

XYWAV and XYREM REMS

Dear Patient,

Welcome to the XYWAV and XYREM REMS. You are receiving these materials because your healthcare provider has prescribed XYWAV™ (calcium, magnesium, potassium, and sodium oxybates) oral solution, 0.5 g/mL, for you. XYWAV™ is indicated for the treatment of cataplexy or excessive daytime sleepiness (EDS) in patients 7 years of age and older with narcolepsy. *If you are the caregiver of a pediatric patient receiving XYWAV, please refer to the XYWAV Brochure for Pediatric Patients and Their Caregivers instead of this guide for important information about helping your child get started with XYWAV.*

Because of the serious risks associated with XYWAV, the Food and Drug Administration (FDA) has required a special program called a Risk Evaluation and Mitigation Strategy (REMS). The purpose of this REMS is to make sure the benefits of XYWAV outweigh the risks. All patients must be enrolled in the REMS to receive XYWAV. This Quick Start Guide contains information you need to know about XYWAV and will help you to use XYWAV correctly. Read this Quick Start Guide before you start taking XYWAV.

After your healthcare provider sends in your enrollment form and first prescription for XYWAV, you will receive a call from the Certified Pharmacy of the REMS to tell you how the REMS helps you get started with taking XYWAV and to answer any questions you may have about XYWAV.

Any questions? Please call the XYWAV and XYREM REMS at 1-866-997-3688.

Please see the Medication Guide for more detailed information about XYWAV.



You will also speak with appropriate staff at the Certified Pharmacy, who will go over your insurance information with you. Before you can receive your first shipment of XYWAV, a pharmacist at the Certified Pharmacy will ask if your healthcare provider reviewed the XYWAV Patient Quick Start Guide with you and explain that you will receive this guide with your first shipment, and that all drug shipments will include the XYWAV Medication Guide. The pharmacist will also ask you about your medical history and other medications you may be taking, and give you advice on how to prepare and take your XYWAV and how to store it safely. **You must take this call before you can get your XYWAV.**

Please call your healthcare provider if you have questions about XYWAV, or you can contact the REMS toll free at 1-866-997-3688. You can reach a pharmacist at this number 24 hours a day, 7 days a week with any questions.

We hope you find this information and the REMS services helpful.

Sincerely,

Jazz Pharmaceuticals

xywav™ 
(calcium, magnesium, potassium, and
sodium oxybates) oral solution, 0.5 g/mL 

XYWAV and **XYREM REMS**

**WARNING: XYWAV can cause serious side effects.
Do not drink alcohol or take other medicines that make you sleepy**

XYWAV is a prescription medicine used to treat patients 7 years of age and older with narcolepsy to reduce too much daytime sleepiness and to reduce cataplexy (suddenly weak or paralyzed muscles).

IMPORTANT INFORMATION ABOUT XYWAV INCLUDES THE FOLLOWING:

- When taking XYWAV, do not drink alcohol or take other medicines that slow your breathing or mental activity or make you sleepy. You could have serious side effects
- XYWAV can cause serious side effects, including trouble breathing while asleep, confusion, unusual or disturbing thoughts, depression, and passing out, even at recommended doses. Tell your healthcare provider if you have any of these problems while taking XYWAV
- Abuse of XYWAV can lead to dependence (a physical need to take the drug), craving for the medicine, and severe withdrawal symptoms (symptoms that start when the drug is stopped, especially when it is stopped suddenly)
- Patients usually fall asleep in about 5 to 15 minutes, although some patients have reported falling asleep more quickly (without first feeling drowsy) and others take more time. The time that it takes to fall asleep might be different from night to night. You should take each dose of XYWAV while in bed. Take the first dose at bedtime and the second 2½ to 4 hours later. You may need to set an alarm to awaken for the second dose

Any questions? Please call the XYWAV and XYREM REMS at 1-866-997-3688.



- Do not drive a car, use heavy machinery, fly an airplane, or do anything that is dangerous or that requires you to be alert for the first 6 hours after taking XYWAV. When you first start taking XYWAV, be careful until you know how XYWAV affects you
- Keep XYWAV out of the reach of children and pets. Get emergency medical help right away if a child drinks your XYWAV
- Report all side effects to your healthcare provider

WHAT WILL YOU FIND IN THIS BOOKLET?

This booklet answers important questions about how to get your XYWAV, how to use XYWAV properly, and how to store it safely. It also gives you important information about XYWAV.

WHAT IS THE XYWAV AND XYREM REMS PROGRAM?

Because of the serious risks associated with XYWAV, the FDA has required a special program called REMS for XYWAV and XYREM. Enrollment in the REMS by prescribers and patients is required by the FDA to ensure the benefits of XYWAV outweigh the risks associated with XYWAV. You are enrolled in the program when your healthcare provider sends in the enrollment form you signed. At that time, your healthcare provider also sent your prescription for XYWAV to the Certified Pharmacy.

The Certified Pharmacy staff will review important information about XYWAV with you. They will also answer any questions you may have about XYWAV.



XYWAV and **XYREM** REMS

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Any questions? Please call the XYWAV and XYREM REMS at 1-866-997-3688.

Reference ID: 4745184
Please see the Medication Guide for more detailed information about XYWAV.



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XYWAV and **XYREM** REMS

ENROLLING IN THE XYWAV AND XYREM REMS

WHAT AM I REQUIRED TO DO IN THE XYWAV AND XYREM REMS PROGRAM?

As a patient, your responsibility is to discuss the safe use of XYWAV with your healthcare provider and to read this XYWAV Patient Quick Start Guide before you begin taking XYWAV. Be sure to let your healthcare provider know if you are taking other medications or if you have any conditions that might affect your breathing.

DO I HAVE TO ENROLL IN THIS PROGRAM?

Yes. In order for you to receive XYWAV, your healthcare provider will have you sign an enrollment form and will send the form to the REMS. You must verify that you have been counseled by your healthcare provider on the serious risks and safe use of XYWAV and that you were able to ask your healthcare provider any questions you have about XYWAV.

Any questions? Please call the XYWAV and XYREM REMS at 1-866-997-3688.

Please see the Medication Guide for more detailed information about XYWAV.



FILLING YOUR XYWAV PRESCRIPTION

HOW IS MY PRESCRIPTION FILLED?

All XYWAV prescriptions are filled only by the REMS Certified Pharmacy.

WHAT DOES THE CERTIFIED PHARMACY DO?

Your healthcare provider sends your XYWAV prescription directly to the Certified Pharmacy.

After your healthcare provider sends in your first prescription of XYWAV, you will receive a call from the Certified Pharmacy to tell you how the REMS helps you get started with taking XYWAV and to answer any questions you may have about XYWAV. A staff member from the Certified Pharmacy will call you to complete a Patient Counseling Checklist. The Patient Counseling Checklist will include information about other medications that you are taking and other medical conditions which might increase your risk of serious side effects. The Certified Pharmacy will go over the information about how to use XYWAV safely and provide a copy of the Medication Guide with each XYWAV shipment.

The Certified Pharmacy will always ask you where and when you would like your XYWAV delivered and who will sign for the shipment. XYWAV will be shipped by an overnight service. When the courier arrives, you or an adult you name must sign for your XYWAV.



XYWAV and **XYREM** REMS

WHAT WILL I GET WITH MY XYWAV PRESCRIPTION?

With each prescription, you will get 1 or more bottles of XYWAV (each bottle, whether full or partial, has the concentrated medicine), a dosing syringe for drawing up your XYWAV dose, 2 empty pharmacy containers with child-resistant caps, and a printed Medication Guide.

HOW DO I GET MY XYWAV REFILLS?

The Certified Pharmacy will contact you when it is close to your refill time. You may opt-in to receive text, e-mail, or automated voice reminders. You may also call the Certified Pharmacy at 1-866-997-3688 to schedule your refills.

CAN MY LOCAL PHARMACY PROVIDE XYWAV?

No. You can get your XYWAV only from the REMS central Certified Pharmacy. You may be able to have your XYWAV shipped to your place of work or to a local overnight carrier hub for pickup. Saturday deliveries may also be an option for you. The Certified Pharmacy will work with you on the best options available.

Any questions? Please call the XYWAV and XYREM REMS at 1-866-997-3688.

Please see the Medication Guide for more detailed information about XYWAV.

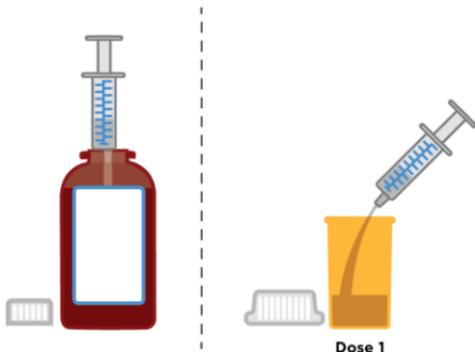


HOW DO I TAKE MY XYWAV?

Take XYWAV only as your healthcare provider tells you to take it.

HOW DO I PREPARE MY DOSES?

Place the bottle on a hard, flat surface and grip the bottle with one hand and firmly press the syringe into the center opening of the bottle with the other. Pull back on the plunger until the medication flows into the syringe and the liquid level is aligned with the corresponding tick mark for your dose. After you draw up the first XYWAV dose, remove the syringe from the opening of the XYWAV bottle. Empty all of the medicine from the syringe into one of the provided empty pharmacy containers by pushing down on the plunger until it stops.



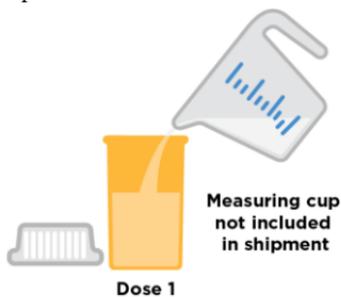
xywav™ 
(calcium, magnesium, potassium, and sodium oxybates) oral solution, 0.5 g/mL 

XYWAV and XYREM REMS

Using a measuring cup, pour about $\frac{1}{4}$ cup of water into the pharmacy container. **Be careful to add only water to the pharmacy container and not more XYWAV.** Place the child-resistant cap provided on the filled pharmacy container and turn the cap clockwise (to the right) until it clicks and locks in its child-resistant position.

Repeat the steps described above by drawing up the amount of medicine prescribed for your second dose; emptying the syringe into the second pharmacy container, adding about $\frac{1}{4}$ cup of water, and closing the pharmacy container. Put the cap back on the XYWAV bottle and store the XYWAV bottle and both prepared doses in a safe and secure place. Store in a locked place if needed. Keep the XYWAV bottle and both prepared XYWAV doses out of the reach of children and pets.

Rinse out the syringe and pharmacy containers with water after each use. Please refer to the Instructions for Use within the Medication Guide for additional details.



Any questions? Please call the XYWAV and XYREM REMS at 1-866-997-3688.

Please see the Medication Guide for more detailed information about XYWAV.



HOW DO I TAKE MY DOSES?

Wait at least 2 hours after eating before taking XYWAV.

XYWAV is a medicine that can make you sleepy quickly; therefore, take your doses while you are in bed. Take the first dose at bedtime and the second dose 2½ to 4 hours later. If you continue evening activities after taking your dose, such as watching television or walking around, you may experience light-headedness, dizziness, nausea, confusion, or other unpleasant feelings.

WHAT SHOULD I DO IF I MISS A XYWAV DOSE?

- It is very important to take both doses of XYWAV each night, as prescribed. If you miss the second dose, skip that dose
 - Do not take XYWAV again until the next night
 - Never take both XYWAV doses at once
- Any unused XYWAV doses that you prepared but didn't take must be thrown away within 24 hours from the time you first prepared your doses

XYWAV and **XYREM REMS**

HOW SOON WILL I SEE A CHANGE IN MY SYMPTOMS?

After starting XYWAV, it may take a few weeks or longer to see your symptoms improve. It may also take time to find the right dose that works for you. It is important that you talk with your healthcare provider often when you first start taking XYWAV.

Tell your healthcare provider if you don't feel any improvements while taking XYWAV. XYWAV may not be right for you.

WHAT ARE THE SIDE EFFECTS OF XYWAV?

XYWAV can cause serious side effects, including breathing problems (slower breathing, trouble breathing, and short periods of no breathing while asleep), mental health problems (confusion, seeing or hearing things that are not real, unusual or disturbing thoughts, feeling anxious or upset, depression, thoughts of suicide), and sleepwalking. If you have any of these side effects, call your healthcare provider right away.

The most common side effects with XYWAV are headache, nausea, dizziness, decreased appetite, sleep walking, diarrhea, extensive sweating, anxiety, and throwing up. Side effects may increase with higher doses.

These are not the only possible side effects with XYWAV. If you are worried about any possible side effects with XYWAV, talk with your healthcare provider or the pharmacist at the REMS.

You should report all side effects by contacting your healthcare provider, Jazz Pharmaceuticals at 1-800-520-5568, or the FDA at 1-800-FDA-1088.

Any questions? Please call the XYWAV and XYREM REMS at 1-866-997-3688.

Please see the Medication Guide for more detailed information about XYWAV.



ARE THERE ANY PRECAUTIONS I SHOULD TAKE WHILE ON XYWAV?

- While taking XYWAV, do not drink alcohol or take medicines that cause sleepiness
- Do not drive a car, use heavy machinery, or do anything that is dangerous or requires you to be alert, for the first 6 hours after taking XYWAV. When you first start taking XYWAV, be careful until you know how it will affect you
- Before starting XYWAV, tell your healthcare provider if you are pregnant, or plan to become pregnant, or if you are breastfeeding. XYWAV passes into breast milk. You and your doctor should decide if you will take XYWAV or breastfeed.
- Keep your XYWAV in a safe place, out of the reach of children
- Take XYWAV while in bed

Tell your healthcare provider and pharmacist about any other medicines you are taking, including prescription and non-prescription medicines, vitamins, and supplements.

It is also important to tell other healthcare providers, including pharmacists, that you are taking XYWAV before you start or change any medications.

XYWAV and **XYREM** REMS

HOW OFTEN SHOULD MY HEALTHCARE PROVIDER CHECK MY PROGRESS WITH XYWAV?

When you first start taking XYWAV, you may need to talk to your healthcare provider often until he or she has determined the best dose for you. You can expect that your dose may need to be adjusted. After your dose has been established, your healthcare provider should check on you every 3 months while you are taking XYWAV.

WHAT DO I NEED TO DO IF I AM TAKING XYREM AND MY DOCTOR PRESCRIBES XYWAV FOR ME?

- Never take both XYREM and XYWAV at the same time, it can lead to serious side effects
- XYWAV contains the same medication as XYREM which is called oxybate, but with less sodium
- Take XYWAV exactly as instructed by your doctor
- Prepare your XYWAV the same way you prepared XYREM
- Do not mix XYREM and XYWAV together. If you have unused XYREM, dispose of it before starting XYWAV. Refer to “HOW DO I PROPERLY DISPOSE OF XYWAV?” for further instructions
- The Certified Pharmacy will contact you to talk to you about how to make this change

Any questions? Please call the XYWAV and XYREM REMS at 1-866-997-3688.

Please see the Medication Guide for more detailed information about XYWAV.



STORAGE AND SAFETY TIPS AT HOME

HOW DO I STORE XYWAV?

- Always store XYWAV in its original bottle
- Store XYWAV at room temperature. Do not refrigerate XYWAV
- Keep XYWAV in a safe place, out of the reach of children and pets. Get emergency medical help (call 911) right away if a child drinks your XYWAV

HOW DO I PROPERLY DISPOSE OF XYWAV?

To properly dispose of XYWAV, pour any unused XYWAV down the sink or toilet drain. Mark out all personal information on the prescription label, including the XYWAV name, to make it unreadable before putting the empty bottle in the trash.

XYWAV patients have the option to return unused or expired drug. Please ask the Certified Pharmacy for more details.

If you misplace, lose, or damage your XYWAV dosing syringe, contact the Certified Pharmacy to have it replaced. Do not use a different syringe or try to guess the correct dose.

XYWAV and XYREM REMS

XYWAV AND XYREM TAKEBACK PROGRAM

XYWAV or XYREM patients have an option to return any unused, leftover or expired XYWAV or XYREM product through a drug takeback program, upon request. Patients can request a shipper from the Certified Pharmacy. Once you receive the shipper, remember to mark out or remove your personal information from the bottle(s) and place the bottles in the shipper. For more information, please ask the Certified Pharmacy for more details.

WHAT IF I HAVE CONCERNS ABOUT HAVING XYWAV IN MY HOME?

- If your XYWAV is lost or stolen, report the incident right away to the local police and to the Certified Pharmacy
- Use XYWAV only as your healthcare provider tells you. Remember that use of your XYWAV by others is illegal
- If you have any questions or concerns, or if you need advice about XYWAV, call your healthcare provider or the Certified Pharmacy

Any questions? Please call the XYWAV and XYREM REMS at 1-866-997-3688.

Please see the Medication Guide for more detailed information about XYWAV.



INSURANCE COVERAGE

WILL INSURANCE PAY FOR MY XYWAV?

In most cases, YES. A staff member from the Certified Pharmacy will call and work with your insurance company to help you get coverage for XYWAV. In the unlikely event your insurance does not cover XYWAV or you can't afford the out-of-pocket costs, ask the Certified Pharmacy about available financial assistance programs.

WHAT IS THE PHARMACY'S ROLE WITH MY INSURANCE?

An experienced staff member will:

- Call you to go over your prescription benefits and coverage
- Tell you what your co-pay is, if applicable
- Tell you about any XYWAV prescription savings plans for which you may qualify
- Work with your healthcare provider on prior authorizations, if required by your insurance company
- Provide information about any financial help that may be available to you

The Certified Pharmacy's attempt to get coverage from a third-party payer does not guarantee that you will get coverage.



XYWAV and XYREM REMS

GETTING MORE INFORMATION

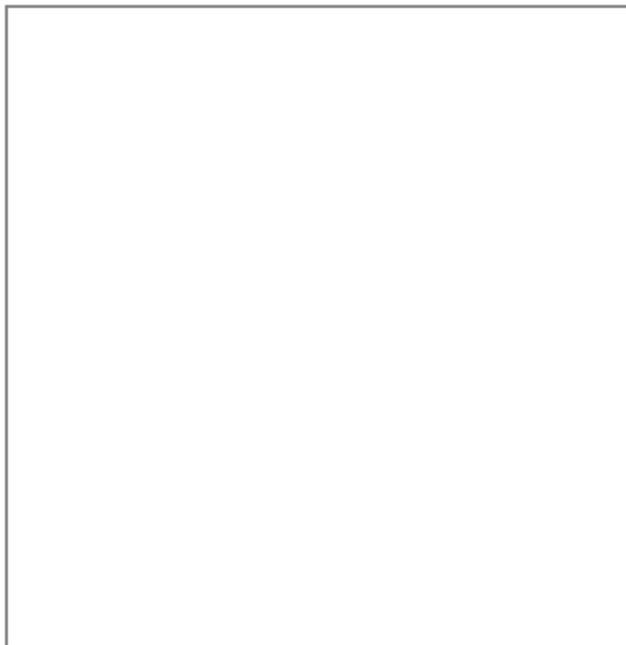
WHERE CAN I GET MORE INFORMATION ABOUT XYWAV?

For more information about XYWAV, contact the REMS:

- **Phone:** 1-866-997-3688
- **Fax:** 1-866-470-1744 (toll free)
- **Outside the US:** +314-475-6000, ext 361 587
- **Website:** www.XYWAVXYREMREMS.com

Any questions? Please call the XYWAV and XYREM REMS at 1-866-997-3688.

Please see the Medication Guide for more detailed information about XYWAV.



KEEP THIS BOOKLET AS A HELPFUL REMINDER

If you have questions or need information,
contact the XYWAV and XYREM REMS Program.

Please see the Medication Guide for more detailed
information about XYWAV.



The pharmacy may ask you to measure how much XYWAV is left in your bottle. Please use this ruler to give them this information.

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