

# TIPS

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## FOR AN UPSET STOMACH

### INDICATION

AUBAGIO® (teriflunomide) is a prescription medicine used to treat relapsing forms of multiple sclerosis (MS), to include clinically isolated syndrome, relapsing-remitting disease, and active secondary progressive disease, in adults.

### IMPORTANT SAFETY INFORMATION

Do not take AUBAGIO if you have severe liver problems, are pregnant or of childbearing potential and not using effective birth control, have had an allergic reaction to AUBAGIO or leflunomide, or are taking a medicine called leflunomide for rheumatoid arthritis.

Please see Important Safety Information and full [Prescribing Information](#), including **boxed WARNING** and [Medication Guide](#).



Once-daily

**AUBAGIO**<sup>®</sup>  
(teriflunomide) 14mg  
Tablets

AUBAGIO is available in 14 mg and 7 mg tablets.

# HELP FOR STAYING THE COURSE



Nobody likes dealing with an upset stomach, but if it does happen, there are ways to cope. Knowing how to handle unpleasant side effects can make it easier to stay on AUBAGIO and have a better overall experience.

Keep reading for information and tips for managing an upset stomach.



I did experience GI side effects, which lasted 4-6 weeks."

- Teri

On AUBAGIO 14 mg  
Individual experiences may vary.



## PERCENTAGE OF PEOPLE EXPERIENCING NAUSEA OR DIARRHEA<sup>1</sup>

SIDE EFFECTS	AUBAGIO		PLACEBO (n=997)
	14 mg (n=1002)	7 mg (n=1045)	
Diarrhea	14%	13%	8%
Nausea	11%	8%	7%

n=number of people in trial.

As always, if you experience side effects, be sure to speak with your healthcare provider. He or she can provide guidance.

Out of 2,047 people taking AUBAGIO in studies, 0.4% of patients (4 people) on 14 mg and 0.5% (5 people) on 7 mg discontinued due to diarrhea vs. 0.1% (1 person) on placebo.

In the same study, 0.3% of patients (3 people) on 14 mg and 0.1% (1 person) on 7 mg discontinued due to nausea vs. no patients on placebo.<sup>2</sup>

Fewer than 2% of patients stopped taking AUBAGIO due to nausea or diarrhea.<sup>2</sup>

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# POSSIBLE SERIOUS SIDE EFFECTS

## IT'S IMPORTANT TO KNOW THE RISKS OF ANY MEDICATION YOU TAKE.<sup>3</sup>

And when it comes to AUBAGIO, it's no different.

If you experience any of the following side effects while taking AUBAGIO, speak with your healthcare provider right away.

In addition to the risk of liver problems, including liver failure that can be life-threatening and may require a liver transplant, and the risk of harm to an unborn baby, other possible serious side effects include:

- Decreases in white blood cell count – this may cause you to have more infections
- Certain vaccinations should be avoided during treatment with AUBAGIO and for at least 6 months after discontinuation
- Allergic reactions
- Serious skin reactions that may lead to death
- Other allergic reactions that may affect different parts of the body such as your liver, kidneys, heart, or blood cells
- Numbness or tingling in your hands or feet that is different from your MS symptoms
- High blood pressure
- Breathing problems (new or worsening) that may be serious and lead to death

# MOST COMMON SIDE EFFECTS

Here are some of the most common side effects reported in the clinical trials. These are not all of the side effects.<sup>1</sup>

SIDE EFFECTS	AUBAGIO		PLACEBO (n=997)
	14 mg (n=1002)	7 mg (n=1045)	
Headache	16%	18%	15%
Abnormal liver test results	15%	13%	9%
Diarrhea	14%	13%	8%
Hair thinning or loss	13%	10%	5%
Nausea	11%	8%	7%

n=number of people in trial.

Nausea and diarrhea were 2 of the most common side effects of AUBAGIO observed in clinical trials.<sup>1</sup> Tell your doctor if you have any side effect that bothers you or does not go away.

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# HERE ARE A FEW TIPS FOR:

## MANAGING NAUSEA<sup>4,5</sup>:

- ✓ Avoid greasy, fried, and spicy foods
- ✓ Eat bland foods, such as crackers or rice
- ✓ Don't lie down right after a meal
- ✓ Try drinking ginger ale or ginger tea. Ginger has been thought to help combat nausea
- ✓ Try to get outside for some fresh air

## MANAGING DIARRHEA<sup>6</sup>:

- ✓ Drink plenty of clear liquids
- ✓ Try drinking a sports drink to replenish body salts
- ✓ Eat high-potassium foods, such as bananas and potatoes without the skin
- ✓ Eat small meals throughout the day, instead of 3 big meals

**Talk to your healthcare provider about other solutions that may help.**

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# THANK YOU FOR CHOOSING AUBAGIO.



A Community Sponsored by  
AUBAGIO® (teriflunomide)

## JOIN THE COMMUNITY

Common Threads offers personal stories, articles, and videos for healthy living while taking AUBAGIO. Get started at [aubagiocommunity.com](http://aubagiocommunity.com)



## GIVE US A CALL

MS One to One® Nurses are available any time, day or night. Have a question? We have answers. Call us at **1-855-676-6326**



## VISIT US ONLINE

Check out [aubagio.com](http://aubagio.com) for special events, patient stories, and more information about AUBAGIO.

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# WE'RE HERE TO HELP.

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(teriflunomide) 14mg  
tablets



Call ***MS One to One***® at  
**1-855-676-6326**

#### REFERENCES:

1. AUBAGIO (teriflunomide) [package insert]. Cambridge, MA: Genzyme Corporation.
2. Data on file. Sanofi Genzyme.
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## INDICATION

AUBAGIO® (teriflunomide) is a prescription medicine used to treat relapsing forms of multiple sclerosis (MS), to include clinically isolated syndrome, relapsing-remitting disease, and active secondary progressive disease, in adults.

## IMPORTANT SAFETY INFORMATION

### DO NOT TAKE AUBAGIO IF YOU:

- **Have severe liver problems. AUBAGIO may cause serious liver problems**, including liver failure that can be life-threatening and may require a liver transplant. Your risk may be higher if you already have liver problems or take other medicines that affect your liver. Your healthcare provider should do blood tests to check your liver within 6 months before you start AUBAGIO and monthly for 6 months after starting AUBAGIO. Tell your healthcare provider right away if you develop any of these symptoms of liver problems: nausea, vomiting, stomach pain, loss of appetite, tiredness, yellowing of your skin or whites of your eyes, or dark urine.
- **Are pregnant. AUBAGIO may harm an unborn baby.** You should have a pregnancy test before starting AUBAGIO. After stopping AUBAGIO, continue to use effective birth control until you have made sure your blood levels of AUBAGIO are lowered. If you become pregnant while taking AUBAGIO or within 2 years after stopping, tell your healthcare provider right away and enroll in the AUBAGIO Pregnancy Registry at 1-800-745-4447, option 2.
- **Are of childbearing potential and not using effective birth control.** **It is not known if AUBAGIO passes into breast milk.** Your healthcare provider can help you decide if you should take AUBAGIO or breastfeed — you should not do both at the same time.  
**If you are a man whose partner plans to become pregnant**, you should stop taking AUBAGIO and talk with your healthcare provider about reducing the levels of AUBAGIO in your blood. If your partner does not plan to become pregnant, use effective birth control while taking AUBAGIO.
- **Have had an allergic reaction to AUBAGIO or a medicine called leflunomide.**
- **Take a medicine called leflunomide for rheumatoid arthritis.**



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**AUBAGIO may stay in your blood for up to 2 years after you stop taking it.** Your healthcare provider can prescribe a medicine that can remove AUBAGIO from your blood quickly.

**Before taking AUBAGIO, talk with your healthcare provider if you have:** liver or kidney problems; a fever or infection, or if you are unable to fight infections; numbness or tingling in your hands or feet that is different from your MS symptoms; diabetes; serious skin problems when taking other medicines; breathing problems; or high blood pressure. Your healthcare provider will check your blood cell count and TB test before you start AUBAGIO. Talk with your healthcare provider if you take or are planning to take other medicines (especially medicines for treating cancer or controlling your immune system), over-the-counter medicines, vitamins or herbal supplements.

**AUBAGIO may cause serious side effects. Tell your doctor if you have any of the following:**

- **decreases in white blood cell count** — this may cause you to have more infections. Symptoms include fever, tiredness, body aches, chills, nausea, or vomiting. Patients with low white blood cell count should not receive certain vaccinations during AUBAGIO treatment and 6 months after.
- **allergic reactions** such as difficulty breathing, itching, or swelling on any part of your body including lips, eyes, throat, or tongue. Stop taking AUBAGIO and call your doctor right away.
- **serious skin reactions** that may lead to death. Stop taking AUBAGIO if you have rash or redness and peeling, mouth sores or blisters.
- **other allergic reactions that may affect different parts of the body.** If you have a fever or rash in combination with severe muscle pain, swollen lymph glands, swelling of your face, unusual bruising or bleeding, weakness or tiredness, or yellowing of your skin or the whites of your eyes, stop taking AUBAGIO and call your doctor right away.
- **numbness or tingling in your hands or feet that is different from your MS symptoms**
- **high blood pressure**
- **breathing problems (new or worsening)**- these may be serious and lead to death

**The most common side effects when taking AUBAGIO include: headache; diarrhea; nausea; hair thinning or loss; and abnormal liver test results.** These are not all the side effects of AUBAGIO. Tell your healthcare provider about any side effect that bothers you.

Consult your healthcare provider if you have questions about your health or any medications you may be taking, including AUBAGIO.

