

# Help prevent migraines

Your treatment with Vyepti<sup>®</sup> ▼

▼ This medicinal product is subject to additional monitoring. This will allow quick identification of new safety information. You can help by reporting any side effects you may get. If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly to HPRÁ Pharmacovigilance via [www.hpra.ie](http://www.hpra.ie). By reporting side effects you can help provide more information on the safety of this medicine.



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# Migraine

We know living with migraine can be tough

As you know, migraine is **more than just a bad headache**. It can come on at any time – sometimes for what seems like no reason at all – and completely change your plans.

You may have experienced different symptoms with your migraines, so you know how **unpredictable they can be**. There is also the added stress of never knowing when, where, or how migraine could affect you.

Common signs of migraine include:

- A moderate or severe headache, usually on one side of the head
- Symptoms like nausea, vomiting and sensitivity to light or sound



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The **two most common types** of migraine are migraine **with aura** and migraine **without aura**

Auras are the flashes of light, blind spots, or tingling in the hands or face that some people experience before or during a migraine

## Common migraine triggers include:



Stress and anxiety



Having a menstrual period



Foods such as **mature cheese, nitrates and nitrites** (often in cured meats), or **monosodium glutamate** (commonly known as MSG; often in fast food, but can also occur naturally in foods such as tomatoes)

If you are unsure whether your food contains nitrates, nitrites or MSG, **check the ingredients list** or ask the people preparing your food

Storms, strong winds, or changes in altitude



Not enough sleep or too much sleep



Bright lights, loud noises or strong smells



Drinking a lot of coffee or withdrawal from drinking coffee (or other high-caffeine drinks)



## Tracking your triggers

To help keep your migraines under control, it's important to track your migraine triggers and patterns. Even if you know your triggers, this will help you recognise whether they change over time.

Some triggers can look like opposites - there are many ways people experience migraine.

Keep an eye out for your migraine **triggers** by making **a list on your phone** or in the notes section at the **back of this booklet**. That way, you will always have it on hand when you see your doctor

## Moving forward

Keep reading to learn more about Vyepti®, the preventive treatment you have been prescribed to treat migraine that is administered 4 times a year.

# Medication overuse headache (MOH)

When migraine happens 15 or more days a month for more than 3 months it is **chronic migraine**. Triptans or non-prescription painkillers like paracetamol or ibuprofen may ease the pain but can become less helpful the more often you take them and may make your headaches worse. This could be a sign that you have **medication overuse headache (MOH)**.

## How may a doctor diagnose MOH?

If you have an existing headache or migraine and regularly overuse medication to relieve the pain for 3 months or longer and take 1 or more drugs for:

- 15 or more days per month of painkillers such as paracetamol, ibuprofen or aspirin **OR**
- 10 or more days per month of triptans, combination analgesics or opioids

## It's not your fault

**Your pain is real** and it's valid to want debilitating symptoms to go away. MOH is common and affects a number of people living with migraine. **If you have MOH, it may mean that your migraine is not fully managed.**

## What can you do?

Your doctor may ask you to stop taking your triptans or non-prescription medications. This sounds difficult, but there are options for treating migraine while avoiding the risk of MOH. To help identify whether the headaches you experience are due to MOH, use the **Headache Diary** that is included in this Starter Pack.



# Communicating the impact of migraines to your doctor

**Open communication** with your doctor is **important** to help your migraine **get better**

They may be able to help you with **copng strategies** and to **provide additional resources**.

It is especially important to mention how migraine **affects your life**. For example, if your migraine attacks **prevent you from doing your job**, which stops you from earning the money you need to live, you should definitely mention this to your doctor.

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## Keep track of your migraines

It's important to **write down** when your migraines happen and **how long they last**, so your doctor has a better understanding of what you're experiencing.

As part of your Starter Pack, you will find a **Headache Diary** to help you **record detailed information** about your migraines, including:

**When you had a migraine**

**What triggered** the migraine

**How painful** the migraine was

**How long** the migraine lasted

**Medications taken** to relieve the migraine

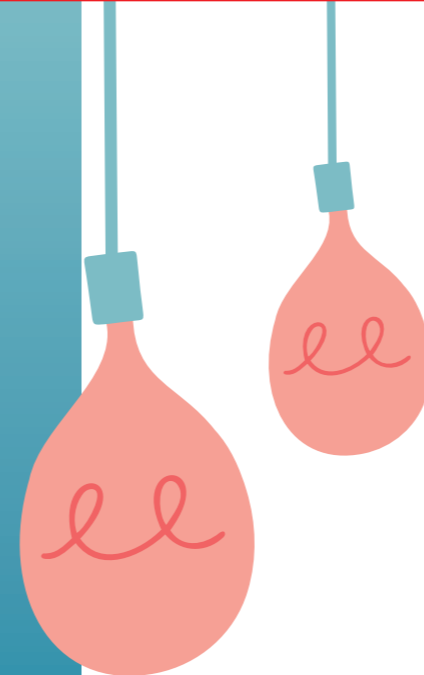
**What else helped** the migraine get better

**What made** the migraine **worse**

# Communicating with your employer

**Think about** what you feel **comfortable** doing at **work**:

- Can you work full time?
- Is part-time working a better fit than full time?
- What might help you work better?



## Migraine management

The **workplace** can have **many triggers** for migraine:

- Bright or fluorescent lights
- Loud noises
- Shift work or working inconsistent hours (this may affect sleep, which may be a trigger)
- Strong odours including perfume, candles or air fresheners

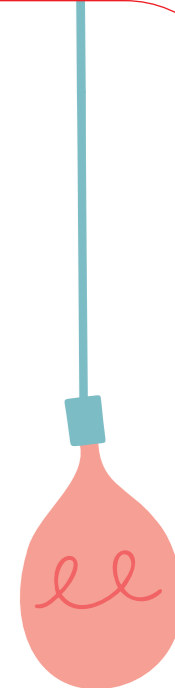
Ask about **changes** that your **employer** can make to help you do your **best work**.

For example, **employers** can **switch lighting types**, or have policies to **limit the use** of **perfumes** and **colognes** in the office. They may also be able to organise **flexible work arrangements**.

## Migraine treatments and Vyepti® infusions

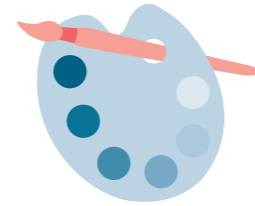
You **do not** have to discuss your **health** with your **employer**, but it could help. Helping your manager to **understand your condition** makes it clear what they can change to **help you work**.

If your appointment is during your working day remember to **plan time off** from work **in advance** so you can attend your Vyepti® infusion appointments. Consider **scheduling a meeting** with your HR department and manager. Bring a **doctor's note** or **migraine fact sheet** to support your conversation.





# Pursuing hobbies



## Get creative

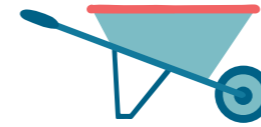
Art can help you make peace with your emotions and can **reduce stress**. Try **indulging your creative side** with painting, colouring or writing

Remember to **choose pens and paints without strong smells** to avoid triggering migraines



## Cook something tasty

**Cooking** and **baking** give you something to focus on and can **help you relax**. Plus, they give you more control over your diet and can help you avoid foods that may trigger migraine



## Get some fresh air

**Spending time outdoors** can help lower migraine-causing stress. **Daily walks, gardening** or **cycling** are all good ways to relax



## Practice self-care

Making **self-care** part of your **everyday life** can help reduce how often and how strong your migraines are. Try practicing **yoga, meditating** and doing other **things you enjoy**



## Take time for yourself

Set aside '**me time**' by creating an at-home spa with a **hot bath**, enjoying a **warm drink** or **watching a movie**

Remember to think about your triggers when choosing fragranced candles or drinks



## Stretch

**Light exercise** can benefit your physical and mental health. **Stretching, jogging** and **dancing** can all help **relieve stress**

## Healthy lifestyle

Maintaining healthy habits is one way to help **manage migraine symptoms**. Habits such as taking medications as prescribed for any other conditions you may have and **tracking when pain relief medication helps**, as well as finding ways to manage stress, may help you with migraines.

If you can't tick all of these items off, **that's okay!** The goal is to try to **maintain healthy habits** so long as they fit within your life



Below are some **sample checklists** with healthy habits that can help with your migraines. You can print these out and **keep them somewhere so you can easily keep track**, or add

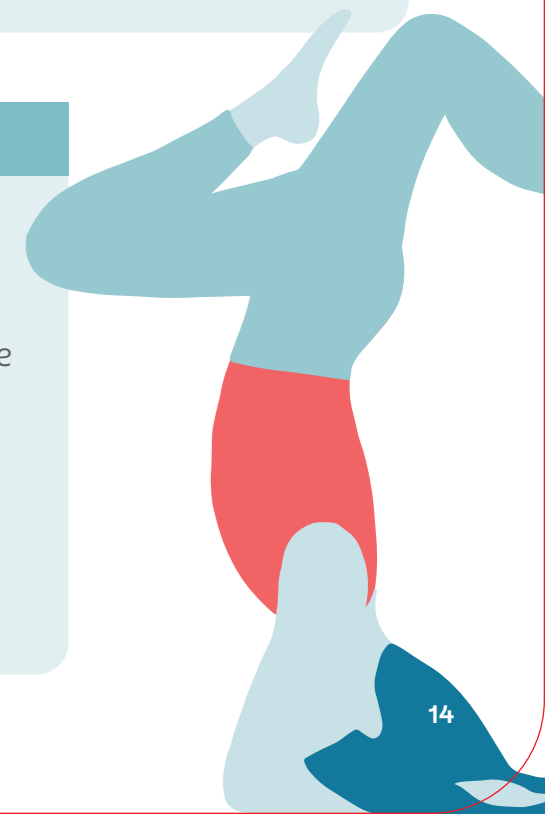
**them to your mobile phone with reminders**. Some habits are daily, while others vary in frequency but should be done regularly:

### Daily

- Have a **regular sleep schedule**
- Limit caffeine** intake
- Drink** plenty of water
- Have a **regular routine** for eating meals

### Regularly

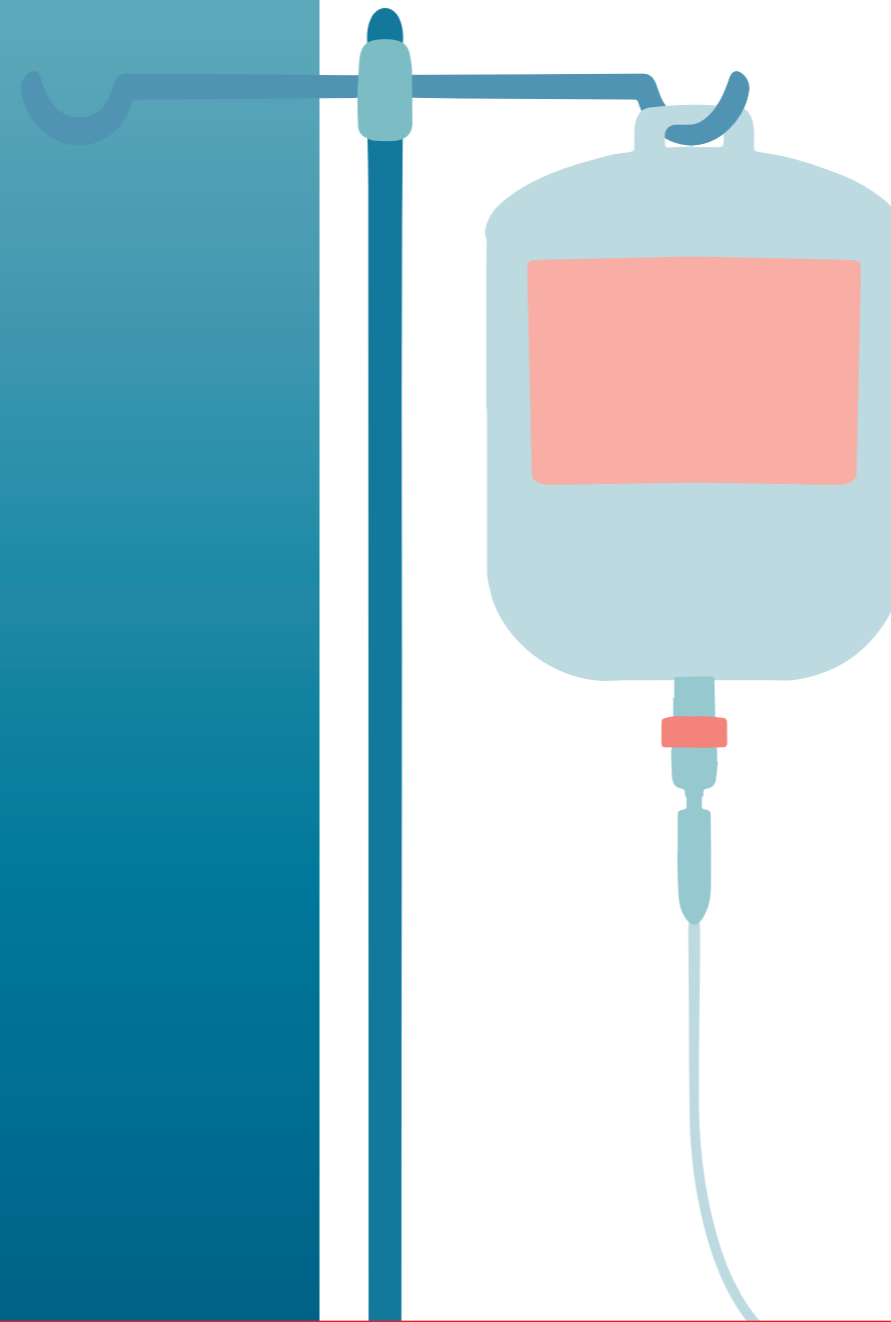
- Remember to **take your medications** (for other conditions) on time
- Eat **fresh, unprocessed food** whenever possible
- Manage stress**
- Practice **self-care**
- Exercise** regularly



# About Vyepti®

Vyepti® is a migraine **preventive treatment** designed to help stop migraines **before they start**. Vyepti® starts to work from **day 1** and is sustained through **3 months**

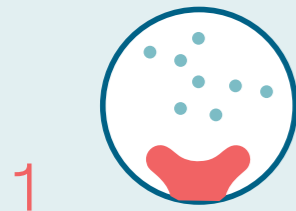
You and your doctor have decided that Vyepti® is the **right choice** for treating your migraines.



Vyepti® is given **every 3 months** – this means you will only have to take Vyepti® **4 times each year**:

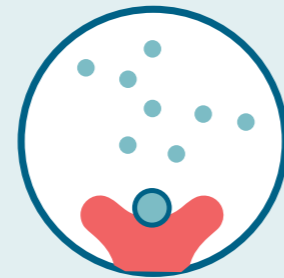
- Vyepti® is **given** by a doctor or nurse – this could be at an **infusion centre**, a **doctor's office**, or at a **hospital**
- Vyepti® is given by intravenous (IV) infusion. This will be done for you and **ensures 100%** of the medication is **working** in your body **right away**
- Vyepti® is delivered in **30 minutes**, with some additional time needed to set up the IV infusion
- After **receiving** your Vyepti® treatment, you are free to **continue your day** as usual, including going to work and driving a car
- If you have **any questions** about the **treatment process**, be sure to speak with your **doctor** or **nurse**

## Vyepti® may control the migraine process:



1

Inside your body, there is a protein called CGRP that can help communicate pain to the brain



2

CGRP receptors (that transmit the pain signal generated by CGRP) are switched on when they meet CGRP in your body. This is thought to play a large role in causing migraine

People with migraine have been found to have higher than normal levels of CGRP



3

Vyepti® binds to CGRP, preventing it from activating the CGRP receptors and helping to reduce the risk of migraine



## Side effects

As with all medicines, Vyepti® may cause side effects. The most common side effects of Vyepti® are a **blocked nose** and **scratchy throat**. Patients have also commonly experienced **skin allergies**, including **sensitivity**, **itchiness**, **redness** and **warmth**.

Before taking Vyepti®, **tell your doctor** about **any medical conditions**. You also need to tell your doctor if you're **pregnant** (or planning to become pregnant) or **breastfeeding** (or planning to breastfeed).

Talk to your doctor **before taking** any **triptans** or **non-prescription medications** for side effects or migraine.

**Why is it important that I go back for my infusion every 3 months?**

Over time, the amount of Vyepti® in your body is reduced. After 3 months, Vyepti® is only present in your body at very low levels. This is why it is important to go back for your Vyepti® infusion every 3 months, so that it can keep on working.

# The role of the infusion nurse in administering Vyepti®

## What is an infusion nurse?

An infusion nurse is an expert in giving medications into a vein (through an IV line).

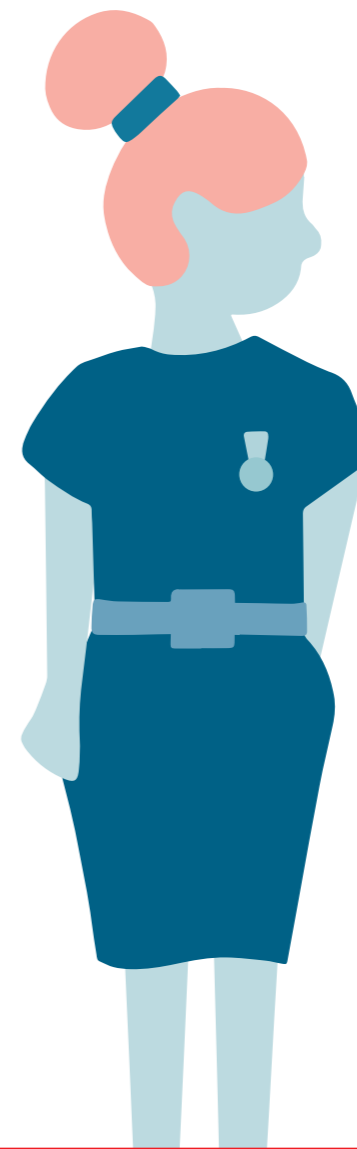
## Where can Vyepti® be administered?

Vyepti® can be administered at a hospital, in a GP's or specialist's office, at home by a nurse or at an infusion centre. An infusion centre:

- Can be a **standalone building** or part of a **clinic** at a **hospital** or **GP centre**
- Usually has a room full of chairs for patients to **receive** their **infusion treatments**
- Treats patients with a **variety** of **conditions**

## What do infusion nurses do?

- They **provide IV medications** and **explain** the treatment to you and your caregivers
- They **ensure** that any **side effects** you may experience **are addressed**
- They **discuss** Vyepti® treatment with your **doctor**
- They **ensure your safety** throughout and after the infusion

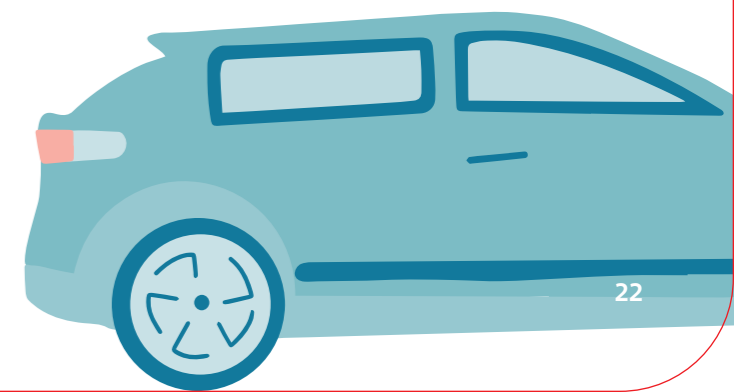


# Your infusion day

Here are some tips to help you prepare for your Vyepti<sup>®</sup> infusion



Before your infusion day, **make sure you know the name and address of the place where you will be receiving Vyepti<sup>®</sup> and how to get there.** Write it down on the Important information page at the back of this booklet so you don't forget



A stylized illustration on the left side of page 23. It features several trees with dark blue and light blue foliage. At the bottom left, the front portion of a light blue car is visible, including the wheel and headlight. The page number '23' is located in the bottom left corner.

## Planning for your infusion

Your infusion will take about **30 minutes**. Some people like to **check their social media, bring headphones** so they can listen to music or **take time to relax**.

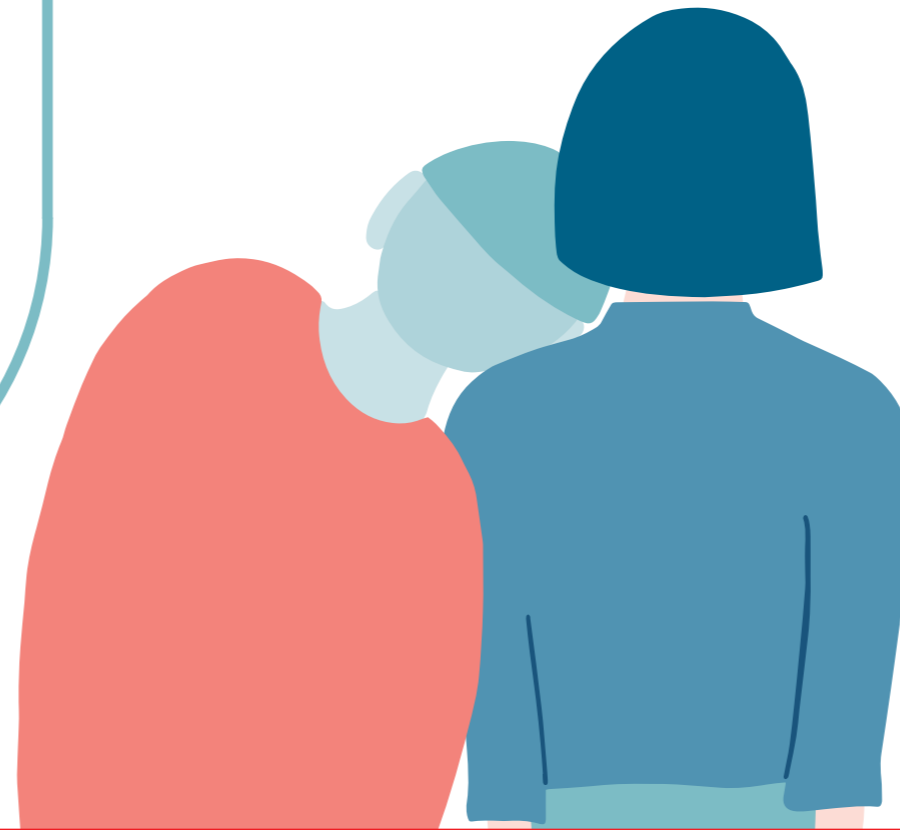
Consider downloading an episode of your favourite show before leaving home in case the WiFi connection is bad or bringing your favourite magazine to read.

## On the day of your infusion

Remember to:

- Bring a **list of your medications and allergies**. You can write them down on the Important information page at the back of this booklet
- **Drink plenty of water** - it is important to be well hydrated to help the nurse set up your infusion

- If it would help, **ask the doctor or nurse if you can bring someone with you**. Rules may vary, but some centres do have room for visitors in the infusion area. Check with your infusion centre prior to your appointment
- Wear a comfortable shirt with **loose-fitting sleeves** that can be rolled up, or a jacket that can be removed. Also, consider **wearing layers** of clothing in case you feel too warm or too cold in the room
- Keep in mind that your **total time** at the centre will be **longer than 30 minutes**. You will need time for everything to be set up for your infusion and have your vital signs checked prior to treatment. No particular monitoring is required during and after the infusion of Vyepti®, though this may vary for some people. **Ask the nurse or staff how long you will need to be there so you can plan ahead**



## Getting your infusion

Once you are at the clinic, you may want to ask the person who is giving the infusion to **talk you through what they are doing**. They are there to help you understand what is happening at every step.

When your Vyepti® infusion starts, **get comfortable** and enjoy the things you brought to stay entertained or just use the time to **take a break and relax**.

- When you receive your first infusion, it is **normal to feel a bit anxious**. If you have any concerns or questions about the infusion, please speak to your doctor or nurse. They are there to help, guide and make sure you are comfortable
- If you **begin to feel uncomfortable** at any time during your infusion, **tell your nurse right away**

## After your infusion

When you have finished getting your Vyepti® treatment, the nurse will place a **small bandage over the infusion site**. Ask the nurse how long you should keep it in place.

Before you leave, **ask the nurse** if there is **anything you need to do once you've left**.

## Don't forget

If possible you should schedule your next infusion before you leave the clinic.

If you have been enrolled in the myVi Patient Support Programme and your infusion is being administered by a nurse from this service they can schedule your next infusion date for you. You will then be contacted one to two weeks prior to your next appointment to finalise the details for your next infusion.

Add your appointment to your calendar right away so you'll see it as the next visit gets closer. You can also add your appointment to the Important information page at the back of this booklet. It is important to keep up with your infusion schedule.

Before you leave, make sure any questions you have about your treatment schedule are answered.

After 3 months, Vyepti® is present at low levels in the body and is less able to protect against migraine. That's why it's important to keep up with your treatment, even if you're feeling better.





# Overcoming a fear of needles

If you're afraid of needles, you're not alone: it is estimated that anywhere between 20-30% of adults experience a fear of needles

Anyone can have a fear of needles. For some people, the fear of needles leads them to avoid medical care or to miss appointments.



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Fortunately, there are ways to **cope with**, and **overcome**, this fear

## Calming techniques

Tell your nurse. They will be able to answer your questions and can help keep you calm during the infusion

Ask yourself if anything has helped you with your fear of needles in the past. If so, could this help you again?

If you are feeling anxious during your infusion, try **distracting yourself with relaxation techniques**

If you are worried about fainting, use **applied tension**

If you start to panic, try a **breathing exercise** to help calm you



## Applied tension

If you're worried about fainting, there is a simple technique you can try called 'applied tension'. This can increase blood pressure back to normal levels so that you do not faint. Try the applied tension technique in the week before your infusion:

1. Sit somewhere comfortable
2. Tense the muscles in your arms, legs and upper body. Hold for 10-15 seconds, or until your face feels warm (try not to tense the muscles in your face and head, as this may cause headache)
3. Release your muscles and relax
4. After 20-30 seconds, tense and release your muscles again
5. Repeat this process 5 times

If you can, do this exercise 3 times each day in the week before your appointment

## Breathing exercise

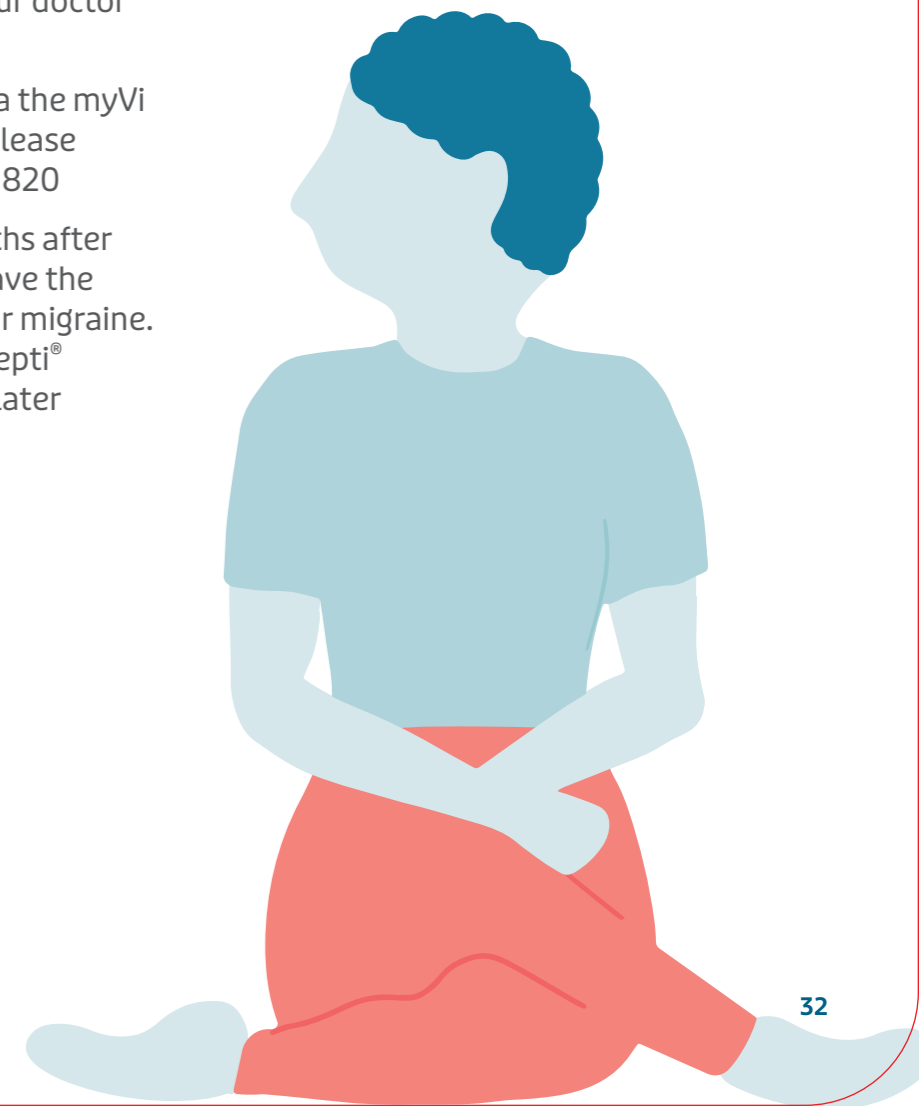
Try a breathing exercise to help you relax:

1. Sit with your back straight, in a comfortable position
2. Let your shoulders and jaw relax
3. Take a long, slow, deep breath in through your nose, then breathe out through your mouth
4. While breathing, put one hand on your lower belly. Try to breathe deeply into your belly, as much as is comfortable for you
5. Do this for 5 breaths

If you can, do this exercise 3 times each day in the week before your appointment

# If you need to move your appointment

- If you will be on holiday when you are scheduled for your Vyepti<sup>®</sup> appointment, speak with your doctor as soon as possible
- If you miss an appointment for your infusion of Vyepti<sup>®</sup>, contact your doctor immediately to reschedule
- If your infusion was booked via the myVi Patient Support Programme please contact TCP at +353 (0)1 429 1820
- If you wait longer than 3 months after treatment, Vyepti<sup>®</sup> may not have the same preventive effect on your migraine. It is better to get your next Vyepti<sup>®</sup> treatment earlier rather than later



# Support from family and friends

Family and friends can **help support you**, especially if they **understand** what you are going through



Ways that family and friends can help:

Let friends and family know that migraine is a **serious condition** that can **affect your work and personal life**.

For example, this is an **opportunity** to tell family about **migraine triggers** such as **certain smells** or **foods**. They may even be able to help you **identify triggers** that you were not aware of.

If you are **feeling nervous** about your infusion with Vyepti®, ask a friend or family member to **join you** at your **appointment**.

Ask your friends and family to join you in **activities** that help you **avoid migraine**:

- Take a short walk every day
- Discover new hobbies

## Important information

Keep track of your Vyepti® treatment

### My infusion centre

Name:

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Address:

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Phone number:

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### My medications and allergies

Medications I'm taking:

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My allergies:

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### My next Vyepti® appointment

Date:

Date:

Date:

Date:

Time:

Time:

Time:

Time:

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## My notes

Write your questions here so you have them at your next appointment

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