doctor and nurse about all the symptoms you experience. If your symptoms change after you start to take your medicine, it is important to tell your doctor. This will help them ensure you receive the right care and treatments and spot any side effects caused by your medication.<sup>1,2</sup>

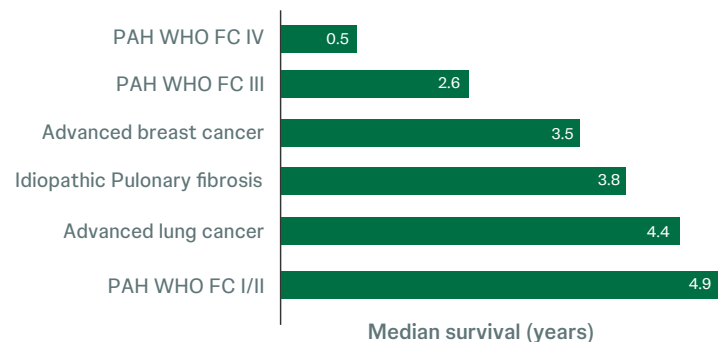
## How is PAH treated?

While **PAH** is **not yet curable**, some medicines can **ease** the **symptoms**. The goal of treatment is to slow down the **progression** of the **disease**.<sup>1,2</sup>

## PAH is a highly progressive disease if untreated<sup>3-5</sup>

PAH is an **uncommon, gradually worsening** condition that can be **life-threatening**. For individuals diagnosed with Pulmonary Arterial Hypertension (PAH) of a specific type, and without receiving any treatment, **the average life expectancy** is around **2.8 years**.<sup>3-5</sup>

**PAH is more deadly than many types of cancer if untreated.**<sup>3-5</sup>



## These are the three main causes of PAH<sup>6</sup>

All **three** of the problems mentioned below have the same effect - they cause the **arteries to narrow**, which **increases blood pressure**. Your doctor may have prescribed you treatments for one or all of these problems.<sup>6</sup>

- 1. Too much endothelin (ET)** causes the blood vessels in the lungs to narrow. This problem is treated by Endothelin receptor antagonists (**ERAs**).<sup>6</sup>
- 2. Not enough nitrous oxide (NO)** - nitrous oxide helps to relax and widen blood vessels. This is treated by phosphodiesterase 5 inhibitors (PDE5is) / soluble guanylate cyclase (sGC) stimulators.<sup>6</sup>
- 3. Not enough prostacyclin** - this also causes the blood vessels in the lungs to narrow. This is treated by treatments that are like prostacyclin such as **UPTRAVI**.<sup>6</sup>

## What is UPTRAVI?

UPTRAVI is an **oral prescription medicine** that helps your pulmonary arteries widen and relax. It works in a similar way to the natural substance prostacyclin found in your body.<sup>1</sup>

This makes it **easier** for your **heart** to **pump blood** through the **pulmonary arteries** and carry **oxygen** to the **rest of your body**.<sup>1,2,6</sup>

## UPTRAVI provides long-term survival

UPTRAVI significantly reduced the **risk of disease progression** vs **placebo** in patients with PAH.<sup>1,6-9</sup>

**It stands as the first oral choice** for **early triple therapy** in PAH patients.<sup>1,6-9</sup>

Its oral tablet format can also help enable long-term, all-oral, triple-combination therapy with other PAH medications such as ERA + PDE-5i.<sup>1,6</sup>

## Why was I prescribed UPTRAVI?

Your doctor has prescribed UPTRAVI as a **long-term treatment** for your **PAH**. As a treatment, it has the goal of **reducing the risk of your disease worsening**. So, even if you feel that your symptoms are currently under control, your PAH will be **progressing silently** in the **background**. So, it's **very important** to take your **treatment as prescribed**.<sup>1</sup>

**UPTRAVI is proven to:**<sup>1,6-9</sup>

- Reduce the risk of disease progression.
- Reduce the chance of being hospitalised.
- Help to improve exercise ability.

**About  
UPTRAVI**

## Two phases of UPTRAVI treatment<sup>1,10</sup>

1. The first is called the **dose adjustment phase** where the dose is tailored for your needs. This is described in the next section 'Finding the right UPTRAVI dose for you'.
2. Once you have found your personal dose, you settle down into the **maintenance phase**. There is more on this in the Taking UPTRAVI section.



### DOSE ADJUSTMENT PHASE

#### YOUR STARTING DOSE

2

200 mcg  
(twice-daily)

One to be taken in  
the evening and one  
in the morning.



WILL BE ADJUSTED UP  
over a few weeks your dose  
will be gradually adjusted to  
find the best dose for you.



MAY BE ADJUSTED DOWN  
if the dose you have reached  
needs to be reduced a little.

### MAINTENANCE PHASE

#### MAINTENANCE DOSE



Your personal dose  
may be anything from

200mcg to 1600 mcg  
(twice-daily)

**UPTRAVI** is a medication taken by **mouth twice a day** to **treat PAH**. This is the **most convenient because you can easily take it as part of your daily routine**.<sup>1,6</sup>

**UPTRAVI** offers a **simple way to manage** your condition by **just taking a pill**, but it's still important to listen to your doctor's advice and tell him about any side effects you experience.<sup>6,10,11</sup>

(Tablets are not actual size)

Your doctor will keep a close eye on how you are doing with your dose as it is adjusted. It is important to remember that your personal dose will differ from other patients – due to your individual medical requirements.

## Getting started with UPTRAVI - the dose adjustment phase

**Not everyone** needs the **same amount** of **UPTRAVI**, so **your doctor** will need to **find** the **dose** that's right for you. The **dose adjustment phase** (sometimes referred to by doctors as a '**titration phase**') usually takes around **8-12 weeks**.<sup>1</sup>

Your dose will be **increased** in **weekly stages**. As it can take a while for your body to adjust to the medicine, you'll find the adjustment phase slow and **steady**.<sup>1</sup>

## What to expect during your dose adjustment phase

- 1. Getting started** - Your doctor will start you on one 200 microgram (mcg) tablet to be taken once in the evening and once in the morning. It is best to take these tablets with food.<sup>1</sup>
- 2. Adjusting your dose** - your doctor will let you know when to gradually increase your dose in 200 mcg stages until you and your doctor find the dose that's right for you. Often you start a new stage each week - but this may be a little longer if your doctor think your body needs a little more time to adjust to the current dose.<sup>1</sup>
- 3. Handling side effects:** Temporary side effects are not unusual during the dose adjustment phase. They can, however, be treated and can be important feedback as you find your right dose.<sup>1</sup>

**Finding the  
right UPTRAVI  
dose for you**

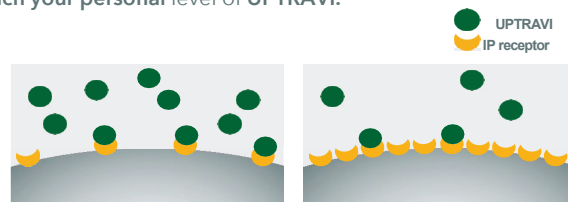
## Why the up-titration phase?

UPTRAVI is a medication that targets special areas in the body called "IP receptors", which act like docking stations for the medicine.<sup>12</sup>

The number of these docking stations varies from person to person, affecting how much **UPTRAVI someone needs**.<sup>12</sup>

- **High IP receptor density** means more docking stations, so **less UPTRAVI is needed**.
- **Low IP receptor density** means fewer **docking stations**, so more **UPTRAVI is required**.

This **simply explains the importance** of the **up-titration phase** to **reach your personal level of UPTRAVI**.<sup>12</sup>



If you don't have many IP receptors, a high dose of UPTRAVI may be needed.

If you have many IP receptors, a low dose of UPTRAVI may be needed.

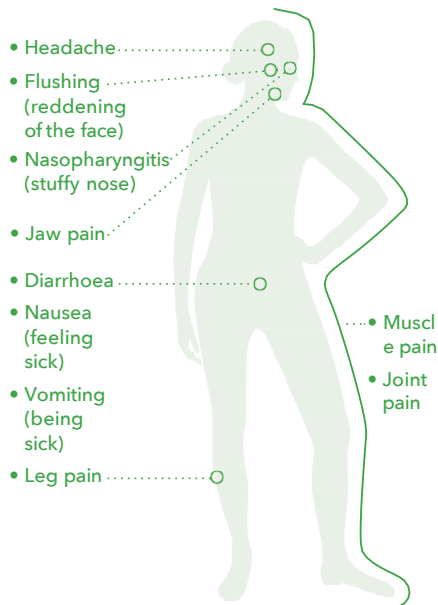


## Understanding possible side effects

The initial dose adjustment phase can make some patients feel worse at **first because** of the **side effects associated with finding the right dose**. However, these are usually **mild to moderate** and **pass with time**.<sup>1</sup>

If you notice anything you think maybe a **side effect**, tell **your doctor**. This includes symptoms not listed in the patient information leaflet. It is vitally important, however, **not to stop taking your treatment unless your doctor asks you to**.<sup>1</sup>

The most common side effects you may experience are:



## Two good reasons to tell your treating doctor about anything you think is a side effect

### 1. Many side effects can be easily treated

During the adjustment phase, **many side effects** are **mild or moderate** and may **diminish** after a few days, and your doctor or nurse **may recommend** or **prescribe treatments** that will help you **manage common side effects** such as a **headache or diarrhoea**.<sup>1</sup>

### 2. Side effects can indicate you have reached the right individualised dose for you

**Any side effects** you experience during the **adjustment phase** will provide useful information to **help your doctor work out the right personal dose** of UPTRAVI for you to take.<sup>1</sup>

So, for example, if you are taking **1600 mcg of UPTRAVI** a day, and your **doctor** tells you to **reduce** your dose to **1200 mcg a day**, you will take **one less 200 mcg tablet in the evening** and one less in **the morning**.

The personal dose depends on each patient, which is why you go through the dose adjustment phase.

So it's **important** to let your **doctor know** if your **side effects** are better, the **same** as, or **worse** than your **PAH symptoms**.

**Note:** Mild or moderate side effects may go away or improve once you reach your individualised maintenance dose. They can also be relieved by some medications.<sup>1</sup>

## Taking UPTRAVI - a checklist

It's important to **let** your **doctor** know about **all the medicines** you take, including prescription and **non-prescription medicines**, **vitamins**, and **herbal supplements**.<sup>10,13</sup>

For a full list of medical conditions/treatments, please refer to the patient information leaflet. Your doctor will want to prevent your treatment from being affected by **other medicines** in case they cause **unwanted side effects**.<sup>10</sup>

# Taking UPTRAVI

## When to take your tablets<sup>10</sup>

- You will take **UPTRAVI tablets once** in the evening and once in the morning. Take the first dose at bedtime. Aim to take each dose about **12 hours apart**.
- Try to stick to the **same times, each day**.
- Continue to do this as **your dose** is **increased**.

## How to take the tablets<sup>10</sup>

- Take your UPTRAVI tablets with a glass of water, preferably during a meal.
- Swallow the tablets whole. Do not split, crush, or chew your tablets.
- Any side effects you may experience are likely to be easier to manage if you take the tablets with food.

## The numbers on the tablets<sup>10</sup>

- Please note the **number** on the **pill relates to** the **strength** of the **tablet**.
- For example, 2=200 mcg and 8=800 mcg. It does not refer to the number of tablets you should take.

## Finding the dose of UPTRAVI that is right for you<sup>1,10</sup>

### Your doctor will tell you when to adjust your dose.

To move onto the next stage of your dose, simply add one additional **200 mcg** tablet to your **evening dose** and one to your morning dose.

**Each stage** usually lasts about **one week**, but this is something your doctor will decide.

**Your doctor** may **suggest going back** to the **previous stage** if your body needs more time to adjust or if you've already **reached your level**.<sup>10</sup>

**Note:** do not stop taking UPTRAVI if you experience side effects unless instructed by your doctor. Talk to your doctor as there are treatments that can help to manage side effects.<sup>10</sup>

After approximately **4 weeks** your doctor will issue a **prescription** for a **second dose** adjustment pack containing 140 of the **200 mcg tablets**.<sup>10</sup>



## **Your maintenance dose<sup>1.10</sup>**

Once you and your doctor have found the dose that is right for you, you will then take this **dose of UPTRAVI regularly**.

### **How many tablets will I need to take during maintenance?**

With your individualised maintenance dose agreed, you will **only need** to take **one tablet** in **the evening and one in the morning**.

**You should take your doses 12 hours apart. For example, take your evening dose with your dinner at 8 pm, and your morning dose with breakfast at 8 am.**

Note: Over time your doctor may adjust your maintenance dose.

### **Taking your maintenance dose tablets<sup>1</sup>**

Once you have reached your **maintenance dose**, you will receive a **pack of 60 tablets at that dose**. Each dosage has different coloured packaging. Also, please note that the colour of the tablet may not match the colour of the box.

### **If you forget to take UPTRAVI<sup>1</sup>**

Suddenly stopping your treatment might lead to your symptoms getting worse.

### **Missed 1-5 doses? <sup>1</sup>**

If you miss a dose and you are able to **take it within six hours** of the time you usually take that dose of UPTRAVI, take that dose as soon as you can. If you have only remembered **six hours or more after** you were supposed to take it, **skip that dose**. Then take your **next dose** at the **usual time**.

## Missed 6 or more doses?<sup>1,10</sup>

If you have missed six or more doses in a row, contact your doctor immediately as your dose may need to be adjusted. Your doctor may decide to restart your treatment on a lower dose, gradually increasing to your previous maintenance dose.

**Do not** stop taking UPTRAVI unless your doctor tells you to.

Your nurse or doctor may tell you to reduce the dose gradually before stopping completely.

**Note:** *never take two full doses to make up for missing a dose*

## Taking UPTRAVI at a glance

1. **Keep in regular touch with your doctor** – to let him know about any changes to your symptoms or side effects. This is particularly important during the adjustment phase.<sup>10</sup>

2. **Call your doctor immediately if you take more UPTRAVI than you are meant to take.**<sup>10</sup>

3. **Taking other medicines may affect how your treatment works.**

Let your doctor know about any other medicines you take, or before starting UPTRAVI. A full list of medicines where caution should be exercised is given in the patient information leaflet.<sup>10</sup>

4. **Tell your doctor if you have low blood pressure associated with symptoms** – such as dizziness, and if you have recently experienced significant blood or fluid loss or have problems with your thyroid gland, kidneys, liver or undergoing dialysis.<sup>10</sup>

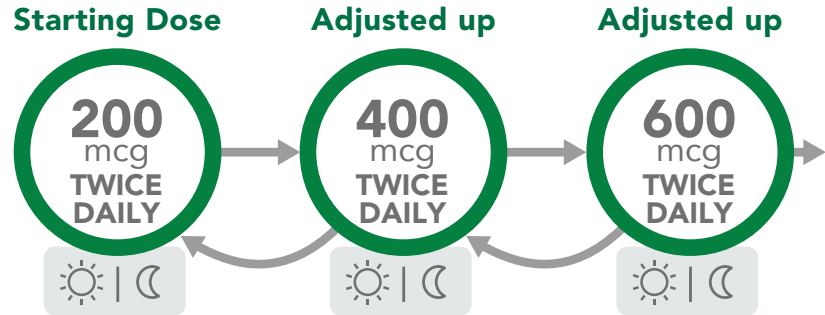
5. **When you take UPTRAVI** – take your treatment as your doctor has prescribed. Do take each dose with a glass of water, preferably with a meal. Any side effects may be less noticeable if you take your treatment during a meal and if you take the first dose of each dose adjustment in the evening.<sup>10</sup>

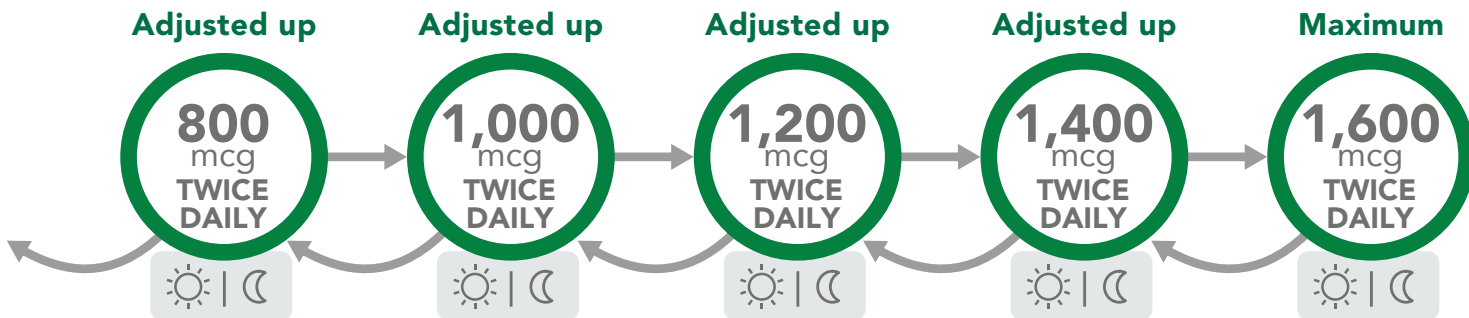
**Note:** Read the patient information leaflet in your titration pack for additional considerations, before starting treatment. Specific consideration should be made regarding pregnancy, breastfeeding, driving and using machines.<sup>10</sup>

## ***This is to help you better understand the up-titration process<sup>1</sup>***

- You will start at a dose of 400mcg a day - 200 mcg in the morning and 200mcg in the evening.
- This will be gradually adjusted to find your individual dose. Remember that the dose that is right for you may differ from other patients. This is due to your individual medical requirements.
- Your doctor will keep a close eye on you as you begin your UPTRAVI treatment.

**Dose  
adjustment  
- at a glance**





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