



YOUR GUIDE TO HELP  
**manage side effects**  
WITH ORENITRAM

Talk with your healthcare provider to proactively plan  
for your treatment journey

Please see Important Safety Information throughout and on back,  
and the Full Prescribing Information and Patient Information for  
Orenitram in pocket.

  
**orenitram**<sup>®</sup>  
treprostinil  
EXTENDED-RELEASE TABLETS



## Planning Ahead for Expected Side Effects

When you start Orenitram, your doctor will work with you to gradually increase your dose—a process called **titration**. This allows your body to become used to therapy as you reach the dose that's right for you.

Because of the way Orenitram works, you will likely experience side effects before you see the benefits of therapy. Sometimes these side effects can be challenging. Remember that they may get better with time as you continue increasing your dose of Orenitram.

**Stay strong and proactively plan for side effects with your healthcare team before you start Orenitram.** Being prepared for side effects can help you stay on track with therapy—and help you do more and control your PAH.



“

Give yourself time to get used to the side effects. They got better for me.

— AN ORENITRAM PATIENT

”

### IMPORTANT SAFETY INFORMATION FOR ORENITRAM

#### Who should not take Orenitram?

Do not take Orenitram if you have severe liver problems.

#### What should I tell my healthcare provider before taking Orenitram?

Tell your healthcare provider:

- If you have liver problems or diverticulosis.

# Side Effects with Orenitram

Be open with your healthcare team about the side effects you're experiencing so they can find ways to help. **The most common side effects of Orenitram include headache, diarrhea, nausea, vomiting, flushing, and pain in the arms, legs, and jaw.**



## What options are available to help manage headaches?

Your healthcare provider may suggest over-the-counter treatments such as acetaminophen or ibuprofen for headaches.



## What about nausea or vomiting?

Your healthcare provider may suggest various anti-nausea and anti-vomiting medications to help manage your symptoms. Taking Orenitram 3 times a day approximately every 8 hours with food may help reduce these side effects. Always take Orenitram as prescribed by your doctor.



## What if I experience diarrhea?

Adding fiber to your diet may be the first option suggested by your healthcare provider followed by anti-diarrhea medication.

**United Therapeutics does not provide medical advice.** Your healthcare provider will work with you to develop a plan to manage side effects.

### IMPORTANT SAFETY INFORMATION FOR ORENITRAM

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

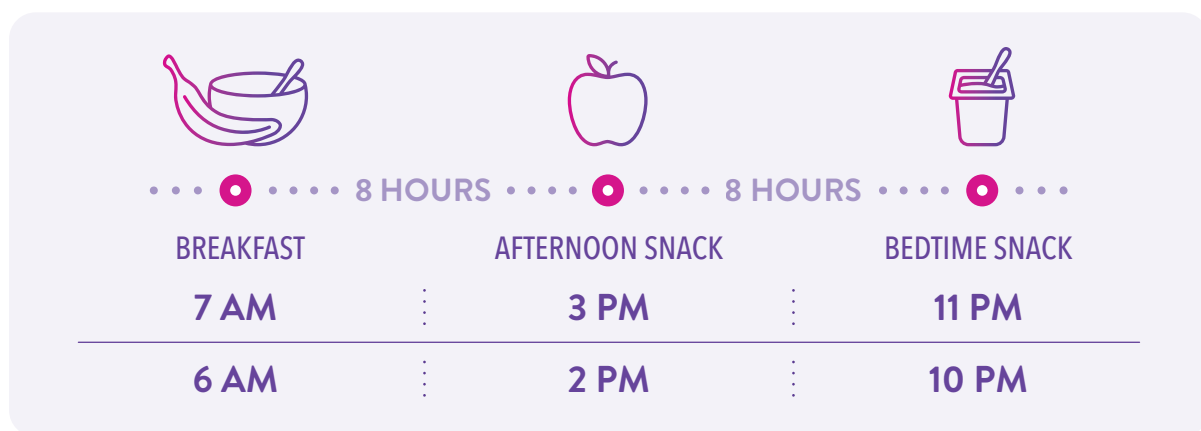
- If you are pregnant, breastfeeding, and/or plan to become pregnant or breastfeed. It is not known if Orenitram will harm your unborn baby or if Orenitram passes into your breast milk. Talk to your healthcare provider about the best way to feed your baby during treatment with Orenitram.
- **About all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

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# Making Orenitram a Part of Your Daily Routine

- ✓ Always take Orenitram as prescribed by your doctor.
- ✓ Orenitram should be taken with food. This helps your body absorb the medicine.
- ✓ Space your Orenitram dose evenly every 8 hours (3 times a day)\*. This helps keep steady levels of medication in your body and may help reduce side effects.

## EXAMPLE DAILY DOSING SCHEDULE



Watch videos to hear tips from real patients who've balanced titration and side effects with Orenitram

\*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

#### 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.**

# Taking Orenitram With Food

Taking Orenitram with a meal or snack may help minimize side effects. You can try taking Orenitram 15 minutes after eating or at the same time as you eat to see what your body tolerates best.

**It's important to talk to your healthcare provider about food choices and combinations that may work best for you.**



Use the magnet in the pocket for meal and snack ideas that you can have with your Orenitram dose. For more ideas, try the meal planner on [Orenitram.com](https://www.orenitram.com)

## IMPORTANT SAFETY INFORMATION FOR ORENITRAM

### How should I take Orenitram? (continued)

- If you miss your dose of Orenitram, take the missed dose as soon as possible with food.
- If you miss 2 or more doses of Orenitram, call your healthcare provider to see if you need to change your dose.

Please see Important Safety Information throughout and on back, and the Full Prescribing Information and Patient Information for Orenitram in pocket.

\*If taking Orenitram twice daily, space evenly every 12 hours.



## IMPORTANT SAFETY INFORMATION FOR ORENITRAM

### 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.

### Who should not take Orenitram?

**Do not take Orenitram if you have severe liver problems.**

### What should I tell my healthcare provider before taking Orenitram?

#### Tell your healthcare provider:

- If you have liver problems or diverticulosis.
- 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.
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- If you miss your dose of Orenitram, take the missed dose as soon as possible with food.
- If you miss 2 or more doses of Orenitram, call your healthcare provider to see if you need to change your dose.
- If you take too much Orenitram, call your healthcare provider or go to the nearest hospital emergency room right away.
- 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.

### 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.**
- **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.
- Call your healthcare provider for medical advice about side effects. You may report side effects to the FDA at [www.fda.gov/MedWatch](http://www.fda.gov/MedWatch) or call 1-800-FDA-1088.

**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](http://www.orenitram.com) or call Customer Service at 1-877-UNITHER (1-877-864-8437).**

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**orenitram**<sup>®</sup>  
treprostinil  
EXTENDED-RELEASE TABLETS

# FINDING FOOD combinations

Take Orenitram with food. Swallow Orenitram tablets whole; do not crush, split, or chew. This chart provides some examples of options you can mix and match when taking Orenitram.

| GRAB AND GO EXAMPLES                  | AT HOME EXAMPLES      |
|---------------------------------------|-----------------------|
| Nutrition shake                       | Cooked oatmeal        |
| Full-fat yogurt                       | Egg                   |
| Protein bar                           | Shredded wheat cereal |
| Whole-wheat crackers                  | Soy milk              |
| Spreads, like cream cheese or avocado | Low-sodium soup       |
| Nuts, like almonds and walnuts        | Grilled chicken       |
| Mixed berries                         | Grilled salmon        |
| Peanut butter                         | Sweet potato          |

| SNACK EXAMPLES                                                                                          |                                                                          |
|---------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|
| <b>Peanut Butter Banana Toast</b><br>1 slice whole-wheat toast,<br>1 tbsp peanut butter, 1 small banana | <b>Oatmeal and Almonds</b><br>1/2 cup cooked oatmeal,<br>1/4 cup almonds |

| MEAL EXAMPLES                                                                                               |                                                                                                               |                                                                                                                                |
|-------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|
| BREAKFAST                                                                                                   | LUNCH                                                                                                         | DINNER                                                                                                                         |
| <b>Eggs, Toast, and Berries</b><br>2 scrambled eggs,<br>1 slice whole-wheat toast,<br>3/4 cup mixed berries | <b>Tuna Salad</b><br>1 can low-sodium tuna,<br>4 tbsp hummus,<br>2 cups salad greens,<br>whole-wheat crackers | <b>Grilled Chicken and Vegetables:</b><br>3 oz grilled chicken, 3 oz<br>baked potato, 2 tsp butter,<br>1 cup cooked vegetables |

Share which food combinations are and aren't working well for you with your healthcare team.

This information is provided for an informational purpose and is not intended as treatment advice. Patients should consult a healthcare professional for treatment advice.

You may report side effects to the FDA at [www.fda.gov/MedWatch](http://www.fda.gov/MedWatch) or call 1-800-FDA-1088.

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