




Veltassa
(patiomer) for oral
suspension
8.4g | 16.8g | 25.2g



A QUICK GUIDE TO
High potassium and VELTASSA

VELTASSA is a prescription medication used to treat high levels of potassium in your blood (also called hyperkalemia). It is not known if VELTASSA is safe and effective in children.

Who should not take VELTASSA?

Do not take VELTASSA if you are allergic to patiomer sorbitex calcium or any of the ingredients in VELTASSA.

Please see additional Important Safety Information throughout this brochure and full Prescribing Information at www.VELTASSA.com.

You've taken an important— and healthy—step today

You may have just learned from your doctor that you have high levels of potassium in your blood (a condition called hyperkalemia). While potassium is an important nutrient (it helps your muscles work properly and keeps your heartbeat regular), sometimes too much potassium in your blood can cause health issues, including serious heart problems.

VELTASSA is a sodium-free prescription medication used to treat high potassium. Taken once daily, a dose of VELTASSA can help reduce high potassium in the blood, and keep levels lower over time.

What should I tell my doctor before taking VELTASSA?

Before you take VELTASSA, tell your doctor about all of your medical conditions, including if you:

- have problems having a bowel movement, including if you have severe constipation, a blockage (obstruction) in your bowel, or dry hard stool that will not pass out of your rectum (impaction)
- have problems with your bowels after bowel surgery

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Why do you have high potassium?

Healthy kidneys remove extra potassium from the body. But, if your kidneys aren't working properly, they might not be able to. If left untreated, potassium levels may become too high.

FACTORS THAT CAN RAISE POTASSIUM LEVELS



Kidney-related conditions: Chronic kidney disease (CKD) is the most common, kidney disease from diabetes (diabetic nephropathy), and diabetes with high levels of acid in the blood



Heart failure: May reduce blood flow to the kidneys and cause them to not function properly



Other causes: Addison's disease (related to adrenal glands) and/or damage from severe injuries or burns



Certain medications, including: Some blood pressure medicines, heart problem medications, NSAIDs (used to reduce fever and pains), water pills, and some forms of herbal supplements

Discuss all medicines, including supplements or natural remedies, you are taking with your healthcare provider. Do not stop taking any medication on your own. Be sure to follow your doctor's direction on what medications you should be taking.

What you eat matters

If your kidneys are having trouble removing potassium from your body, eating foods that are high in potassium may make things worse. Talk to your doctor about which foods are best for you.

HIGH-POTASSIUM FOODS (LIMIT THESE IN YOUR DIET)



Fruits: Avocados, bananas, oranges, nectarines, kiwifruit, mangos, papayas, prunes, pomegranates



Vegetables: Brussels sprouts, potatoes, sweet potatoes, pumpkin, tomatoes and tomato products, spinach, beans and legumes, vegetable juices



Other: Milk, yogurt, granola, nuts and seeds, peanut butter, salt substitutes

LOW-POTASSIUM FOODS (INCLUDE THESE IN YOUR DIET)



Fruits: Apples, blackberries, blueberries, cranberries, grapes, pears, pineapple, raspberries, strawberries



Vegetables: Corn, cabbage, carrots, cauliflower, celery, cucumber, eggplant, kale, lettuce, onions



Other: Rice, noodles, pasta, bread and bread products (not whole grain), pies (without chocolate or high-potassium fruit)

Ask your doctor about which foods are right for you, and how much of each food you should eat.

How once-daily VELTASSA can help

VELTASSA binds with potassium in your gastrointestinal tract, where excess potassium is most common (the colon or large intestine). Then, both the potassium and VELTASSA pass through and are removed from your body. VELTASSA is not absorbed by your body.

HOW TO TAKE VELTASSA

- VELTASSA is taken once a day with food
- VELTASSA comes in single-use packets that you mix with water
- In a small study, most people found that VELTASSA has no taste or smell

Take VELTASSA exactly as your doctor prescribes. Your doctor will check your potassium levels during treatment with VELTASSA and may change your dose if needed.

Do:

- ✓ Prepare each dose of VELTASSA separately
- ✓ Follow the diet that your doctor has prescribed for you
- ✓ Mix VELTASSA with water only

Do Not:

- ✗ **Do not** take VELTASSA that has not been mixed with water
- ✗ **Do not** heat, microwave, or add VELTASSA to heated food or liquids
- ✗ **Do not** mix VELTASSA in a blender



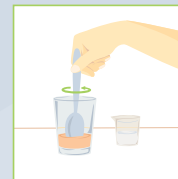
Take VELTASSA at least **3 hours before** or at least **3 hours after** any other medicine taken by mouth

What should I tell my doctor before taking VELTASSA? (cont'd)

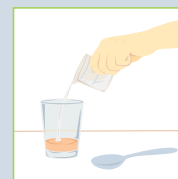
Know the medicines you take. Keep a list of them to show your doctor and pharmacist when you get a new medicine.

Tell your doctor about all the medicines you take, including prescription and over-the-counter medicines, vitamins and herbal supplements.

Preparing VELTASSA



Mix: Measure 1/3 cup of water in a measuring cup. Pour half of the water into an empty drinking glass. Pour all of the VELTASSA packet contents into the drinking glass with water.* Stir the mixture well.



Add: Pour the rest of the water from the measuring cup into the drinking glass containing the mixture. Stir the mixture well. The powder will not dissolve and the mixture will look cloudy. If the mixture is too thick, you can add more water.



Drink: Drink the mixture right away. If any powder is left in the glass after drinking, add more water, stir the mixture, and drink the remaining mixture right away. Repeat as needed to make sure you take your entire dose of VELTASSA.

*You may need more than 1 packet of VELTASSA for your prescribed dose. Make sure to follow the dosing instructions prescribed by your doctor.



Color may vary.

The recommended **minimum** amount of water for VELTASSA dose preparation is **1/3 cup (about 3 ounces)**.†

†The specified starting amount of water for all doses is about half of 1/3 cup. The remaining water should be added after stirring the powder in the starting amount of water.

Get our monthly newsletter

When you sign up for the **Stay-on-Track program**, you'll receive monthly newsletters that include helpful information about taking VELTASSA, plus:

EDUCATIONAL MATERIALS

LOW-POTASSIUM RECIPES



To sign up, call **1-844-404-STAY**,
Monday-Friday (9 AM to 8 PM ET)

OTHER WAYS TO STAY ON TRACK



Remember to fill your prescription of VELTASSA each month.



Questions about VELTASSA? Call 1-844-870-7597, Monday through Friday, 9 AM to 8 PM ET.



For health or treatment questions, ask your doctor.

IMPORTANT SAFETY INFORMATION

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Know the medicines you take. Keep a list of them to show your doctor and pharmacist when you get a new medicine.

Tell your doctor about all the medicines you take, including prescription and over-the-counter medicines, vitamins and herbal supplements.

What are the possible side effects of VELTASSA?

VELTASSA may cause serious side effects, including:

- **Low levels of magnesium in your blood (hypomagnesemia).**
Low levels of magnesium in the blood can happen when taking VELTASSA. Your doctor will check the magnesium levels in your blood during treatment with VELTASSA and may prescribe a magnesium supplement.

The most common side effects of VELTASSA include: constipation, diarrhea, nausea, stomach-area (abdominal) discomfort, and gas.

Tell your doctor if you have any side effect that bothers you or does not go away.

These are not all of the possible side effects of VELTASSA. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

General information about the safe and effective use of VELTASSA

Do not take VELTASSA for a condition for which it was not prescribed. Do not give VELTASSA to other people, even if they have the same symptoms that you have. It may harm them. You can ask your doctor or pharmacist for information about VELTASSA that is written for health professionals.

The risk information provided here is not comprehensive. To learn more, talk about VELTASSA with your healthcare provider or pharmacist. Please see full Prescribing Information at www.VELTASSA.com.

For more information, visit VELTASSA.com or call **1-844-870-7597**.



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