

# Talking to your doctor about moderately to severely active **ULCERATIVE COLITIS**

## Your doctor discussion guide

Review the below questions, and think about the symptoms you have been experiencing and what you want out of treatment. By having a better understanding of your experience with ulcerative colitis (UC), you can communicate with your doctor more clearly and work together on a treatment plan that's right for you.

This guide is not a diagnostic tool. It is meant to help you have thorough and productive conversations with your healthcare team. Always consult your healthcare team before making any treatment decisions.

Print or download this guide, and fill out your answers. You can take it with you to your next appointment.

## Understanding your UC symptoms

### 1. How often do you experience uncontrolled symptoms?

- Daily  Weekly  Monthly  
 Every few months  A few times a year

### 2. What uncontrolled symptoms do you typically experience? How often or severe are they?

- Frequent bowel movements (stool frequency)  Suddenly needing the bathroom (bowel urgency)

Times per day

1 2 3 4 5 6 7 8 9 10+

Times per day

1 2 3 4 5 6 7 8 9 10+

*(Continued on next page)*

## INDICATION

### WHAT IS TREMFYA<sup>®</sup> (guselkumab)?

TREMFYA<sup>®</sup> is a prescription medicine used to treat adults with moderately to severely active ulcerative colitis.

## SELECTED IMPORTANT SAFETY INFORMATION

**TREMFYA<sup>®</sup> is not for everyone; only your doctor can decide if it's right for you. Do not use if you are allergic to TREMFYA<sup>®</sup>. TREMFYA<sup>®</sup> is a prescription medicine that may cause serious side effects, including serious allergic reactions and infections. TREMFYA<sup>®</sup> affects your immune system. It may increase your risk of infections and lower your ability to fight them. Please read the [Important Safety Information](#) on page 4 and the [Medication Guide](#) for TREMFYA<sup>®</sup> to learn more about these and other risks for TREMFYA<sup>®</sup>. Discuss any questions you have with your doctor.**

**2. What uncontrolled symptoms do you typically experience? How often or severe are they? (continued)**

Blood in your stool

Times per day

1 2 3 4 5 6 7 8 9 10+

Diarrhea

Times per day

1 2 3 4 5 6 7 8 9 10+

Constipation (stools that are difficult to pass)

Times per day

1 2 3 4 5 6 7 8 9 10+

Abdominal pain or cramping

Mild

Severe

1 2 3 4 5 6 7 8 9 10

Fatigue or low energy

Times per day

1 2 3 4 5 6 7 8 9 10+

Changes in body weight within the last month

Gained weight: \_\_\_\_ lbs

Lost weight: \_\_\_\_ lbs

**3. How are you currently managing your symptoms?**

---



---

**4. What treatments have you tried?**

---



---

**5a. How satisfied are you with your current treatment plan?**

- Very satisfied
- Satisfied
- Neutral
- Unsatisfied
- Very unsatisfied

**5b. Please explain your answer for question 5a.**

---



---



---

**6. How has UC affected your daily life? Do you...? (Select all that apply)**

- Avoid certain foods/change your diet
- Avoid social events
- Avoid activities you used to do
- Avoid physical intimacy
- Always need to know where the nearest bathroom is
- Miss work/school
- Feel anxious, embarrassed, or frustrated
- Other: \_\_\_\_\_

**7. How often do you hide your symptoms from other people?**

- Often
- Sometimes
- Not at all

**8. Is there someone in your life you can talk openly to about your UC and symptoms?**

- Yes
- No

**INDICATION**

**WHAT IS TREMFYA® (guselkumab)?**

TREMFYA® is a prescription medicine used to treat adults with moderately to severely active ulcerative colitis.

**SELECTED IMPORTANT SAFETY INFORMATION**

**TREMFYA® is not for everyone; only your doctor can decide if it's right for you. Do not use if you are allergic to TREMFYA®. TREMFYA® is a prescription medicine that may cause serious side effects, including serious allergic reactions and infections. TREMFYA® affects your immune system. It may increase your risk of infections and lower your ability to fight them. Please read the [Important Safety Information](#) on page 4 and the [Medication Guide](#) for TREMFYA® to learn more about these and other risks for TREMFYA®. Discuss any questions you have with your doctor.**

## Understanding your UC treatment goals

### 1. What are your treatment goals? (Select all that apply)

- Have my UC symptoms under control
- Maintain long-term symptom control
- Get symptom relief quickly
- Help reduce inflammation in the large intestine or colon
- Have my symptoms under control to get back to doing what I used to do
- Other: \_\_\_\_\_

### 2. When deciding on a treatment, what is important to you? (Select all that apply)

- How the treatment works
- How I receive the treatment (pill, injection, or infusion)
- How often I take the treatment
- How I can work with my doctor to determine if treatment is right for me
- The safety profile of the treatment
- How fast the treatment starts to work
- How long the effects of treatment last
- Other: \_\_\_\_\_

## Understanding TREMFYA®

Take these questions to your next appointment, and discuss with your doctor if TREMFYA® is right for you.

1. How does TREMFYA® work?
2. Could TREMFYA® help with my symptoms?
3. What are the possible side effects of TREMFYA®?
4. How would I take TREMFYA®? And how often?

## Notes

---



---



---

Finding the right solution for your moderately to severely active ulcerative colitis takes courage and conversation. By having honest discussions about your UC symptoms and how your life has changed because of UC, your healthcare team can have a better chance to address your unique needs. Your voice matters, so don't hesitate to ask any questions or share concerns.

**Talk to your doctor to see if TREMFYA® is right for you.**

## INDICATION

### WHAT IS TREMFYA® (guselkumab)?

TREMFYA® is a prescription medicine used to treat adults with moderately to severely active ulcerative colitis.

### SELECTED IMPORTANT SAFETY INFORMATION

**TREMFYA® is not for everyone; only your doctor can decide if it's right for you. Do not use if you are allergic to TREMFYA®. TREMFYA® is a prescription medicine that may cause serious side effects, including serious allergic reactions and infections. TREMFYA® affects your immune system. It may increase your risk of infections and lower your ability to fight them. Please read the [Important Safety Information](#) on page 4 and the [Medication Guide](#) for TREMFYA® to learn more about these and other risks for TREMFYA®. Discuss any questions you have with your doctor.**

## IMPORTANT SAFETY INFORMATION

### What is the most important information I should know about TREMFYA®?

#### TREMFYA® is a prescription medicine that may cause serious side effects, including:

- **Serious Allergic Reactions.** Stop using TREMFYA® and get emergency medical help right away if you develop any of the following symptoms of a serious allergic reaction:
  - fainting, dizziness, feeling lightheaded (low blood pressure)
  - swelling of your face, eyelids, lips, mouth, tongue or throat
  - trouble breathing or throat tightness
  - chest tightness
  - skin rash, hives
  - itching
- **Infections.** TREMFYA® may lower the ability of your immune system to fight infections and may increase your risk of infections. Your healthcare provider should check you for infections and tuberculosis (TB) before starting treatment with TREMFYA® and may treat you for TB before you begin treatment with TREMFYA® if you have a history of TB or have active TB. Your healthcare provider should watch you closely for signs and symptoms of TB during and after treatment with TREMFYA®.

Tell your healthcare provider right away if you have an infection or have symptoms of an infection, including:

- fever, sweats, or chills
- muscle aches
- weight loss
- cough
- warm, red, or painful skin or sores on your body different from your psoriasis
- diarrhea or stomach pain
- shortness of breath
- blood in your phlegm (mucus)
- burning when you urinate or urinating more often than normal

**Do not take TREMFYA®** if you have had a serious allergic reaction to guselkumab or any of the ingredients in TREMFYA®.

#### Before using TREMFYA®, tell your healthcare provider about all of your medical conditions, including if you:

- have any of the conditions or symptoms listed in the section **“What is the most important information I should know about TREMFYA®?”**
- have an infection that does not go away or that keeps coming back.
- have TB or have been in close contact with someone with TB.
- have recently received or are scheduled to receive an immunization (vaccine). You should avoid receiving live vaccines during treatment with TREMFYA®.

- are pregnant or plan to become pregnant. It is not known if TREMFYA® can harm your unborn baby.  
**Pregnancy Registry:** If you become pregnant during treatment with TREMFYA®, talk to your healthcare provider about registering in the pregnancy exposure registry for TREMFYA®. You can enroll by visiting [www.mothers-to-baby.org/ongoing-study/tremfya-guselkumab](http://www.mothers-to-baby.org/ongoing-study/tremfya-guselkumab), by calling 1-877-311-8972, or emailing [MotherToBaby@health.ucsd.edu](mailto:MotherToBaby@health.ucsd.edu). The purpose of this registry is to collect information about the safety of TREMFYA® during pregnancy.
- are breastfeeding or plan to breastfeed. It is not known if TREMFYA® passes into your breast milk.

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

#### What are the possible side effects of TREMFYA®?

TREMFYA® may cause serious side effects. See **“What is the most important information I should know about TREMFYA®?”**

#### The most common side effects of TREMFYA® include:

respiratory tract infections, headache, injection site reactions, joint pain (arthralgia), diarrhea, stomach flu (gastroenteritis), fungal skin infections, herpes simplex infections, and bronchitis.

These are not all the possible side effects of TREMFYA®. Call your doctor for medical advice about side effects.

Use TREMFYA® exactly as your healthcare provider tells you to use it.

**Please read the full Prescribing Information, including Medication Guide, for TREMFYA® and discuss any questions that you have with your doctor.**

**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.**

**Dosage Forms and Strengths:** TREMFYA® is available in a 100 mg/mL prefilled syringe and One-Press patient-controlled injector for subcutaneous injection, a 200 mg/2 mL prefilled syringe and prefilled pen (TREFMFA® PEN) for subcutaneous injection, and a 200 mg/20 mL (10 mg/mL) single dose vial for intravenous infusion.

cp-82626v7