

If you are taking carbidopa/levodopa and **Parkinson's** symptoms return—get back to the moment with orally inhaled levodopa

Your guide to

speaking up

about the return of symptoms

Remember to print this guide and take it with you to your next doctor's appointment

Inbrija [®]
(levodopa inhalation powder)
42 mg capsules

INBRIJA[®] is a prescription medicine used when needed for OFF episodes in adults with Parkinson's treated with regular carbidopa/levodopa medicine. INBRIJA does not replace regular carbidopa/levodopa medicine.

Do not use INBRIJA if you take or have taken a nonselective monoamine oxidase inhibitor such as phenelzine or tranylcypromine within the last 2 weeks.

Please see additional Important Safety Information on the following pages.

Speaking up about the return of Parkinson's symptoms

Nobody knows your symptoms better than you.

Symptoms can return, sometimes unexpectedly, even when taking your Parkinson's medication regularly.

It can be difficult to explain exactly how you're feeling to your doctor. This symptom checklist can help you start a conversation with your doctor about the return of symptoms, how they affect you, and if INBRIJA may be right for you.

Select your symptoms below and bring this checklist to your next doctor's appointment.

MOTOR SYMPTOMS

Shaking or tremor
Slowness of movement
Problems with balance
Challenges with hand movements
Speech difficulties
Stiffness
Difficulty getting out of a chair
Other _____

NONMOTOR SYMPTOMS*

Anxiety/panic attacks
Drenching sweats
Difficulty thinking
Fatigue or drowsiness
Restlessness
Irritability
Sleep disturbances
Other _____

*The effect of INBRIJA on nonmotor symptoms is unknown.

Parkinson's symptoms may change over time—
print often to help you keep track

Selected Important Safety Information

Do not drive, operate machinery, or do other activities until you know how INBRIJA affects you. Sleepiness and falling asleep suddenly can happen as late as a year after treatment is started.

Please see additional Important Safety Information on the following pages and the Patient Information Leaflet by visiting www.INBRIJALabel.com.

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Start a conversation with your doctor

If the return of Parkinson's symptoms interrupts your day, the questions below may help when talking to your doctor.

How often do you experience the return of Parkinson's symptoms?

- Not every day
- Once per day
- 2-3 times per day
- 4-5 times per day

On most days, how long does the return of symptoms typically last?

- Fewer than 30 minutes
- 30-60 minutes
- 60-90 minutes
- Longer than 90 minutes

How often do you feel that your carbidopa/levodopa is not working as well as usual?

- Not every day
- Once per day
- 2-3 times per day
- 4-5 times per day

How long does it take for your first morning dose of carbidopa/levodopa to start working?

- Within 1 hour
- 1-2 hours
- Sometimes it doesn't work at all
- It varies

How often does the return of symptoms disrupt your day?

- Never
- Sometimes
- Often
- Always

Print to help prepare for
your next doctor's visit

Selected Important Safety Information

The most common side effects of INBRIJA are cough, upper respiratory tract infection, nausea, and change in the color of saliva or spit.

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When Parkinson's symptoms return, INBRIJA can help

INBRIJA is an inhaled form of the levodopa in your regular Parkinson's medication. INBRIJA does not replace your regular carbidopa/levodopa medicine.

INBRIJA IS THE ONLY ORALLY INHALED LEVODOPA:



For use as needed

Use INBRIJA exactly as prescribed as soon as you feel Parkinson's symptoms start to return

Do not orally inhale more than 1 dose (2 capsules) for any OFF period. Do not take more than 5 doses (10 capsules) in a day



May start to work in as soon as 10 minutes

In a large study, significant improvement in motor symptoms was seen by 30 minutes after taking INBRIJA



Self-administered when symptoms start to return

99.8% of 629 people in 2 clinical studies were able to use INBRIJA after instruction when symptoms returned

Ask your doctor if INBRIJA may be right for you

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Preparing for your next doctor's appointment

Open dialogue is key to a successful visit and can help inform your treatment plan.

Whether you're meeting with your doctor online or in-office, it's important to remember to have your symptom checklist and list of questions with you.



During your next appointment, be prepared to speak up to your doctor about:

- The return of any Parkinson's symptoms you may be experiencing
- Your current treatment plan and any issues you may have with your medications
- Any changes since the last time you spoke and other questions or concerns. Remember, doctors often look to you to raise specific issues so that they can help address them



If you have a telemedicine appointment scheduled, keep the following tips in mind:

- Choose the device you wish to use and set it up prior to your visit
- Make sure your camera and internet connection are working properly
- Choose a quiet, private place where you can move around
- Be ready to participate
- Include your care partner if possible

Don't take the return of Parkinson's symptoms sitting down
Talk to your doctor about INBRIJA today—learn more at [inbrija.com](https://www.inbrija.com)

Selected Important Safety Information

Tell your healthcare provider if you take:

- MAO-B inhibitors
- dopamine (D2) antagonists (including phenothiazines, butyrophenones, risperidone, metoclopramide)
- isoniazid
- iron salts or multivitamins that contain iron salts

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Before using INBRIJA, tell your healthcare provider about your medical conditions, including:

- asthma, chronic obstructive pulmonary disease (COPD), or any chronic lung disease
- daytime sleepiness, sleep disorders, sleepiness/drowsiness without warning, or use of medicine that increases sleepiness, including antidepressants or antipsychotics
- dizziness, nausea, sweating, or fainting when standing up
- abnormal movement (dyskinesia)
- mental health problems such as hallucinations or psychosis
- uncontrollable urges like gambling, sexual urges, spending money, or binge eating
- glaucoma
- pregnancy or plans to become pregnant. It is unknown if INBRIJA will harm an unborn baby.
- breastfeeding or plans to breastfeed. Levodopa can pass into breastmilk and it is unknown if it can harm the baby.

Tell your healthcare provider if you experience the following side effects:

- **falling asleep during normal daily activities** with or without warning. If you become drowsy, do not drive or do activities where you need to be alert. Chances of falling asleep during normal activities increases if you take medicine that cause sleepiness.
- **withdrawal-emergent hyperpyrexia and confusion** (fever, stiff muscles, or changes in breathing and heartbeat)

if you suddenly stop using INBRIJA or carbidopa/levodopa, or suddenly lower your dose of carbidopa/levodopa.

- **low blood pressure** when standing up (that may be with dizziness, fainting, nausea, and sweating). Get up slowly after sitting/lying down.
- **hallucinations and other psychosis** – INBRIJA may cause or worsen seeing/hearing/believing things that are not real; confusion, disorientation, or disorganized thinking; trouble sleeping; dreaming a lot; being overly suspicious or feeling people want to harm you; acting aggressive; and feeling agitated/restless.
- **unusual uncontrollable urges** such as gambling, binge eating, shopping, and sexual urges has occurred in some people using medicine like INBRIJA.
- **uncontrolled, sudden body movements (dyskinesia)** may be caused or worsened by INBRIJA. INBRIJA may need to be stopped or other Parkinson's medicines may need to be changed.
- **bronchospasm** – people with asthma, COPD, or other lung diseases may wheeze or have difficulty breathing after inhaling INBRIJA. If this occurs, stop taking INBRIJA and seek immediate medical attention.
- **increased eye pressure** in patients with glaucoma. Your healthcare provider should monitor this.
- **changes in certain lab values** including liver tests.

Please see the Patient Information Leaflet by visiting www.INBRIJALabel.com.



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