

TALKING WITH YOUR ALLERGIST ABOUT XOLAIR AND CHRONIC HIVES WITH NO KNOWN CAUSE.

If H1 antihistamines haven't been enough to treat your Chronic Spontaneous Urticaria (CSU) and you're looking for other treatment options, it's time to **talk to an allergist about XOLAIR**.

To help you have the most productive conversation possible, **print and fill out this discussion guide** and bring it to your next appointment. The questions and prompts in the guide will help you prepare and organize important information that your allergist may need to assess your CSU experience and treatment options, and help you ask any questions you may have about those options.



Questions to ask your allergist about XOLAIR.

Would XOLAIR be an appropriate treatment option for my hives? Can it help me?

Can you tell me how XOLAIR works and how it is different than what I am currently taking?

Will I still need my other medications for CSU?

What is XOLAIR?

XOLAIR® (omalizumab) for subcutaneous use is an injectable prescription medicine used to treat chronic spontaneous urticaria (CSU, previously referred to as chronic idiopathic urticaria (CIU), chronic hives without a known cause) in people 12 years of age and older who continue to have hives that are not controlled with H1 antihistamine treatment. It is not known if XOLAIR is safe and effective in people with CSU under 12 years of age.

XOLAIR is not used to treat other forms of hives.

Please see full [Prescribing Information](#), including [Medication Guide](#) for additional Important Safety Information.

Can I take XOLAIR with the other medications I'm currently taking?

How long does it take for XOLAIR to start working?

Can you explain the potential side effects of XOLAIR?

How often would I need to get a XOLAIR injection? Would I receive my injections at the doctor's office, or could I take them at home? If at the office, how long does each injection visit take?

How can I find out whether XOLAIR is covered by my insurance?

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about XOLAIR?

Severe allergic reaction. A severe allergic reaction called anaphylaxis can happen when you receive XOLAIR. The reaction can occur after the first dose or after many doses. It may also occur right after a XOLAIR injection or days later. Anaphylaxis is a life-threatening condition and can lead to death. Go to the nearest emergency room right away if you have any of these symptoms of an allergic reaction:

- wheezing, shortness of breath, cough, chest tightness, or trouble breathing
- low blood pressure, dizziness, fainting, rapid or weak heartbeat, anxiety, or feeling of "impending doom"
- flushing, itching, hives, or feeling warm
- swelling of the throat or tongue, throat tightness, hoarse voice, or trouble swallowing

Please see full [Prescribing Information](#), including [Medication Guide](#) for additional Important Safety Information.



Track your chronic hives with no known cause.

Your allergist may ask you the following questions to better understand your journey with CSU. **Use the space below to gather your answers.** Be sure to answer as completely as you can.

How are your hives impacting you?



When was your CSU diagnosed?

/

MM YYYY



How often do hives appear during the week?



On a scale of **0-3**, what is your itch severity?

(0 being none, and 3 being most severe)

0 1 2 3

IMPORTANT SAFETY INFORMATION (continued)

Your healthcare provider will monitor you closely for symptoms of an allergic reaction while you are receiving XOLAIR and for a period of time after treatment is initiated. Your healthcare provider should talk to you about getting medical treatment if you have symptoms of an allergic reaction.

Do not receive XOLAIR if you are allergic to omalizumab or any of the ingredients in XOLAIR.

Before receiving XOLAIR, tell your healthcare provider about all of your medical conditions, including if you:

- have a latex allergy or any other allergies (such as food allergy or seasonal allergies). The needle cap on the XOLAIR prefilled syringe contains a type of natural rubber latex
- have ever had a severe allergic reaction called anaphylaxis
- have or have had a parasitic infection
- have or have had cancer
- are pregnant or plan to become pregnant. It is not known if XOLAIR may harm your unborn baby.
- are breastfeeding or plan to breastfeed. It is not known if XOLAIR passes into your breast milk. Talk with your healthcare provider about the best way to feed your baby while you receive XOLAIR.

Please see full [Prescribing Information](#), including [Medication Guide](#) for additional Important Safety Information.



If you have pictures of your hives, be certain to share them with your doctor.

Additional notes

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, or herbal supplements.

How should I receive and use XOLAIR?

- When starting treatment XOLAIR should be given by your healthcare provider in a healthcare setting.
- If your healthcare provider decides that you or a caregiver may be able to give your own XOLAIR prefilled syringe injections, you should receive training on the right way to prepare and inject XOLAIR.
- Do not try to inject your XOLAIR prefilled syringe until you have been shown the right way to give XOLAIR injections by a healthcare provider. Use XOLAIR exactly as prescribed by your healthcare provider. For children 12 years of age and older, XOLAIR prefilled syringe may be self-injected under adult supervision.
- See the detailed Instructions for Use that comes with XOLAIR for information on the right way to prepare and inject XOLAIR.
- XOLAIR is given in 1 or more injections under the skin (subcutaneous), 1 time every 2 or 4 weeks.
- In people with chronic hives, a blood test is not necessary to determine the dose or dosing frequency.
- Do not decrease or stop taking any of your other hive medicine unless your healthcare providers tell you to.
- You may not see improvement in your symptoms right away after XOLAIR treatment.
- If you inject more XOLAIR than prescribed, call your healthcare provider right away.

What are the possible side effects of XOLAIR?

XOLAIR may cause serious side effects, including:

- **Cancer.** Cases of cancer were observed in some people who received XOLAIR.
- **Fever, muscle aches, and rash.** Some people get these symptoms 1 to 5 days after receiving a XOLAIR injection. If you have any of these symptoms, tell your healthcare provider.
- **Parasitic infection.** Some people who are at a high risk of parasitic (worm) infections, get a parasite infection after receiving XOLAIR. Your healthcare provider can test your stool to check if you have a parasite infection.
- **Heart and circulation problems.** Some people who receive XOLAIR have had chest pain, heart attack, blood clots in the lungs or legs, or temporary symptoms of weakness on one side of the body, slurred speech, or altered vision. It is not known whether these are caused by XOLAIR.

The most common side effects of XOLAIR in people with chronic spontaneous urticaria: nausea, headaches, swelling of the inside of your nose, throat or sinuses, cough, joint pain, and upper respiratory tract infection.

These are not all the possible side effects of XOLAIR. Call your doctor for medical advice about side effects.

You may report side effects to the FDA at (800) FDA-1088 or www.fda.gov/medwatch. You may also report side effects to Genentech at (888) 835-2555 or Novartis Pharmaceuticals Corporation at (888) 669-6682.