

## Reflect and Write

As you continue treating your asthma, it's important to focus on the things that help you stay motivated. NUCALA is an add-on, prescription maintenance treatment for patients 6 and older with severe eosinophilic asthma. NUCALA is not used to treat sudden breathing problems.

**Think about it:** Is there something you'd like to do, or somewhere you'd like to go? Write those thoughts down in the boxes, cut them out, and hang them somewhere you'll see them every day.

I'm excited about ...	I'm thankful for ...
Something I hope to discover is ...	I'm committed to ...
I'm inspired by...	One day I will...

### Important Safety Information

**Do not use NUCALA** if you are allergic to mepolizumab or any of the ingredients in NUCALA.

Do not use to treat sudden breathing problems.

**Please see additional Important Safety Information on Page 2.**

## TIP

Don't limit yourself to only six thoughts. You can get creative, or just grab a pen and some paper to write down more affirming thoughts. Inspire yourself to stay positive during your treatment.

### Important Safety Information (cont'd)

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

- **allergic (hypersensitivity) reactions, including anaphylaxis.** Serious allergic reactions can happen after you get your NUCALA injection. Allergic reactions can sometimes happen hours or days after you get a dose of NUCALA. Tell your healthcare provider or get emergency help right away if you have any of the following symptoms of an allergic reaction:
  - swelling of your face, mouth, and tongue
  - breathing problems
  - fainting, dizziness, feeling lightheaded (low blood pressure)
  - rash
  - hives
- **Herpes zoster infections** that can cause shingles have happened in people who received NUCALA.

#### Before receiving NUCALA, tell your healthcare provider about all of your medical conditions, including if you:

- are taking oral or inhaled corticosteroid medicines. **Do not** stop taking your other asthma medicines, including your corticosteroid medicines, unless instructed by your healthcare provider because this may cause other symptoms to come back.
- have a parasitic (helminth) infection.
- are pregnant or plan to become pregnant. It is not known if NUCALA may harm your unborn baby.
- are breastfeeding or plan to breastfeed. You and your healthcare provider should decide if you will use NUCALA and breastfeed. You should not do both without talking with your healthcare provider first.
- are taking prescription and over-the-counter medicines, vitamins, and herbal supplements.

**The most common side effects of NUCALA include:** headache, injection site reactions (pain, redness, swelling, itching, or a burning feeling at the injection site), back pain, and tiredness (fatigue).

Please see additional Important Safety Information on Page 1.

Please see full Prescribing Information, including Patient Information Leaflet, for NUCALA available at [NUCALA.com](http://NUCALA.com).

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

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**Nucala**   
(mepolizumab)  
Injection 100 mg/mL