



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...

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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.**



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.

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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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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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