

# Your symptomatic nOH DIARY

Use this daily diary to help monitor your symptoms of neurogenic orthostatic hypotension (nOH) and to record your blood pressure

## USE


NORTHERA (droxidopa) is a prescription medication used to reduce dizziness, lightheadedness, or the “feeling that you are about to black out” in adults who experience a significant drop in blood pressure when changing positions or standing (called symptomatic neurogenic orthostatic hypotension) and who have Parkinson’s disease, multiple system atrophy, pure autonomic failure, dopamine beta-hydroxylase deficiency, or non-diabetic autonomic neuropathy. Effectiveness beyond 2 weeks of treatment has not been established, and your doctor will decide if you should continue taking NORTHERA.

## IMPORTANT SAFETY INFORMATION

### **WARNING: SUPINE HYPERTENSION (this is high blood pressure while lying down)**

When lying down, elevating the head and upper body lowers the risk of high blood pressure. Check your blood pressure in this position prior to starting and during NORTHERA treatment. If you experience high blood pressure, talk to your doctor about your NORTHERA treatment.

Please see Important Safety Information, including Boxed Warning for supine hypertension, on pages 10 and 11. For more information, please see the full Prescribing Information at [www.NORTHERA.com](http://www.NORTHERA.com).

  
**Nothera**<sup>®</sup>  
*(droxidopa) capsules*  
100 mg • 200 mg • 300 mg

## INSIDE THIS BROCHURE, YOU'LL FIND:

- A place to describe your symptoms, both before you start treatment and while you're taking NORTHERA® (droxidopa)
- Information on why it's important to monitor your blood pressure, as well as a place to record your readings

Complete the diary entries at the back of this brochure, and bring them with you to your next doctor's visit.

## WHY MONITOR YOUR SYMPTOMS

- Monitoring changes in your symptoms when standing up or changing positions, and while taking NORTHERA, especially as your doctor increases the dose (called titration), will help your doctor find the dose that's right for you

**Do not take NORTHERA if you have a known allergy to NORTHERA or its ingredients.**



### Have questions?

Call the NORTHERA Support Center at **1-844-601-0101** to get the answers you need.

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## RECORDING YOUR BLOOD PRESSURE




Measuring and recording your blood pressure can help you and your doctor check for high blood pressure when lying down (called supine hypertension), which may happen in patients with symptomatic nOH.

*Talk with your doctor about how to measure your blood pressure and what blood pressure readings are right for you.*

- Blood pressure is a reading of 2 pressures, systolic and diastolic, measured in millimeters of mercury (mmHg)
- Blood pressure readings for patients with symptomatic nOH may be about 10 to 20 mmHg lower than their normal blood pressure within 3 minutes of sitting or standing up
- Blood pressure readings for patients with supine hypertension can be 150/90 mmHg or higher

**The risk of high blood pressure when lying down (supine hypertension) can be reduced by taking NORTHERA® (droxidopa) at least 3 hours before bedtime and elevating the head of your bed.** NORTHERA may cause or worsen high blood pressure when lying down, which can increase the risk of strokes, heart attacks, and death.

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My doctor or nurse's name:

[Name]

[Telephone number]

My specialty pharmacy:

[Name]

[Telephone number]



NORTHERA Support Center: **1-844-601-0101**



Tell your doctor if you have any side effects with NORTHERA® (droxidopa). Do not stop taking NORTHERA without talking to your doctor first.

NORTHERA may cause allergic reactions. Stop taking NORTHERA and contact your doctor right away, or go to the nearest emergency room if you experience any signs or symptoms of an allergic reaction such as: fast heartbeat, nausea, vomiting, swelling, trouble breathing, hives, or rash.

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## BEFORE YOU GET STARTED

Use this page to keep track of your symptoms and blood pressure. Be sure to bring this diary with you to your next doctor's appointment.

Describe your nOH symptoms when standing up or changing positions (such as dizziness, lightheadedness, or the feeling of blacking out).

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### Blood pressure



Your doctor may recommend taking your blood pressure in a quiet place.

	How taken	Time taken	Reading
 Blood pressure before treatment	Lying down	_____	_____/____
	Sitting	_____	_____/____
	Standing	_____	_____/____



- There are serious side effects associated with the use of NORTHERA, including high blood pressure when lying down (supine hypertension), which could lead to strokes. Talk to your healthcare provider about any concerns you may have.

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	Monday	Tuesday	Wednesday
Date	_____	_____	_____
Time	_____	_____	_____
Dosage	_____	_____	_____
 nOH symptoms	_____ _____ _____	_____ _____ _____	_____ _____ _____
			
Reading	Lying down _____/_____	Lying down _____/_____	Lying down _____/_____
Reading	Sitting _____/_____	Sitting _____/_____	Sitting _____/_____
Reading	Standing _____/_____	Standing _____/_____	Standing _____/_____
Reading	_____/_____	_____/_____	_____/_____

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	Thursday	Friday	Saturday	Sunday
Date	_____	_____	_____	_____
Time	_____	_____	_____	_____
Dosage	_____	_____	_____	_____
 nOH symptoms	_____ _____ _____	_____ _____ _____	_____ _____ _____	_____ _____ _____
				
Reading	Lying down _____/_____	Lying down _____/_____	Lying down _____/_____	Lying down _____/_____
Reading	Sitting _____/_____	Sitting _____/_____	Sitting _____/_____	Sitting _____/_____
Reading	Standing _____/_____	Standing _____/_____	Standing _____/_____	Standing _____/_____
Reading	_____/_____	_____/_____	_____/_____	_____/_____





**Need more forms?**

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	Monday	Tuesday	Wednesday
Date	_____	_____	_____
Time	_____	_____	_____
Dosage	_____	_____	_____
 nOH symptoms	_____ _____ _____	_____ _____ _____	_____ _____ _____
 Reading	Lying down _____/_____	Lying down _____/_____	Lying down _____/_____
Reading	Sitting _____/_____	Sitting _____/_____	Sitting _____/_____
Reading	Standing _____/_____	Standing _____/_____	Standing _____/_____
Reading	_____/_____	_____/_____	_____/_____

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	Thursday	Friday	Saturday	Sunday
Date	_____	_____	_____	_____
Time	_____	_____	_____	_____
Dosage	_____	_____	_____	_____
 nOH symptoms	_____ _____ _____	_____ _____ _____	_____ _____ _____	_____ _____ _____
				
Reading	Lying down _____/_____	Lying down _____/_____	Lying down _____/_____	Lying down _____/_____
Reading	Sitting _____/_____	Sitting _____/_____	Sitting _____/_____	Sitting _____/_____
Reading	Standing _____/_____	Standing _____/_____	Standing _____/_____	Standing _____/_____
Reading	_____/_____	_____/_____	_____/_____	_____/_____



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# NORTHERA® (droxidopa)

## USE

NORTHERA (droxidopa) is a prescription medication used to reduce dizziness, lightheadedness, or the “feeling that you are about to black out” in adults who experience a significant drop in blood pressure when changing positions or standing (called symptomatic neurogenic orthostatic hypotension (nOH)) and who have one of the following:

- Parkinson’s disease (PD), a neurodegenerative disease that causes slowness in muscle movement as well as shaking in the hands
- Multiple system atrophy (MSA), a Parkinson’s-like disorder with more widespread effects on the brain and body
- Pure autonomic failure (PAF), a neurodegenerative disease that results in frequent drops in blood pressure upon standing
- Dopamine beta-hydroxylase deficiency, a condition where the body cannot make enough of the hormones that help regulate blood pressure
- Non-diabetic autonomic neuropathy, an inability to maintain blood pressure upon standing that can be caused by a number of rare diseases

Effectiveness beyond 2 weeks of treatment has not been established, and your doctor will decide if you should continue taking NORTHERA.

## IMPORTANT SAFETY INFORMATION

### **WARNING: SUPINE HYPERTENSION (this is high blood pressure while lying down)**

**When lying down, elevating the head and upper body lowers the risk of high blood pressure. Check your blood pressure in this position prior to starting and during NORTHERA treatment. If you experience high blood pressure, talk to your doctor about your NORTHERA treatment.**

- Do not take NORTHERA if you have a known allergy to NORTHERA or its ingredients.
- NORTHERA may cause high blood pressure when lying down, which could lead to strokes, heart attacks, and death. To reduce this risk of supine hypertension, take your late afternoon dose of NORTHERA at least 3 hours before going to bed.
- Neuroleptic malignant syndrome (NMS) is a rare but potentially life-threatening side effect reported with NORTHERA. Call your doctor right away and go to the nearest emergency room if you develop these signs and symptoms: high fever, stiff muscles, movements that you cannot control, confusion or problems thinking, very fast or uneven heartbeats, or increased sweating. NORTHERA should be stopped immediately if NMS is diagnosed.
- If you have coronary artery disease, irregular heartbeat, or heart failure, NORTHERA may worsen the symptoms of these disorders. Call your doctor if your symptoms become worse.

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*(droxidopa) capsules*  
100 mg • 200 mg • 300 mg

## IMPORTANT SAFETY INFORMATION (continued)

- NORTHERA may cause allergic reactions. Stop taking NORTHERA and contact your doctor right away, or go to the nearest emergency room if you experience any signs or symptoms of an allergic reaction such as: fast heartbeat, nausea, vomiting, swelling, trouble breathing, hives, or rash. NORTHERA contains tartrazine (FD&C Yellow No. 5), which may also cause an allergic reaction, especially if you have had a reaction to aspirin.
- The most common side effects with NORTHERA are headache, dizziness, nausea, and high blood pressure.
- Taking NORTHERA with other medications may cause side effects. Tell your doctor if you take prescription or over-the-counter medicines, vitamins, or herbal supplements.
- You should not breastfeed during treatment with NORTHERA.
- If you plan to become or are currently pregnant, talk to your doctor as it is not known if NORTHERA could harm your unborn baby.
- Take NORTHERA the same way each time, either with or without food.
- If you miss a dose of NORTHERA, take your next dose at the regularly scheduled time. Do not double the dose.

**Please see the full Prescribing Information, including Boxed Warning for supine hypertension, or go to [www.NORTHERA.com](http://www.NORTHERA.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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# INFORMATION

*you and your doctor can use*

## Get the most out of each visit with your doctor by talking about your symptoms

Use this diary to keep notes about your nOH symptoms and to track your blood pressure—and then bring this and any other completed forms with you to your next doctor's appointment.

For more information, talk to your doctor about NORTHERA® (droxidopa) or visit [www.NORTHERA.com](http://www.NORTHERA.com).



## Need more forms?

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