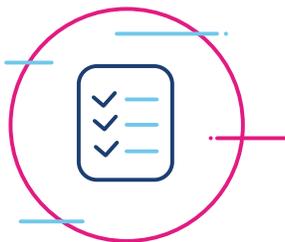




# Preparing for your ZULRESSO treatment



We want you to have a positive experience during your treatment, and being prepared ahead of time can certainly help. This guide contains some tips that may be helpful as you begin your treatment journey.

If they haven't already, someone at your healthcare setting (like a hospital or infusion center) will review the ZULRESSO REMS Patient Guide and Medication Guide with you. These materials contain important information about your treatment.

## Before starting treatment

Talk to your doctor about the benefits and risks of ZULRESSO, and ask any questions you may have.

### What is ZULRESSO?

ZULRESSO is a prescription medicine used to treat Postpartum Depression in adults.

### IMPORTANT SAFETY INFORMATION

#### What is the most important information I should know about ZULRESSO?

ZULRESSO can cause serious side effects, including:

- **Excessive sedation and sudden loss of consciousness.** ZULRESSO may cause you to feel very sleepy (excessive sedation) or pass out (loss of consciousness). Your healthcare provider should check you for symptoms of excessive sleepiness every 2 hours while you are awake
  - During your ZULRESSO infusion, tell your healthcare provider right away if you feel like you cannot stay awake during the time you are normally awake or if you feel like you are going to pass out. Your healthcare provider may lower your dose or stop the infusion until symptoms go away
  - You must have a caregiver or family member with you to help care for your child(ren) during your ZULRESSO infusion
- Because of the risk of serious harm resulting from excessive sedation or sudden loss of consciousness, ZULRESSO is only available through a restricted program called the ZULRESSO REMS

Please read the patient [Medication Guide](#), including information about serious side effects, in the accompanying full [Prescribing Information](#).

# Your pre-treatment checklist

You may find it helpful to have a loved one go over the following information with you:

## ARRANGE CHILDCARE

First, decide who will take care of your baby and any other children throughout your treatment.

**Someone will need to care for your child(ren) and be in the room with you if you are with your child(ren) during the infusion.**

## STRENGTHEN YOUR SUPPORT TEAM

Whenever you are away from home for a period of time, having loved ones you can count on is helpful. In addition to keeping you company during treatment, here are some things to consider:

- ✓ Meal preparation
- ✓ Transportation
- ✓ Pet care (if needed)

## PACK FOR YOUR STAY

### **DON'T FORGET:**

- ✓ Toiletries
- ✓ Health insurance information
- ✓ Driver's license or other ID
- ✓ List of your current medications including prescription and over-the-counter medicines, vitamins, and herbal supplements

### **CONSIDER:**

- Entertainment such as magazines, word games, and books
- Devices to watch downloaded movies and TV shows
- Tech accessories like headphones and chargers

### **AVOID:**

- ✗ Bringing cash, jewelry, and other valuable items

Talk to your healthcare provider about the risks and benefits of breastfeeding and about the best way to feed your baby while receiving ZULRESSO. Most hospitals will have breast pumps available, but you may want to check with your healthcare setting just in case.

## **IMPORTANT SAFETY INFORMATION**

**Before receiving ZULRESSO, tell your healthcare provider about all your medical conditions, including if you:**

- drink alcohol
- have kidney problems
- are pregnant or think you may be pregnant. It is not known if ZULRESSO will harm your unborn baby
  - There is a pregnancy registry for females who are exposed to ZULRESSO during pregnancy. The purpose of the registry is to collect information about the health of females exposed to ZULRESSO and their baby. If you become pregnant during treatment with ZULRESSO, talk to your healthcare provider about registering with the National Pregnancy Registry for Antidepressants at 1-844-405-6185 or visit <https://womensmentalhealth.org/clinical-and-research-programs/pregnancyregistry/antidepressants/>
- are breastfeeding or plan to breastfeed. ZULRESSO passes into breast milk. Talk to your healthcare provider about the risks and benefits of breastfeeding and about the best way to feed your baby while receiving ZULRESSO

Please read the patient [Medication Guide](#), including information about serious side effects, in the accompanying full [Prescribing Information](#).



## What else you should know

### Prepare for hospital regulations

Each healthcare setting has specific regulations that you should know about. For example, some may require you to remove nail polish in order to monitor your circulation.

This resource is being provided for informational purposes only. Your doctor and the team at your healthcare setting should always be your primary resource for any questions regarding your treatment. Contact them to ask if there is anything else you need to know.

# Sage Central is your source for patient support resources and programs

Once you are enrolled in Sage Central, a dedicated case manager—known as a Sage Central Navigator—will call within 1 to 2 business days to welcome you to the program and provide helpful information about your treatment. How can our Navigators help?



## **Live support**

Answer questions about ZULRESSO and the treatment process



## **Personalized support**

Explain your insurance benefits and coverage options



## **Financial assistance**

Review financial assistance programs for eligible patients



## **Additional resources**

Provide information to help you prepare for your infusion



For any further questions about Sage Central or ZULRESSO, call  
**844-4-SAGERX (844-472-4739) M-F, 8AM-8PM ET or visit [SageCentralSupport.com](https://www.SageCentralSupport.com).**



### **IMPORTANT SAFETY INFORMATION**

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

ZULRESSO and some medicines may interact with each other and cause serious side effects.

**Especially tell your healthcare provider if you take** other antidepressants, opioids, or Central Nervous System (CNS) depressants (such as benzodiazepines).

Know the medicines you take. Keep a list of them to show your healthcare provider and pharmacist when you get a new medicine. Your healthcare provider will decide if other medicines can be taken with ZULRESSO.

**Please read the patient [Medication Guide](#), including information about serious side effects, in the accompanying full [Prescribing Information](#).**

## IMPORTANT SAFETY INFORMATION

### How will I receive ZULRESSO?

ZULRESSO is given to you by continuous intravenous (IV) infusion into your vein. The infusion will last for a total of 60 hours (2.5 days).

### What should I avoid while receiving ZULRESSO?

- ZULRESSO may make you feel dizzy and sleepy. Do not drive a car or do other dangerous activities after your ZULRESSO infusion until your feeling of sleepiness has completely gone away. See **“What is the most important information I should know about ZULRESSO?”**
- Do not drink alcohol while receiving ZULRESSO

### What are the possible side effects of ZULRESSO?

#### ZULRESSO can cause serious side effects, including:

- See **“What is the most important information I should know about ZULRESSO?”**
- **Increased risk of suicidal thoughts or actions.** ZULRESSO and other antidepressant medicines may increase suicidal thoughts and actions in some people 24 years of age and younger. Depression or other serious mental illnesses are the most important causes of suicidal thoughts or actions

#### How can I watch for and try to prevent suicidal thoughts and actions?

- Pay close attention to any changes, especially sudden changes in mood, behavior, thoughts, or feelings, or if you develop suicidal thoughts or actions
- Tell your healthcare provider right away if you have any new or sudden changes in mood, behavior, thoughts, or feelings
- Keep all follow-up visits with your healthcare provider as scheduled. Call your healthcare provider between visits as needed, especially if you have concerns about symptoms

#### Tell your healthcare provider right away if you have any of the following symptoms, especially if they are new, worse, or worry you:

- Attempts to commit suicide, thoughts about suicide or dying, new or worse depression, other unusual changes in behavior or mood

#### The most common side effects of ZULRESSO include:

- Sleepiness, dry mouth, passing out, flushing of the skin or face

These are not all the side effects of ZULRESSO.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

Please read the patient [Medication Guide](#), including information about serious side effects, in the accompanying full [Prescribing Information](#).