

Cari

Real ADPKD patient,
Peer Mentor



Connect with the ADPKD community

“

I've met some amazing people who truly understand me because they face the same health challenges.

”

We know that receiving an autosomal dominant polycystic kidney disease (ADPKD) diagnosis isn't easy. It can feel isolating and may leave you with many questions. You may want to talk to someone who is also living with ADPKD. If you're considering JYNARQUE® (tolvaptan), or are already on it, we're here to help. Our resources focus on creating a community of peers living with ADPKD, who you can turn to for support as you need it.

JYNARQUE is proven to slow kidney function decline in adults who are at risk for rapidly progressing ADPKD.

COMMUNITY SUPPORT ON YOUR OWN TERMS

Talk with a Peer Mentor

Speak one-on-one with someone living with rapidly progressing ADPKD and taking JYNARQUE.

Join an online ADPKD community

Sign up for an ADPKD Peer Conversations Webinar to talk with people living with ADPKD.

INDICATION:

JYNARQUE is a prescription medicine used to slow kidney function decline in adults who are at risk for rapidly progressing autosomal dominant polycystic kidney disease (ADPKD). It is not known if JYNARQUE is safe and effective in children.

SELECT IMPORTANT SAFETY INFORMATION:

Serious liver problems. JYNARQUE can cause serious liver problems that can lead to the need for a liver transplant or can lead to death. Stop taking JYNARQUE and call your healthcare provider right away if you get any of the following symptoms: feeling tired, loss of appetite, nausea, right upper stomach (abdomen) pain or tenderness, vomiting, fever, rash, itching, yellowing of the skin and white part of the eye (jaundice), dark urine.

Please read **FULL PRESCRIBING INFORMATION**, including **BOXED WARNING** and **MEDICATION GUIDE**.

 **JYNARQUE**[®]
(tolvaptan)
15, 30, 45, 60, 90 mg tablets

Looking for one-on-one ADPKD support?

Get in touch with the ADPKD Peer Mentor Program

The ADPKD Peer Mentor Program is an easy way to talk with someone living with ADPKD who knows what you are going through. Connect with a Peer Mentor over the phone or video call to get answers to your ADPKD questions, bounce ideas off each other, share your thoughts, and get the personal support you've been looking for.

Topics discussed may include:



Everyday life with ADPKD



Treatment with JYNARQUE® (tolvaptan)



ADPKD symptoms



Side effects of JYNARQUE



Communication with family and friends



JYNARQUE Risk Evaluation and Mitigation Strategy (REMS) Safety Program



ADPKD, treatment, and the workplace



JYNARQUE patient support services



Click the QR code to register to speak one-on-one with a Peer Mentor

You can also call [855-415-7459](tel:855-415-7459) or visit adpkdpeermentorprogram.com to register and learn more!

SELECT IMPORTANT SAFETY INFORMATION:

Tell your healthcare provider about all your medical conditions, including if you:

- have a history of sodium (salt) levels that are too low
- are pregnant or plan to become pregnant. It is not known if tolvaptan will harm your unborn baby. Tell your healthcare provider if you become pregnant or think that you may be pregnant
- are breastfeeding or plan to breastfeed. It is not known if tolvaptan passes into your breast milk. Do not breastfeed during your treatment with JYNARQUE. Talk to your healthcare provider about the best way to feed your baby during this time

Please read [IMPORTANT SAFETY INFORMATION](#) on pages 6-7.





“

I have chosen to be optimistic about my condition,
and I've also chosen to take action.

”

Anthony

Real ADPKD patient, Peer Mentor

Looking to be part of an ADPKD community?

Join the ADPKD Peer Conversations: meet online with others living with ADPKD

ADPKD Peer Conversations is a series of webinars that provides an interactive experience for participants. In each webinar, participants will be able to discuss topics ranging from diagnosis to starting treatment on JYNARQUE® (tolvaptan) with other ADPKD patients and their caregivers.

Each webinar will provide participants with the opportunity to connect with other members of the ADPKD community through interactive Q&As and helpful conversations.

Webinar Topics

ADPKD and the Family

Talk and learn about disease state awareness, getting diagnosed, and family history.

ADPKD and Your Healthcare Team

Share the types of conversations you've had with your healthcare provider about support systems and information you wish you knew earlier in your disease journey.

ADPKD and Your Everyday Life

Chat with your peers about managing symptoms, work, family, and holidays.



Click the QR code to sign up for the webinars or visit adpkdpeerconversations.com to RSVP today.

You can also sign up for or get answers to your questions about the webinars by calling [855-415-7459](tel:855-415-7459).

SELECT IMPORTANT SAFETY INFORMATION:

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

- Taking JYNARQUE with certain medicines could cause you to have too much tolvaptan in your blood. JYNARQUE should not be taken with certain medications. Your healthcare provider can tell you if it is safe to take JYNARQUE with other medicines
- Do not start taking a new medicine without talking to your healthcare provider

Please read **IMPORTANT SAFETY INFORMATION** on pages 6-7.





“

It is so important to meet other people with ADPKD, especially if you don't know anyone, because no one else quite understands what you're going through.

”

Deidre

Real ADPKD patient, Peer Mentor

INDICATION and IMPORTANT SAFETY INFORMATION for JYNARQUE® (tolvaptan)

INDICATION:

What is JYNARQUE?

JYNARQUE is a prescription medicine used to slow kidney function decline in adults who are at risk for rapidly progressing autosomal dominant polycystic kidney disease (ADPKD). It is not known if JYNARQUE is safe and effective in children.

IMPORTANT SAFETY INFORMATION:

- **Serious liver problems.** JYNARQUE can cause serious liver problems that can lead to the need for a liver transplant or can lead to death. Stop taking JYNARQUE and call your healthcare provider right away if you get any of the following symptoms:
 - feeling tired
 - loss of appetite
 - nausea
 - right upper stomach (abdomen) pain or tenderness
 - vomiting
 - fever
 - rash
 - itching
 - yellowing of the skin and white part of the eye (jaundice)
 - dark urine

It is important that you have a blood test before you start JYNARQUE to help reduce your risk of liver problems. Your healthcare provider will do a blood test to check your liver:

- before you start taking JYNARQUE
- at 2 weeks and 4 weeks after you start treatment with JYNARQUE
- then monthly for 18 months during treatment with JYNARQUE
- and every 3 months from then on

Because of the risk of serious liver problems, JYNARQUE is only available through a restricted distribution program called the JYNARQUE Risk Evaluation and Mitigation Strategy (REMS) Program.

Do not take JYNARQUE if you:

- have a history of liver problems or have signs or symptoms of liver problems, excluding polycystic liver disease
- cannot feel if you are thirsty or cannot replace fluids by drinking
- have been told that the amount of sodium (salt) in your blood is too high or too low
- are dehydrated
- are allergic to tolvaptan or any of the ingredients in JYNARQUE
- are unable to urinate

Tell your healthcare provider about all your medical conditions, including if you:

- have a history of sodium (salt) levels that are too low
- are pregnant or plan to become pregnant. It is not known if tolvaptan will harm your unborn baby. Tell your healthcare provider if you become pregnant or think that you may be pregnant
- are breastfeeding or plan to breastfeed. It is not known if tolvaptan passes into your breast milk. Do not breastfeed during your treatment with JYNARQUE. Talk to your healthcare provider about the best way to feed your baby during this time

IMPORTANT SAFETY INFORMATION

for JYNARQUE® (tolvaptan) (cont'd)

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

- Taking JYNARQUE with certain medicines could cause you to have too much tolvaptan in your blood. JYNARQUE should not be taken with certain medications. Your healthcare provider can tell you if it is safe to take JYNARQUE with other medicines
- Do not start taking a new medicine without talking to your healthcare provider

JYNARQUE may cause serious side effects, including:

- **Too much sodium in your blood (hyponatremia) and loss of too much body fluid (dehydration).** In some cases, dehydration can lead to extreme loss of body fluid called hyponatremia. You should drink water when you are thirsty and throughout the day and night. Stop taking JYNARQUE and call your healthcare provider if you cannot drink enough water for any reason, such as not having access to water, or vomiting or diarrhea. Tell your healthcare provider if you get any of the following symptoms:
 - dizziness
 - a change in the way your heart beats
 - fainting
 - feeling confused or weak
 - weight loss

What should you avoid while taking JYNARQUE?

Do not drink grapefruit juice during treatment with JYNARQUE. This could cause you to have too much tolvaptan in your blood.

The **most common side effects** of JYNARQUE are:

- thirst and increased fluid intake
- making large amounts of urine, urinating often, and urinating at night

These are not all the possible side effects of JYNARQUE. Talk to your healthcare provider about any side effect that bothers you or that does not go away. For more information, ask your healthcare provider or pharmacist.

If you have any questions about your health or medicines, talk to your healthcare professional.

To report SUSPECTED ADVERSE REACTIONS, contact Otsuka America Pharmaceutical, Inc. at 1-800-438-9927 or FDA at 1-800-FDA-1088 (www.fda.gov/medwatch).

Please read **FULL PRESCRIBING INFORMATION**, including **BOXED WARNING** and **MEDICATION GUIDE**.

Keep Growing Your ADPKD Community

Continue to learn more about JYNARQUE® (tolvaptan) and ADPKD through these discussions with your peers. Speaking with a Peer Mentor and joining an ADPKD Peer Conversations Webinar are great ways to build a community with people who understand what you are going through. **With these programs, you'll feel supported each step of the way.**



Click this QR code to talk with a Peer Mentor or visit adpkdpeermentorprogram.com



Click this QR code to join the ADPKD community or visit adpkdpeerconversations.com

Please read **FULL PRESCRIBING INFORMATION**, including **BOXED WARNING** and **MEDICATION GUIDE**.



I openly discuss ADPKD with family and friends. These discussions have shown me how many wonderful people there are in this world.

Will

Real ADPKD patient, Peer Mentor