

Your

# JAMP Care™ guide to <sup>Pr</sup> JAMP Dimethyl Fumarate



# Your JAMP Care guidebook

When you're prescribed JAMP Dimethyl Fumarate, you get complimentary JAMP Care support. This patient guidebook has been designed by JAMP Care to help you learn about your new treatment. We encourage you to take the time to read through and get acquainted with JAMP Dimethyl Fumarate.

## If you are new to taking Dimethyl Fumarate

We encourage you to read through your guidebook and take note of any questions you may have for your doctor, or your JAMP Care *Single Point of Contact* in the notes section on page 18. Please take note of the complete package of benefits that you are entitled to (see the back cover). Get in touch with your *Single Point of Contact* or call JAMP Care to learn more about any of these services.

## If you are switching onto JAMP Dimethyl Fumarate from a different Dimethyl Fumarate product (including Tecfidera®)

We understand that you and your doctor recently made the decision to switch your treatment to JAMP Dimethyl Fumarate. Thank you for putting your trust in us. With JAMP Care you will continue to receive the support you need, plus any additional services that we can offer. Please take note of the complete package of benefits that you are entitled to (see the back cover). Get in touch with your *Single Point of Contact* or call JAMP Care to learn more about any of these services.

**Let's get started**

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## Your Single Point of Contact

an MS certified nurse

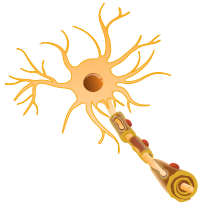
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Email: \_\_\_\_\_

Phone number: \_\_\_\_\_

## What is JAMP Dimethyl Fumarate used for?

JAMP Dimethyl Fumarate is used in adults to treat:



### Relapsing remitting multiple sclerosis (MS)

JAMP Dimethyl Fumarate does not cure MS, but helps to reduce the number of flare-ups (relapses) that occur and slow the build-up of physical problems due to MS (disability progression).

For more information about relapsing remitting multiple sclerosis, take a look at the MS Society of Canada website:



MS Society of Canada

## How does JAMP Dimethyl Fumarate work?

JAMP Dimethyl Fumarate may work by changing the way the body's immune system works, to help keep it from further damaging your brain and spinal cord.

### Take an active role in your healthcare

Speak with your healthcare professional about what you expect from your treatment so that they can help you meet – or re-evaluate – your expectations, as needed.

## What is Multiple Sclerosis?

MS is a chronic autoimmune disease of the central nervous system (CNS). This means that your body's immune system damages organs including the brain, spinal cord and optic nerve. It is considered an episodic disability meaning that the severity and duration of illness and disability can vary and are often followed by periods of wellness. It can also be progressive.

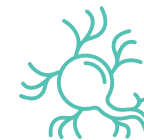
The disease attacks myelin, the protective covering of the nerves, causing inflammation and often damaging the myelin. Myelin is necessary for signals to be carried through nerve fibres. If damage to myelin is slight, nerve impulses travel with minor interruptions; however, if damage is substantial and if scar tissue replaces the myelin, nerve impulses may be completely disrupted, and the nerve fibres themselves can be damaged.



MS is a chronic autoimmune disease of the central nervous system (CNS)



Nerves are protected by myelin, which allows signals to be transmitted across the CNS



MS affects myelin, causing inflammation and often damaging the protective covering. This can disrupt nerve signals

# Dosing

Always follow your doctor's instructions for taking JAMP Dimethyl Fumarate. You should check with your doctor or pharmacist if you are not sure.

## Capsules

JAMP Dimethyl Fumarate comes in 120 mg and 240 mg delayed-release capsules.



**120 mg delayed-release\***



**240 mg delayed-release\***

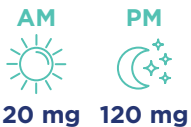
\* Pills shown are not actual size.

## Starting dose schedule

### For patients new to Dimethyl Fumarate

The recommended starting dose of JAMP Dimethyl Fumarate is 120 mg, twice a day (one in the morning and one in the evening).

#### Every day



#### 7 days

Take this starting dose for the first 7 days, and then take the regular dose (see right side of page)

- Swallow whole. Do not divide, crush, dissolve, suck, or chew the capsule.
- JAMP Dimethyl Fumarate can be taken with or without food.
- Your doctor may reduce your dose if you have certain side effects.
- Do not reduce your dose unless your doctor tells you to.

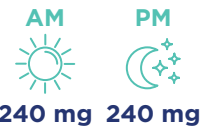
## Regular dose schedule



### For patients already using Dimethyl Fumarate (or Tecfidera®)

The recommended regular dose of JAMP Dimethyl Fumarate is 240 mg, twice a day (one in the morning and one in the evening).

#### Every day



- Swallow whole. Do not divide, crush, dissolve, suck, or chew the capsule.
- JAMP Dimethyl Fumarate can be taken with or without food.
- Your doctor may reduce your dose if you have certain side effects.
- Do not reduce your dose unless your doctor tells you to.

## Overdose

If you have taken more JAMP Dimethyl Fumarate than your doctor has recommended, contact a regional Poison Control Centre immediately and a health care practitioner, or go to the nearest hospital emergency department even if there are no symptoms. Take the medication package with you when you go to the hospital.

## Tips for remembering to take your medication

To manage your risk of side effects, it is critical to take your medication exactly as instructed by your healthcare provider. Here are a few tips help:

- **Take your medication at the same times every day.** Choose a time that is convenient to remember such as when you wake up/go to bed, eat breakfast/dinner, or brush your teeth.
- **Use a pill organizer.** A pill organizer can store your doses separately for each day, even for AM and PM. A quick look will show you whether you took your dose or not.
- **Keep your pills in a convenient location that you will see** every day such as the bedside table or coffee maker. However, be sure to keep them out of the reach and sight of children.
- **Leave yourself a reminder note.** Try placing a sticky note in the same type of location as above – somewhere you are bound to see it every day.
- **Set an alarm.** On your smartphone, watch, or in your day-planner.
- **Ask for help.** Find a reliable family member or friend who can call or check on you daily to remind you.

## What to do if you forget to take your medication



If you forget or miss a dose, do not double your next dose.



You may take the missed dose if you leave at least 4 hours between the morning and evening doses, otherwise wait and take your next dose as planned.



# Storing JAMP Dimethyl Fumarate



Store JAMP Dimethyl Fumarate between 15-30°C (room temperature)



Store in the original packaging to protect from light



Do not take your medicine after the expiry date shown on the carton



Keep out of reach and sight of children



Medicines should not be disposed of in waste water or household garbage. Ask your pharmacist how to dispose of medicines you no longer need.

# Travelling with JAMP Dimethyl Fumarate

It is very important to keep your condition and its treatment in mind when you travel so you can continue to benefit from JAMP Dimethyl Fumarate treatment. Next time you are planning a trip, remember to review these handy tips on how to travel with JAMP Dimethyl Fumarate.

- Follow the storage tips outlined on the previous page.
- When packing, bring enough JAMP Dimethyl Fumarate to last the entire trip. Consider possible travel delays.
- As you adjust to your new travel routines, remember to follow your dosing schedule, and administer JAMP Dimethyl Fumarate on time.
- If you or the patient have any special needs or mobility issues, speak with your travel agent before booking. Consider requesting seats with ample leg room or closer to the washroom, accommodations with elevators or a room on the ground floor.



# Travelling with JAMP Dimethyl Fumarate

## When travelling by plane

- Review foreign policies when travelling with medications with your airline or travel agent. Some countries require passengers to declare medications in their possession upon arrival.
- It is important to keep JAMP Dimethyl Fumarate in its original packaging with the pharmacy label and your name. This can help at airport security to identify the product as your prescription.
- At airports, everyone is entitled to private security screening. This can help you if you want to maintain confidentiality about your condition and treatment.
- If you have any problems, ask to speak to a supervisor, showing them your pharmacy prescription and your doctor's note.
- Store medications in carry-on baggage and declare them during security screening.
- Some security procedures might allow "visual inspection" of medication upon request if you prefer to avoid X-ray screening of your luggage.
- It's best to plan extra time for security procedures as staff may have additional questions regarding your medication.

Ask your *Single Point of Contact* for a JAMP Dimethyl Fumarate travel letter that includes important information for the airline regarding JAMP Dimethyl Fumarate's format, storage and transport. You can also find a downloadable letter on the JAMP Care website.

# Nutrition Counselling

## Personalized counselling with a nutritionist

Optimizing your nutrition is important to support your overall health. JAMP Care is proud to offer personalized one-on-one nutrition counselling (on demand) to patients taking JAMP Dimethyl Fumarate. To get started, contact your *Single Point of Contact*.

### Step 1. Personalized consultation

First, you will receive a personalized consultation, where one of our bilingual nutritionists will meet you virtually to provide a plan and make recommendations tailored to meet your unique needs.

### Step 2. Follow-up session

Then you'll book a follow-up session to see how you're doing and make adjustments to the plan to make sure it works for you.

## Watch the JAMP Care Nutrition Support Videos

Looking for more that you can do **right now**? Scan the QR code with the camera of your mobile device to access our three-video series.





# Important information about JAMP Dimethyl Fumarate

## When it should not be used

Do not take JAMP Dimethyl Fumarate if you:

- Have an allergy or are sensitive to dimethyl fumarate or any ingredients in this medicine.
- JAMP Dimethyl Fumarate should not be used in children and adolescents under 18 years, because it has not been studied in MS patients younger than 18 years of age.

## What the medicinal ingredient is:

Dimethyl fumarate.

## What the nonmedicinal ingredients are:

Colloidal silicon dioxide, crospovidone, hydroxypropylmethylcellulose, magnesium stearate, methacrylic acid and ethyl acrylate polymer, microcrystalline cellulose, polyvinylpyrrolidone, talc, titanium dioxide, triacetin, triethyl citrate.

The capsule shell contains gelatin, titanium dioxide, iron oxide yellow, FD&C Blue No. 1.

The printing ink contains iron oxide black, potassium hydroxide, propylene glycol and shellac.

## Interactions with JAMP Dimethyl Fumarate

You should tell your doctor(s) if you are taking any other prescription or non-prescription medicines. This includes any vitamin or mineral supplements, or herbal products.

- **Fumaric acid.** Do not use JAMP Dimethyl Fumarate with other types of fumaric acid. Ask your doctor or pharmacist if you are not sure what other products may contain fumaric acids.

- **Medicines that affect the immune system** including some commonly used cancer treatments and other medicines used to treat MS, such as, natalizumab, fingolimod, or mitoxantrone. JAMP Dimethyl Fumarate should not be started while you are on other MS medications. If you stop taking one of these medicines to switch to JAMP Dimethyl Fumarate you may be required to wait before starting JAMP Dimethyl Fumarate. The amount of time you may need to wait will vary, depending on the treatment. Your doctor will know how long you may need to wait.
- **Medicines that can affect the kidneys**, such as antibiotics from the aminoglycoside class, non-steroidal anti-inflammatory drugs (NSAIDs), diuretics, or lithium. Dimethyl fumarate has not been studied in patients who take these drugs regularly.
- **Vaccines.** During treatment with JAMP Dimethyl Fumarate, administration of vaccines containing live virus is not recommended.
- **Corticosteroids.** If you need to receive corticosteroids, talk to your healthcare professional about the potential increased risk of infections.
- **Acetylsalicylic acid.** Long-term use of acetylsalicylic acid (e.g., aspirin) is not recommended.

## Warnings and precautions

BEFORE you use JAMP Dimethyl Fumarate talk to your doctor or pharmacist if you:

- Have or have had low white blood cell counts (low lymphocytes). Low lymphocyte counts may be caused by another illness that affects the immune system (for example, immunodeficiency syndrome), bone marrow transplantation, or other treatments that can suppress the immune system.
- Have an infection.
- Have Herpes Zoster Infections (Shingles).
- Have liver or kidney disease.
- Have a stomach or bowel problem.
- Are pregnant or planning to become pregnant.
- Are breast-feeding.

You should not receive certain types of vaccines (called “live attenuated vaccines”) during treatment with JAMP Dimethyl Fumarate. Check with your doctor before receiving any vaccination during treatment or after stopping JAMP Dimethyl Fumarate.





# Important information about JAMP Dimethyl Fumarate

## Side effects and what to do about them

### Side effects may include:

Flushing and gastrointestinal (GI) problems. People are more likely to have these side effects when they first start taking JAMP Dimethyl Fumarate (mostly during the first month). Most people have mild to moderate symptoms and they tend to go away over time.

If you become flushed and get swelling of the face, lips, mouth or tongue, wheezing, difficulty breathing or shortness of breath, stop taking JAMP Dimethyl Fumarate and seek emergency medical assistance.

### Signs of gastrointestinal (GI) problems may include:

- Diarrhea
- Nausea (feeling like you are going to be sick)
- Stomach pain or stomach cramps
- Vomiting (throwing up)
- Indigestion

Talk to your doctor about how to manage these side effects. Your doctor may reduce your dose. Do not reduce your dose unless your doctor tells you to.

Taking JAMP Dimethyl Fumarate with food may help manage these side effects. Your doctor may recommend taking an over-the-counter pain and fever reducer, such as aspirin, for a few days to manage signs of flushing.

JAMP Dimethyl Fumarate can cause abnormal blood and urine test results, including decreases in your white blood cell count. Your doctor will decide when to perform blood and urine tests and will interpret the results.

## Serious side effects and what to do about them

### Talk to your healthcare professional if you experience a SEVERE case of:

- Flushing (symptoms of severe flushing may include general swelling, rash, itchiness)
- Gastrointestinal (GI) events (symptoms include diarrhea, nausea, stomach pain, vomiting, indigestion)

### Talk to your healthcare professional EVERY TIME you experience a case of:

- Low levels of white blood cells (lymphocytes) (symptoms may include serious infections, e.g., pneumonia, or being more prone to infections)
- Proteins (albumin) in urine (symptoms may include swelling of the face or legs)
- Increased levels of liver enzymes (ALT, AST) in the blood (symptoms may include loss of appetite, fatigue, yellowing of the skin or eyes, or dark urine)
- Infections (symptoms may include fever and chills, nausea, vomiting, diarrhea, or generally feeling unwell)
- Herpes zoster (shingles) (symptoms may include blisters, burning, itching or pain of the skin, typically on one side of the upper body or the face, and other symptoms like fever, weakness and numbness)

### STOP taking JAMP Dimethyl Fumarate and get EMERGENCY MEDICAL ASSISTANCE if you experience:

- Allergic reaction (symptoms include rash, itching, difficulty breathing, swelling of the face, lips, tongue or throat)
- Progressive multifocal leukoencephalopathy (PML), a rare brain infection (symptoms may include: progressive weakness on one side of the body, clumsiness of limbs, disturbance of vision, changes in thinking, memory and orientation, confusion, personality changes)

This is not a complete list of side effects. For any unexpected effects while taking JAMP Dimethyl Fumarate, contact your doctor or pharmacist.

# Questions for my doctor or pharmacist

## Notes

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# Information on appointments

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Support. Confidence. Community. Simplicity.



JAMP Care is an established Patient Support Program with a focus on ensuring ease of use and unsurpassed responsiveness, inspiring confidence, and trust in all we do to support YOU!



**Multiple Sclerosis certified nurse as single point of contact**  
Call toll-free: 1-833-833-1810  
Monday to Friday, 8am to 8pm EST



**Financial assistance (as per provincial regulations)**



**Reimbursement navigation**



**Coverage renewal 3 months in advance**



**Bridging (as per provincial regulations)**



**PLUS**  
**Personalized consultation with a nutritionist (available on demand)**



**Blood/laboratory work & coordination**



**For help accessing any of these services, speak with your *Single Point of Contact* or contact JAMP Care at**



**1-855-310-5102**



**1-888-331-3432**



**[jampcare@supportprogram.com](mailto:jampcare@supportprogram.com)**

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