

HELPFUL HINTS

Tips For Getting Started

Welcome to INBRIJA® (levodopa inhalation powder)! We want to let you know that using INBRIJA may take some practice at first, and we're providing you with the following helpful hints to make your experience as smooth as possible.

- 1 **Stand or sit up straight** and look straight ahead while breathing in. Hold the inhaler level when you're using INBRIJA.
- 2 **Breathe in slowly and gently**, just enough to hear or feel the capsule whirl, and hold your breath for a few seconds. Just remember, you don't need to breathe in strongly.
- 3 **You may take more than one breath** per capsule if it's easier for you.
- 4 **It is quite common to cough** as you breathe in, but try not to. If you cough out the medicine, it will reduce the amount you receive in your body.
 - Some people have found that sipping liquid before and after breathing in the medicine helps with cough
 - As you're breathing in, if you feel like you might cough:
 - Hold your breath for a few seconds
 - Wait until the feeling goes away
 - Take a sip of liquid
 - Breathe in again with the same capsule
 - And don't forget, if you cough, it's expected. Just breathe in again with the same capsule

If you have any questions about INBRIJA or would like to speak with someone live, please contact us directly or visit our website.

Call toll-free 1-888-887-3447

8 AM to 8 PM Eastern Time, Monday through Friday
INBRIJA.com/HelpfulHints

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.

Important Safety Information

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.

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 take:

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

Please see Instructions For Use and Patient Information Leaflet by visiting www.inbrija.com/inbrija-patient-info-IFU.pdf

Please see additional Important Safety Information on back cover.

Additional 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.

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

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

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.

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