



YOUR
personal
journal
WITH ORENITRAM

IMPORTANT SAFETY INFORMATION for Orenitram

Who should not take Orenitram?

Do not take Orenitram if you have severe liver problems.

Please see complete Important Safety Information throughout and Full Prescribing Information and Patient Information for Orenitram in pocket.



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EXTENDED-RELEASE TABLETS



Your personal journal

Orenitram may help you do more and help control your PAH

This journal is a tool to help you get the most out of your treatment with Orenitram. Use it to list your goals, track your routine, and make notes for your healthcare team so you can review what works best for you.

You've got this. We encourage you to share this information with your healthcare team so you can stay on track to reaching your goals and making new ones. Your team can help you manage your treatment in the coming weeks and months to help you **capture more good days.**

This journal can help you...

Keep healthcare team contacts.....	4
Track treatment goals	7
Manage possible side effects.....	8
Make the most of your healthcare visit.....	10
Consider foods and menu ideas	12
Track your daily treatment	13

What is Orenitram?

Orenitram is a prescription medicine used to treat pulmonary arterial hypertension (PAH) which is high blood pressure in the arteries of your lungs. Orenitram can help slow down the progression of your disease and improve your ability to exercise. It is not known if Orenitram is safe and effective in children.

PAH=pulmonary arterial hypertension.

Checklist for getting started

This personal journal is a part of your **Orenitram Starter Kit**, which has been designed to help you understand how Orenitram works and how your healthcare team can assist you during your treatment.

Be sure to utilize the tools provided in your **Orenitram Starter Kit** and complete the following steps:

- Get to know the support options available to you
- Receive your first nurse visit virtually or at home
- Sign up with Orenitram Connect for educational emails (also available at www.orenitram.com)
- Fill out the emergency contact cards in the Orenitram Start Guide on page 18 and always keep one with you

“ I feel like I've taken back some control with Orenitram. I don't have to think about my symptoms as much. I'm looking forward again to doing the things that I want to do.

– Angelie, an Orenitram patient

IMPORTANT SAFETY INFORMATION for Orenitram

What should I tell my healthcare provider before taking Orenitram?

Tell your healthcare provider:

- If you have liver problems or diverticulosis.

Please see complete **Important Safety Information** throughout and **Full Prescribing Information** and **Patient Information for Orenitram in pocket.**



List healthcare team contacts

Keep your healthcare team contact information on this page for easy reference.

Contact	Name	Contact information
PAH doctor		
Nurse		
Specialty Pharmacy		
Specialty Pharmacy nurse		
Primary care provider		
Other		

IMPORTANT SAFETY INFORMATION for Orenitram

What should I tell my healthcare provider before taking Orenitram? (cont)

Tell your healthcare provider:

- If you are pregnant, breastfeeding, and/or plan to become pregnant or breastfeed. It is not known if Orenitram will harm your unborn baby or if Orenitram passes into your breast milk. Talk to your healthcare provider about the best way to feed your baby during treatment with Orenitram.



Consider your friends and family as part of your support network.

Many will offer assistance, so keep them in mind when you...	Volunteer
Need a ride	
Would like support at your next healthcare provider appointment	
Have some errands to run	
Could use a pick-me-up (lunch, laugh, phone call, video chat, etc.)	
Other	

IMPORTANT SAFETY INFORMATION for Orenitram

What should I tell my healthcare provider before taking Orenitram? (cont)

Tell your healthcare provider:

- **About all the medicines you take**, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Orenitram and other medicines may affect each other causing side effects. Do not start any new medicine until you check with your healthcare provider. Especially tell your healthcare provider if you take another medicine that contains tadalafil, such as Remodulin® or Tyvaso®.

Please see complete Important Safety Information throughout and Full Prescribing Information and Patient Information for Orenitram in pocket.



Track treatment goals

Think about your choice to move forward with Orenitram. *What inspires you? What would you like to do more of?* With these things in mind, write down your short- and long-term goals to help both you and your healthcare team focus on managing your treatment.

Revisit this list to stay inspired, and remember that goals can change! It might help to update your goals as you achieve different milestones over time.



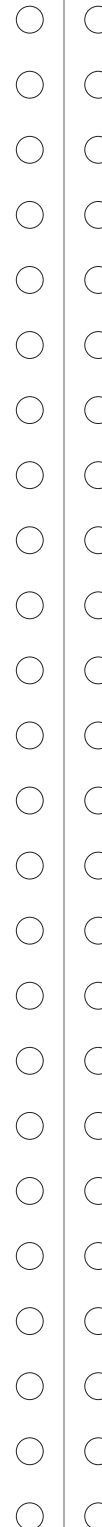
👤 *Orenitram helps me every day. Just getting up from the bed, walking, going to the kitchen—the simple things.*

— Angelie, an Orenitram patient

IMPORTANT SAFETY INFORMATION for Orenitram

How should I take Orenitram?

- **Do not change your dose or suddenly stop taking Orenitram without first talking to your healthcare provider.**
- Orenitram is usually taken 3 times a day (about every 8 hours) or 2 times a day (about every 12 hours). Your healthcare provider will tell you how often you should take Orenitram. If you have side effects, your healthcare provider may tell you to change your dose or when you take Orenitram. Take Orenitram with food.
- Swallow Orenitram tablets whole. Do not split, chew, crush, or break your Orenitram tablets. Do not take Orenitram tablets that are damaged or broken. **If Orenitram tablets are not taken whole, they may release too much medicine at one time. This can lead to side effects.**



My treatment goals

Short-term goals	Long-term goals



Be sure to share these goals with your healthcare team, who may be able to discuss changing or adding to these goals.

IMPORTANT SAFETY INFORMATION for Orenitram

How should I take Orenitram? (cont)

- If you miss your dose of Orenitram, take the missed dose as soon as possible with food.

Please see complete Important Safety Information throughout and Full Prescribing Information and Patient Information for Orenitram in pocket.



Manage possible side effects

You and your healthcare provider have decided to add Orenitram to your PAH treatment plan—a medicine that may help you do more and help control your PAH. That’s why it’s important to tell your healthcare provider about any side effects you experience so you can work together to maintain the management plan you have established with your healthcare team.

The most common side effects with Orenitram include:

- Headache
- Nausea
- Flushing
- Diarrhea
- Vomiting
- Pain in arms, legs, and jaw

You may not experience these side effects, and you may have additional side effects that aren’t included here.

Strategies to help manage side effects

The table below is a sample of some strategies your healthcare team may suggest to help you with your side effects.

Headache	Nausea and Vomiting	Diarrhea
Pain relievers <ul style="list-style-type: none">• Tylenol® (acetaminophen)• Advil® (ibuprofen)	Take with food Anti-nausea and anti-vomiting medicine	Add fiber to diet Anti-diarrhea medicine <ul style="list-style-type: none">• Imodium® (loperamide)

United Therapeutics does not provide medical advice. Your healthcare team will help you develop a plan to manage your side effects.

IMPORTANT SAFETY INFORMATION for Orenitram

How should I take Orenitram? (cont)

- If you miss 2 or more doses of Orenitram, call your healthcare provider to see if you need to change your dose.

Plan your approach to side effects

If I have a headache, I will try

If I have nausea, I will try

If I have diarrhea, I will try

If my face is flushed, I will try

If I have pain in my arms, legs, or jaw, I will try

Other suggestions from my healthcare team:



Although you may experience side effects before your PAH symptoms improve, remember that Orenitram is still working in your body to help delay progression of your PAH—and may help improve symptoms.

In a clinical study, patients who achieved a dose of Orenitram of at least 3 mg, 3 times per day, were able to walk farther and had less shortness of breath after 24 weeks—**so stick with it!**


IMPORTANT SAFETY INFORMATION for Orenitram

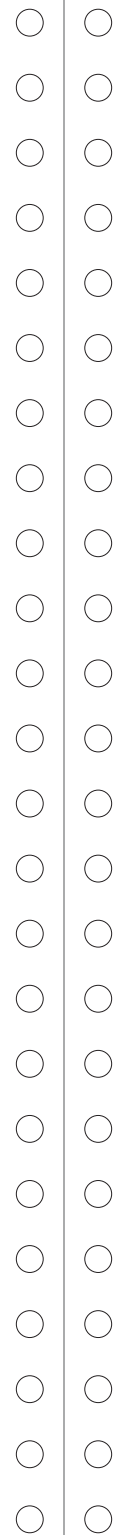
How should I take Orenitram? (cont)

- If you take too much Orenitram, call your healthcare provider or go to the nearest hospital emergency room right away.

Please see complete Important Safety Information throughout and Full Prescribing Information and Patient Information for Orenitram in pocket.


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EXTENDED-RELEASE TABLETS


 Taking Orenitram, it helps me—I'm still able to shop at the mall instead of going online. I can do an exercise or just walk around because it helps my breathing, too.
 — Angelie, an Orenitram patient



Make the most of your visit

Use this page to write down notes and questions for your healthcare team. Be honest about what you are thinking and how you are feeling. Remember to refer to your goals on the previous pages.

Sample information to share:

- How you are feeling when doing daily activities
- What your thoughts are about your progress
- What you would like to be able to do

Tips for your questions:

- Be specific
- Ask open-ended questions to avoid “yes” and “no” answers
- Ask what you should expect from treatment

IMPORTANT SAFETY INFORMATION for Orenitram

How should I take Orenitram? (cont)

- You may see the tablet shell in your stools (bowel movements). This is usually normal. The tablet shell is not digested. If you have diverticulosis, the tablet shell may get stuck in a blind pouch or diverticulum in your intestine.

Questions for your healthcare team

Write down any questions you have for your healthcare team before each visit, and take this journal with you to your appointment so you can write down the responses:

Questions/Notes:

Example: What are some things I can do to manage my side effects?

IMPORTANT SAFETY INFORMATION for Orenitram

What are the possible side effects of Orenitram?

Orenitram can cause serious side effects, including worsening of PAH symptoms.

- Stopping Orenitram suddenly may cause worsening of your PAH symptoms. **Do not change your dose or suddenly stop taking Orenitram without first talking to your healthcare provider.**

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Consider foods and menu ideas

Orenitram should be taken with food because it helps your body absorb the medicine. You can take Orenitram with a meal or with a snack.

Like other medicines you may be taking, Orenitram is an oral tablet. Orenitram is taken with food, usually 3 times daily (every 8 hours).*



Quick snack suggestions to mix and match when taking your Orenitram dose

- Fruit, such as an apple, orange, or pear
- Smoothie or nutrition shake
- Whole wheat bagel with cream cheese
- Whole wheat toast with tuna
- Protein bar
- Mixed berries (¾ cup)
- Peanut butter (1 tbsp)
- Greek yogurt
- Oatmeal (1 cup)
- Egg
- Shredded wheat cereal (1 cup)

You can find many recipes and snack ideas on www.nutrition.gov or use the interactive food guide at www.orenitram.com to help you plan your meals and snacks.

*Orenitram may also be taken 2 times a day (every 12 hours). Tablet strength may be increased depending on how well you tolerate treatment.

IMPORTANT SAFETY INFORMATION for Orenitram

What are the possible side effects of Orenitram? (cont)

- **The most common side effects of Orenitram include** headache, diarrhea, nausea, vomiting, flushing, and pain in arms, legs, and jaw. These are not all of the possible side effects of Orenitram. Tell your healthcare provider if you have any side effect that bothers you or does not go away.

Develop your daily treatment tracker

The dosing plan established by you and your healthcare team puts you on a path to helping you do more and helping control your PAH. Below is a sample of what your typical dosing schedule may look like.

Use the daily treatment tracker on the pages that follow and make notes to share with your healthcare team at each visit or check-in. Tracking your daily treatment can help you establish a routine. It can also help you and your healthcare team determine how to best manage any side effects you may have so that you can continue to take Orenitram and keep striving to meet your treatment goals.

Monday	Time	Dose	What did you eat?	How did you feel?
Dose 1	7:00 AM	0.125 mg	1 cup of oatmeal	No issues
Dose 2	3:00 PM	0.125 mg	Greek yogurt with mixed berries	Headache
Dose 3*	11:00 PM	0.125 mg	1 cup popcorn	Diarrhea
Medication taken, if any, to help alleviate side effects: None				
What worked for you today? Eating a few minutes before I took Orenitram				

*If prescribed.

Download more daily treatment tracker pages at www.orenitram.com.

IMPORTANT SAFETY INFORMATION for Orenitram

What are the possible side effects of Orenitram? (cont)

- Call your healthcare provider for medical advice about side effects. You may report side effects to the FDA at www.fda.gov/MedWatch or call 1-800-FDA-1088.

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Week of: _____

Monday	Time	Dose	What did you eat?	How did you feel?
Dose 1				
Dose 2				
Dose 3*				
Medication taken, if any, to help alleviate side effects:				
What worked for you today?				

Tuesday	Time	Dose	What did you eat?	How did you feel?
Dose 1				
Dose 2				
Dose 3*				
Medication taken, if any, to help alleviate side effects:				
What worked for you today?				

Wednesday	Time	Dose	What did you eat?	How did you feel?
Dose 1				
Dose 2				
Dose 3*				
Medication taken, if any, to help alleviate side effects:				
What worked for you today?				

Thursday	Time	Dose	What did you eat?	How did you feel?
Dose 1				
Dose 2				
Dose 3*				
Medication taken, if any, to help alleviate side effects:				
What worked for you today?				

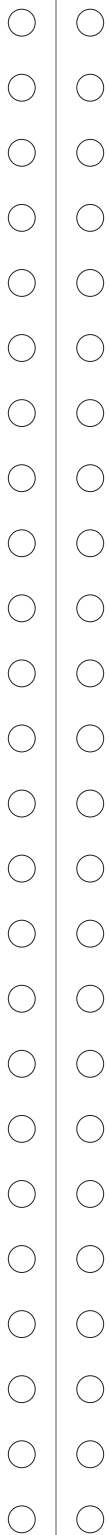
Friday	Time	Dose	What did you eat?	How did you feel?
Dose 1				
Dose 2				
Dose 3*				
Medication taken, if any, to help alleviate side effects:				
What worked for you today?				

Saturday	Time	Dose	What did you eat?	How did you feel?
Dose 1				
Dose 2				
Dose 3*				
Medication taken, if any, to help alleviate side effects:				
What worked for you today?				

Sunday	Time	Dose	What did you eat?	How did you feel?
Dose 1				
Dose 2				
Dose 3*				
Medication taken, if any, to help alleviate side effects:				
What worked for you today?				

What to try next week

Please see complete Important Safety Information throughout and Full Prescribing Information and Patient Information for Orenitram in pocket.



*If prescribed.

Week of: _____

Monday	Time	Dose	What did you eat?	How did you feel?
Dose 1				
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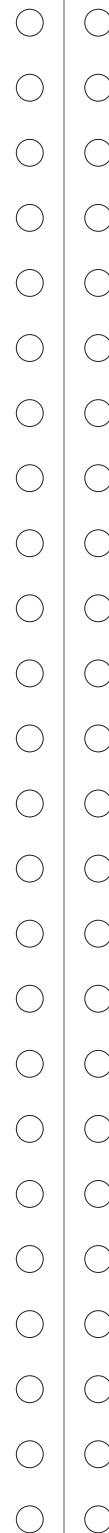
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Dose 2				
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Medication taken, if any, to help alleviate side effects:				
What worked for you today?				

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Dose 1				
Dose 2				
Dose 3*				
Medication taken, if any, to help alleviate side effects:				
What worked for you today?				

What to try next week

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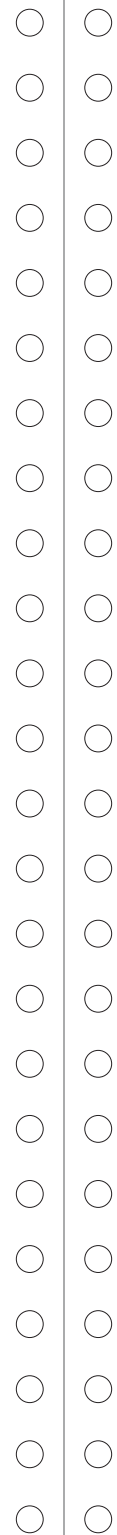
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Medication taken, if any, to help alleviate side effects:				
What worked for you today?				

What to try next week

Please see complete Important Safety Information throughout and Full Prescribing Information and Patient Information for Orenitram in pocket.

Capture more good days with Orenitram

“ Before I wasn't able to do the things I wanted to do, like seeing my friends and family or even just grocery shopping. But with Orenitram, I'm able to do more of the things that I used to do and more normal everyday stuff.

– Angelie, an Orenitram patient



Visit www.orenitram.com for more information and resources.

IMPORTANT SAFETY INFORMATION for Orenitram

The risk information provided here is not comprehensive. To learn more about Orenitram, talk with your healthcare provider. Please see Full Prescribing Information and Patient Information at www.orenitram.com or call Customer Service at 1-877-UNITHER (1-877-864-8437).

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