

STAYING.
ON COURSE **MS**
TREATMENT
TRACKER

 **Rebif**[®]
(interferon beta-1a)
subcutaneous injection



TRACKING YOUR THERAPY

Keeping track of your therapy can help you maintain your Rebif® (interferon beta-1a) routine. It's also a great way to show your healthcare providers how you're doing. The **weekly journal pages** in this book give you a way to record:

- The day and time of each injection
- The site of each injection
- Injection-site reactions or side effects

You may find that using the weekly journal pages works well for you, or decide that another method of tracking information is more helpful. The important thing is to use whatever tools you need to stay on treatment as you've been prescribed, because Rebif® can't help you if you don't take it!

At the end of this book, you'll find **tips for dealing with common side effects** (pages 32-33) and **doctor visit checklists** (page 35) that may be helpful, too.

If you need more journal pages, ask an MS LifeLines® Nurse or call **1-877-447-3243**.

INDICATION

Rebif® (interferon beta-1a) is a prescription medicine used to treat relapsing forms of multiple sclerosis, to include clinically isolated syndrome, relapsing-remitting disease, and active secondary progressive disease, in adults.

Please see Rebif® [Prescribing Information](#) and [Medication Guide](#), as well as the Important Safety Information on pages 4-5.

WHY IS KEEPING TRACK SO IMPORTANT?

It's important to stay with the treatment plan your doctor prescribes because staying with therapy gives you the best chance to get the most out of your treatment.

One important thing you can do is establish a routine and get into the habit of taking Rebif® **3 times a week, at least 48 hours apart**, as prescribed.

Think about which routine would work best for you.

EXAMPLES: Taking an injection...



...right after dinner



...before you go to bed



...after you feed your pet



...when you get home from work

It's also very important to **rotate (change) the injection site you choose with each injection**. This will help decrease the chance that you will have an injection-site reaction. Do not inject Rebif® into an area of the body where the skin is irritated, reddened, bruised, infected, or scarred in any way.

IMPORTANT SAFETY INFORMATION

Rebif® (interferon beta-1a) can cause serious side effects. Tell your healthcare provider right away if you have any of the following while taking Rebif®: behavioral health problems including depression and suicidal thoughts, liver problems or worsening of liver problems including liver failure, serious allergic and skin reactions, injection site problems, blood problems, or seizures.

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IMPORTANT SAFETY INFORMATION

Before beginning treatment, you should discuss the potential benefits and risks associated with Rebif® (interferon beta-1a) with your healthcare provider.

Rebif can cause serious side effects. Tell your healthcare provider right away if you have any of the symptoms listed below while taking Rebif.

- **Behavioral health problems including depression and suicidal thoughts.** You may have mood problems including depression (feeling hopeless or feeling bad about yourself), and thoughts of hurting yourself or suicide
- **Liver problems or worsening of liver problems including liver failure. Symptoms may include** nausea, loss of appetite, tiredness, dark colored urine and pale stools, yellowing of your skin or the white part of your eye, bleeding more easily than normal, confusion, and sleepiness. During your treatment with Rebif you will need to see your healthcare provider regularly and have regular blood tests to check for side effects
- **Serious allergic and skin reactions. Symptoms may include** itching, swelling of your face, eyes, lips, tongue or throat, trouble breathing, anxiousness, feeling faint, skin rash, hives, sores in your mouth, or skin blisters and peels
- **Injection site problems. Symptoms at the injection site may include** redness, pain, swelling, color changes (blue or black), and drainage of fluid
- **Blood problems.** Rebif can affect your bone marrow and cause low red and white blood cell and platelet counts. In some people, these blood cell counts may fall to dangerously low levels. If your blood cell counts become very low, you can get infections and problems with bleeding and bruising. Your healthcare provider may ask you to have regular blood tests to check for blood problems
- **Seizures.** Some people have had seizures while taking Rebif

Rebif will not cure your MS but may decrease the number of flare-ups of the disease and slow the occurrence of some of the physical disability that is common in people with MS.

Please see Rebif® [Prescribing Information](#) and [Medication Guide](#).

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IMPORTANT SAFETY INFORMATION (cont'd)

Do not take Rebif (interferon beta-1a) if you are allergic to interferon beta, human albumin, or any of the ingredients in Rebif.

Before you take Rebif, tell your healthcare provider if you have or have had any of the following conditions:

- mental illness, including depression and suicidal behavior
- liver problems, bleeding problems or blood clots, low blood cell counts, seizures (epilepsy), or thyroid problems
- you drink alcohol
- you are pregnant or plan to become pregnant. It is not known if Rebif will harm your unborn baby
- you are breastfeeding or plan to breastfeed. Rebif may pass into your breastmilk. Talk with your healthcare provider about the best way to feed your baby if you take Rebif

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

The most common side effects of Rebif include:

- flu-like symptoms. You may have flu-like symptoms when you first start taking Rebif. You may be able to manage these flu-like symptoms by taking over-the-counter pain and fever reducers. For many people, these symptoms lessen or go away over time. Symptoms may include muscle aches, fever, tiredness, and chills
- stomach pain
- change in liver blood tests

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of Rebif. For more information, ask your healthcare provider or pharmacist.

Call your doctor for medical advice about side effects.

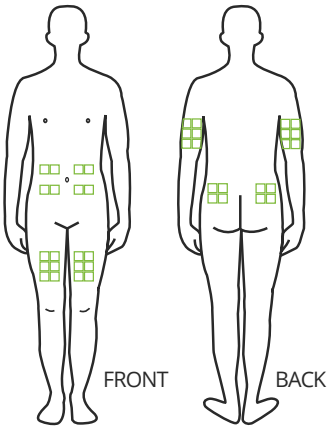
You are encouraged to report negative side effects of prescription drugs to FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see Rebif® [Prescribing Information](#) and [Medication Guide](#).

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If you have questions about your therapy, contact your healthcare provider or call **MS LifeLines®** at **1-877-447-3243**.

Injection 1



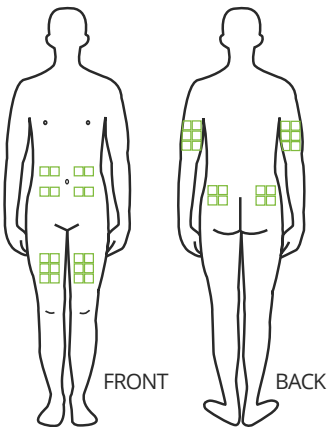
S M T W T F S

Date: _____ Time: _____

Injection-site reaction? Yes | No

If yes, describe: _____

Injection 2



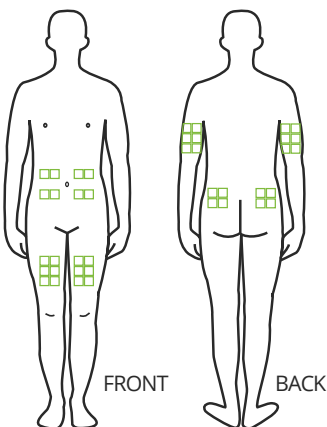
S M T W T F S

Date: _____ Time: _____

Injection-site reaction? Yes | No

If yes, describe: _____

Injection 3



S M T W T F S

Date: _____ Time: _____

Injection-site reaction? Yes | No

If yes, describe: _____

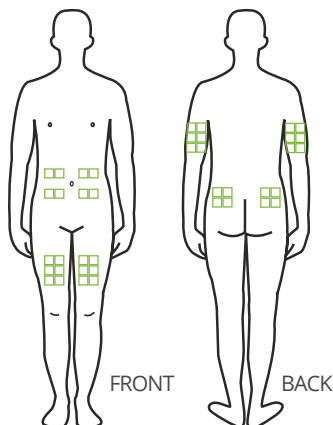
Notes

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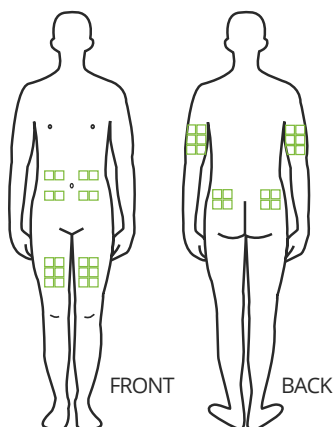
S M T W T F S

Date: _____ Time: _____

Injection-site reaction? Yes | No

If yes, describe: _____

Injection 2



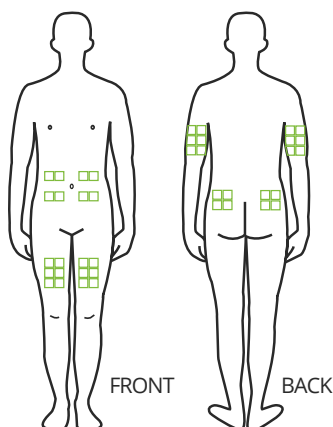
S M T W T F S

Date: _____ Time: _____

Injection-site reaction? Yes | No

If yes, describe: _____

Injection 3



S M T W T F S

Date: _____ Time: _____

Injection-site reaction? Yes | No

If yes, describe: _____

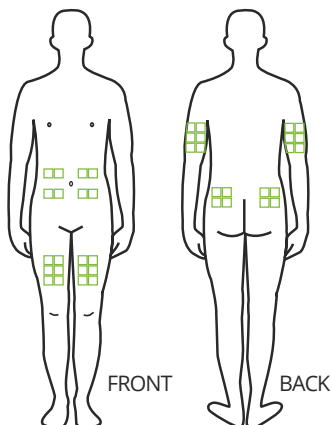
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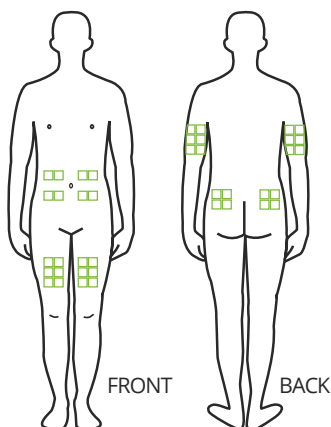
S M T W T F S

Date: _____ Time: _____

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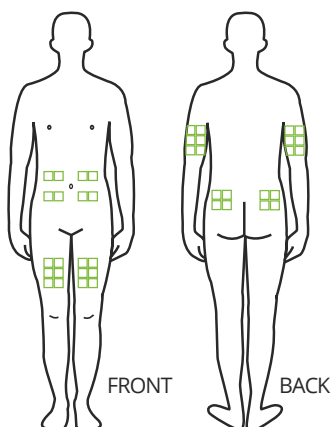
S M T W T F S

Date: _____ Time: _____

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Date: _____ Time: _____

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If yes, describe: _____

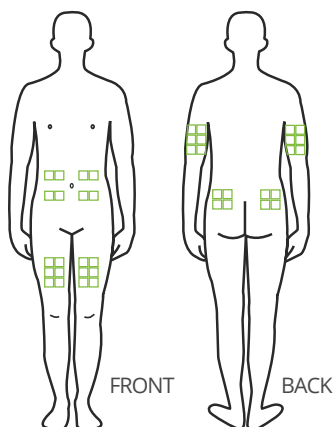
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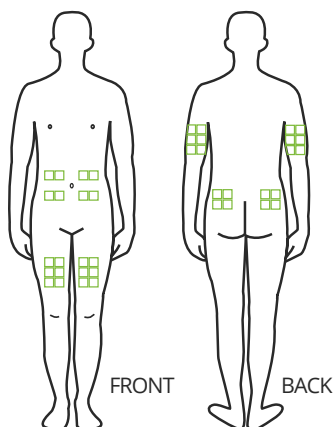
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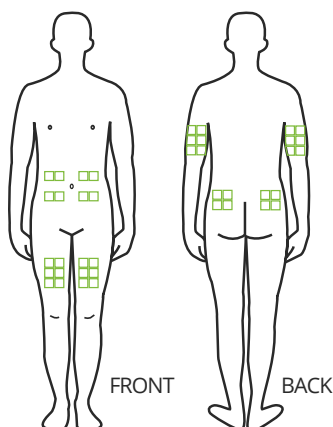
S M T W T F S

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[illegible]

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TIPS TO HELP WITH COMMON SIDE EFFECTS

INJECTION-SITE REACTIONS

One of the most common side effects of Rebif® (interferon beta-1a), injection-site reactions, refers to any redness, pain, irritation, swelling, color changes, or drainage of fluid that may occur at the site of your injection.

You can receive tips for proper injection technique that may help with injection-site reactions from an MS LifeLines® Nurse. MS LifeLines® Nurse Support Specialists are available Monday through Friday, 8 AM to 8 PM ET, and Saturday, 9 AM to 5 PM ET. Call MS LifeLines®, toll-free, at **1-877-447-3243**.

TIPS THAT MAY HELP REDUCE INJECTION-SITE REACTIONS

- Before injecting, you should allow Rebif® to reach room temperature. It is recommended that you remove Rebif® from the refrigerator at least 30 minutes prior to use. Never heat or microwave Rebif®
- Use proper injection technique as instructed by your healthcare provider. Please see the enclosed Rebif® Medication Guide
- Thoroughly clean the injection site with an alcohol swab or cotton ball with rubbing alcohol prior to injection. To avoid stinging, you should let your skin dry before you inject Rebif®
- To minimize discomfort, apply an ice pack or cold compress for no more than 2 minutes to the area before and after the injection
- Rotate the injection site and inject only into healthy tissue. Wait at least 7 days before using the same spot again

IMPORTANT SAFETY INFORMATION

Rebif® may cause redness, pain, swelling, color changes (blue or black), and drainage of fluid at the place where an injection was given. Some patients have developed skin infections or areas of severe skin damage (necrosis) requiring treatment by a doctor. If one of your injection sites becomes swollen and painful or the area looks infected and it doesn't heal within a few days, you should call your doctor. For more information, please see Medication Guide.

Please see Rebif® [Prescribing Information](#) and [Medication Guide](#), as well as the Important Safety Information on pages 4-5.

- Do not inject Rebif® into an area of your body where the skin is irritated, reddened, bruised, infected, or abnormal in any way
- Monitor your injection site for redness, swelling, or tenderness

FLU-LIKE SYMPTOMS

One of the most common side effects of Rebif® is flu-like symptoms. These can range from fever, chills, and sweating to muscle aches and tiredness. These symptoms are not actually flu and they are not caused by a viral infection. Nor do they include vomiting or diarrhea.

It is common for people to experience flu-like symptoms when they are first starting Rebif®. For many people, these symptoms lessen or go away over time.

The following tips may help you deal with flu-like symptoms:

- Consider taking an over-the-counter pain reliever or fever reducer as directed by your healthcare provider. These are medicines that you can buy at your local pharmacy without a prescription. They may also have their own side effects, so read the instructions carefully. Talk to your healthcare provider or an MS LifeLines® Nurse about using over-the-counter pain relievers or fever reducers before or after injecting
- Stay hydrated. Drinking plenty of water throughout the day is important
- Find a time of day that works for you. Some people inject Rebif® around bedtime to help them sleep through some flu-like symptoms they may have. Others find that injecting earlier in the day works best for them. Remember to keep injections at least 48 hours apart, on the same 3 days each week

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MAKING THE MOST OF VISITS WITH YOUR HEALTHCARE PROVIDERS

In addition to keeping track of your injections, it's important to keep your healthcare providers up to date with how you're doing throughout treatment. Using the **doctor visit checklists** on the following pages will help you have a thorough conversation on your experiences and address any specific issues you may have had.

You can jot down notes on things you want to remember to talk about—both positive and negative—as they happen, or fill in the form before your next appointment. The important thing is to provide as much information as you can about your personal experiences to your healthcare provider. The more information your healthcare team has, the better they will be able to help you.

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QUESTIONS TO DISCUSS WITH YOUR DOCTOR

Have you had any life changes since your last visit?

(ie, family considerations, new diagnoses or medications, location)

Do you have any concerns about your Rebif® treatment?

What parts of treatment are going well for you?

What about your treatment has changed since your last visit?

Top 3 things to discuss with your doctor

Please see Rebif® [Prescribing Information](#) and [Medication Guide](#), as well as the Important Safety Information on pages 4-5.

DOCTOR VISIT CHECKLIST

Date: _____

You may want to use this checklist to get organized for healthcare provider visits and bring it with you to your appointments. If you have questions, call an MS LifeLines® Nurse, toll-free, at **1-877-447-3243**, Monday through Friday, 8 AM to 8 PM ET, and Saturday, 9 AM to 5 PM ET, or visit **mslifelines.com**.

Symptom	Is it old or new?	Is it worse?	Description and how long it lasted
Issues with memory, attention, or problem solving			
Depression or mood swings			
Vision problems			
Muscle stiffness or spasms (spasticity)			
Weakness			
Fatigue			
Pain			
Abnormal feelings and sensations			
Walking and balance problems			
Bowel or bladder problems			
Sexual issues			
Heat sensitivity			

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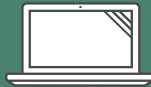
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GETTING THE MOST FROM YOUR TREATMENT WITH REBIF®

MS LifeLines® is here to help you. Have questions?
MS-certified Nurses and Financial Support
Specialists are on call.



1-877-447-3243



mslifelines.com



Learn more at rebif.com

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