

**Getting  
started  
on  
Nplate<sup>®</sup>**

**WHAT YOU  
SHOULD KNOW  
ABOUT YOUR  
NEW ITP  
TREATMENT**

ITP: immune thrombocytopenic purpura

**Nplate<sup>®</sup>**  
romiplostim

## ABOUT THIS BOOKLET

Now that your doctor has prescribed Nplate<sup>®</sup>, you and your loved ones may have some questions about the treatment, and perhaps about ITP. The information provided here will help explain some important details about your treatment with Nplate<sup>®</sup> and ITP in general. It is meant to help you throughout your journey with ITP, so keep it on hand for future reference or for when questions come up.

Nplate<sup>®</sup> is a protein used to treat low platelet counts in patients with immune (idiopathic) thrombocytopenic purpura (called ITP). ITP is a disease in which the immune system of your body destroys your platelets.

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A man with a beard, wearing a red hoodie and a dark blue t-shirt, is pouring milk from a white jug into a light green mug. He has a white and green striped towel draped over his left shoulder. In the background, a woman with long dark hair, wearing a blue cardigan over a white top, is sitting at a desk and working on a laptop. The scene is set in a kitchen or office break area with a wooden countertop. On the counter, there is a blue electric kettle, a blue mug, a glass of water, and a green metal container.

# About ITP

HERE'S A QUICK  
REVIEW OF ITP  
THAT WILL HELP  
EXPLAIN HOW  
NPLATE® WORKS  
IN THE BODY.

## WHAT IS ITP?

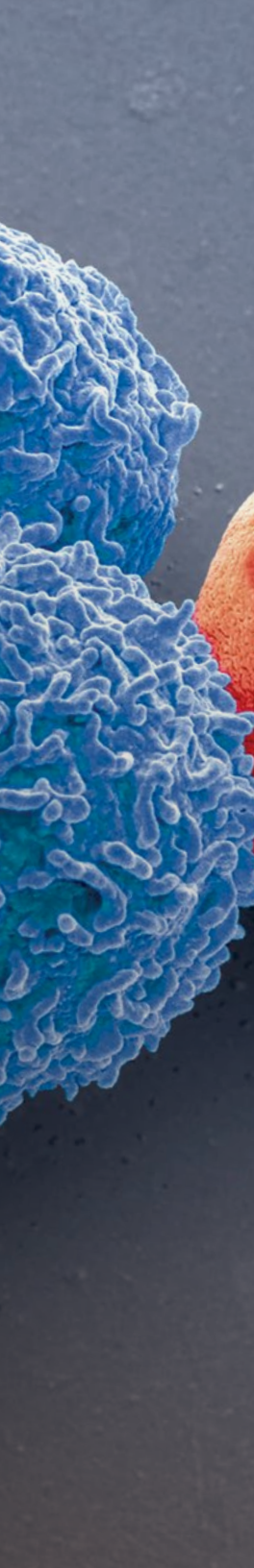
Until recently, ITP has commonly been known as *idiopathic thrombocytopenic purpura*. *Idiopathic* is a word used to describe illnesses where the underlying cause is unknown. Today, you'll often hear ITP referred to as *immune thrombocytopenic purpura* or simply *immune thrombocytopenia*. This is because ITP is an autoimmune disease. Another reason the terminology has been revised is because many people with ITP show no or minimal signs of purpura (bleeding or bruising).

Autoimmune diseases happen when your immune system attacks your body's own cells. In ITP, your body's immune system targets your platelets.

A microscopic view of various blood cells. Several blue, spiky cells (likely white blood cells) are scattered across the frame. A large, smooth, orange-red cell (likely a red blood cell) is on the left. A yellow, irregularly shaped cell (likely a platelet) is in the center, with a thin, yellow filament extending from it towards the orange-red cell. A white rectangular box highlights the yellow cell and the orange-red cell. A red diagonal banner is overlaid on the top right, containing the text 'WHAT ARE PLATELETS?'.

## WHAT ARE PLATELETS?

Platelets are the cells in your blood that form blood clots and help seal cuts. When your immune system mistakenly recognizes platelets as foreign substances, it coats them with antibodies and destroys them, reducing the number of platelets in your body.



## **WHAT ARE THE SYMPTOMS OF ITP?**

Without enough platelets, it can be difficult for the blood to clot. This is why people with ITP can have spontaneous bleeding and bruising (also called purpura). The symptoms of ITP vary widely from person to person. Some people have no symptoms at all, while others may experience serious bleeding. The most common symptoms include bruising on the legs and arms, petechiae (small red dots on the skin caused by blood escaping from broken capillary blood vessels), nosebleeds, and blood blisters on the insides of the cheeks. If your platelet count is very low, you may be at risk of serious, life-threatening bleeding events.

## **HOW IS ITP TREATED?**

Your treatment options depend on several factors, including the severity of your symptoms, age, lifestyle, general health, and personal wishes.

At this stage in your journey, your doctor has decided that Nplate® is appropriate for you. Your healthcare team is there to support you, so work closely with them, and be sure to ask any questions you may have about your treatment.



# About Nplate®

NOW THAT YOU'VE  
REVIEWED THE BASICS  
OF ITP, HERE'S  
INFORMATION ABOUT  
NPLATE® AND HOW IT  
WORKS IN THE BODY.



## WHAT IS NPLATE®?

Nplate® (also called romiplostim) is a protein that is used to treat low platelet counts in patients with ITP.

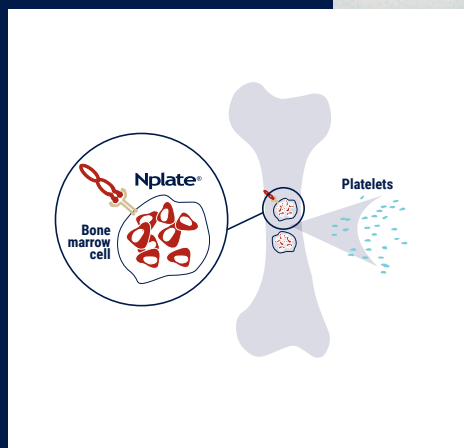
## HOW DOES NPLATE® WORK?

Nplate® works by stimulating your bone marrow (part of the bone which makes blood cells) to produce more platelets. This should help to prevent bruising and bleeding.

## WHAT ARE MY TREATMENT GOALS WITH NPLATE®?

With Nplate®, the goal is to raise your number of platelets. Raising your platelet count should help prevent ITP symptoms like bruising, and also help lower your risk of bleeding.

Of course, another goal is to make sure you are feeling well while you're on Nplate®, so be sure to work closely with your healthcare team so they know how you're feeling and are aware of any concerns you have as they arise.





## Taking Nplate<sup>®</sup>

YOUR DOCTOR WILL DECIDE THE  
BEST WAY FOR YOU TO RECEIVE  
YOUR NPLATE<sup>®</sup> TREATMENT,  
AND TREATMENT SHOULD BE  
MONITORED ONLY BY QUALIFIED  
HEALTHCARE PROFESSIONALS.

**BE SURE TO ALWAYS FOLLOW  
YOUR DOCTOR'S INSTRUCTIONS.  
HERE ARE A FEW OTHER  
IMPORTANT THINGS YOU  
SHOULD KNOW.**

### **HOW IS NPLATE® GIVEN?**

Nplate® is given as an injection, just under the skin. This is known as a *subcutaneous injection*. Special care should be taken to ensure the appropriate volume of Nplate® is withdrawn from the vial.

Your dose is based on your weight. The usual starting dose is 1 microgram of Nplate® per kilogram of your body weight, once a week. Your doctor will decide how much Nplate® you should take every week.

Nplate® is meant to be given once per week in order to keep your platelet count up. If you miss a dose of Nplate®, your doctor will discuss with you when you should have your next dose. Your doctor will have you take regular blood tests to measure how your platelets are responding and may need to adjust your Nplate® dose as necessary.

Even when your platelet count is under control, your doctor will continue to check your blood regularly. Your Nplate® dose may continue to change based on your platelet count, so it is very important to take your Nplate® and get your blood work done regularly. Tell your healthcare provider about any bruising or bleeding that occurs while you are receiving Nplate®.


If you are ever given more Nplate® than you should normally receive, contact your healthcare provider immediately.



**WHAT DOSAGE  
FORM DOES  
NPLATE®  
COME IN?**

Nplate® is a white powder for solution for injection, available in a vial. Each pack contains either:

- 1 vial of 625 micrograms of powder for solution for injection (which can deliver 500 micrograms of Nplate®), or
- 375 micrograms of powder for solution for injection (which can deliver 250 micrograms of Nplate®).



*Powder for solution for injection* means the medicine needs to be mixed with sterile water before it can be used. For more information about this, you can refer to the Package Insert that comes with each prescription of Nplate®.

## **HOW SHOULD I STORE NPLATE®?**

It is possible that your Nplate® supply will be sent directly to your doctor or clinic. However, if you need to store Nplate® yourself, follow these instructions:

- Keep out of the reach and sight of children.
- Store in the refrigerator between 2 °C and 8 °C (do not freeze).
- Alternatively, unconstituted vials of this medicine can be taken out of the refrigerator and stored for up to 30 days in the original carton.
  - If you take your Nplate® out of the refrigerator, it must be used within 30 days.
  - If you have not used Nplate® that has been out of the refrigerator for 30 days or more, it should be discarded and not used.
- Store in the original carton to protect from light.
- Do not use Nplate® after the expiry date stated on the carton and vial label. The expiry date refers to the last day of that month.
- Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines you no longer need.

A woman with wavy brown hair is sitting on a light-colored couch, looking out a window. She is wearing a white patterned cardigan over a blue top. She is holding a white bowl of cereal with a spoon. The background shows a lamp and a window with curtains.

## Side effects

Like all medicines, Nplate® can cause side effects, but not everybody gets them. This section explains what side effects were seen in clinical trials with Nplate®. Clinical trials are detailed scientific studies designed to examine the effects of a medication.

The side effects listed are not all the possible symptoms you may experience. If you are concerned about any side effects you experience, contact your doctor.

## WHAT SIDE EFFECTS WERE SEEN IN CLINICAL TRIALS OF PEOPLE TAKING NPLATE®?

Most common side effects (seen in more than 1 in 10 people taking Nplate®):

- Aching joints (arthralgia)
- Muscle aches (myalgia)
- Pain in extremity
- Headache
- Dizziness
- Difficulty sleeping (insomnia)

Common side effects (seen in more than 1 in 100 but less than 1 in 10 people taking Nplate®):

- Abdominal pain
- Low blood platelet count (thrombocytopenia) after stopping Nplate®
- Shoulder pain
- Tingling or numbness of the hands or feet (paresthesia)
- Upset stomach (dyspepsia)
- Higher-than-normal platelet count (thrombocytosis)
- Hypersensitivity
- Bleeding (hemorrhage)

Uncommon side effects (seen in more than 1 in 1,000, but less than 1 in 100 people taking Nplate®):

- Increased fibres (reticulin) in the bone marrow (bone marrow reticulin fibrosis)
- Redness, heat, and pain of skin (erythromelalgia)
- Hive-like swelling beneath the skin (angioedema)

## **WHAT ARE THE SERIOUS SIDE EFFECTS, AND WHAT SHOULD I DO ABOUT THEM?**

Nplate® has some serious side effects that you should be aware of. If you experience any of these side effects, it is important that you talk to your doctor right away.

### **Headache**

A headache may be a symptom of a blood clot, so you should always talk with your doctor if you experience a headache while on Nplate®.

### **Low blood platelet count (thrombocytopenia) after stopping Nplate®**

If you stop taking Nplate®, your platelet count may drop to the level it was before you started treatment with Nplate®. The symptoms associated with your ITP that you had before your treatment with Nplate® may return, including bleeding. You should contact your doctor immediately if you stop taking Nplate® or if your symptoms return.

### **Higher than normal platelet counts (thrombocytosis)**

A very high platelet count may increase the risk of blood clotting. Symptoms that are signs of a blood clot may include, but are not limited to, headache, tingling in hands or feet, swelling, and possible redness in areas such as the calf. If you have any of these symptoms, contact your doctor immediately.

### **Increased fibres (reticulin) in the bone marrow (bone marrow reticulin fibrosis)**


This finding can only be diagnosed by your doctor with special testing. Your doctor will decide whether you should continue taking Nplate®, or if alternative treatment options should be considered.

### **Angioedema**

You may potentially experience hive-like swelling beneath the skin. If this happens, contact your doctor immediately.






A close-up photograph of a middle-aged Black man with glasses, smiling slightly and looking down. He is holding a small, light-colored dog. A large red graphic shape is overlaid on the right side of the image, containing white text. The background is softly blurred, showing a green plant and a window with curtains.

**REMEMBER, YOUR ROUTINE  
BLOOD WORK WILL HELP  
YOUR DOCTOR IDENTIFY  
ANY ABNORMALITIES, SO  
IT'S VERY IMPORTANT TO  
GET YOUR BLOOD TESTS  
DONE REGULARLY.**



**WARNINGS AND  
PRECAUTIONS**

- 
- Nplate® is not for use in patients, outside of a clinical research study, with blood cancer or a precancerous condition called myelodysplastic syndrome (MDS). If you have one of these conditions, Nplate® may worsen your cancer or condition and may cause you to die sooner.
  - Despite ongoing treatment with Nplate®, serious bleeding could occur and patients should be closely monitored during treatment. Rescue medications, including platelet transfusions, might be required, especially for patients with unstable platelet counts.
  - When you stop receiving Nplate®, your low blood platelet count (thrombocytopenia) may become worse than before you started Nplate®. This may result in serious life-threatening or fatal bleeding.

**Before you use Nplate®, talk to your doctor or pharmacist if:**

- you are taking or have recently taken any other medicines, including medicines obtained without a prescription;
- you have or have had any of the following medical conditions:
  - liver problems;
  - kidney problems;
  - blood clots, or if blood clots are common in your family (the risk of blood clotting may also be increased if you have liver problems, are elderly [ $\geq 65$  years], are bedridden, have cancer, are taking the contraceptive pill or hormone replacement therapy, have recently had surgery or suffered an injury, are obese [overweight], or are a smoker);
- you are pregnant, think you may be pregnant, or plan to get pregnant. Nplate® has not been tested in pregnant women.

# VICTORY® Program

Patient Assistance Program

The VICTORY® Program is a patient assistance program designed to help patients like you navigate the reimbursement process and to offer you additional support services.

VICTORY® Access Specialists are available to help determine if you have a private or public drug plan, and whether you are eligible to receive access to reimbursement for Nplate®.

## WHAT ARE THE BENEFITS OF THE PROGRAM?

- You can receive assistance navigating all possible coverage options through public and/or private payers.
- The VICTORY® Program will manage any appeals if your coverage is denied.
- You can be assessed for co-pay support (where permitted).
- The VICTORY® Program regional reimbursement Access Specialists are available 5 days a week, from 8:00 a.m. to 8:00 p.m. EST.
- Your Nplate® injections can be administered in-clinic by a nurse.

**FOR MORE INFORMATION ON THE VICTORY® PROGRAM, PLEASE VISIT [VICTORYASSIST.CA](http://VICTORYASSIST.CA), PASSWORD VICTORY, OR CALL A VICTORY® ACCESS SPECIALIST AT 1-888-706-4717.**



## WHAT'S NEXT?

As you start this next stage of ITP treatment, remember to stay in touch with your healthcare team and keep in mind that they are there to help you. Be sure to ask questions, and talk to them if anything about your ITP or treatment is bothering you.

It is sometimes helpful to keep note of your platelet counts and medications in a notebook. This way, you can track your Nplate<sup>®</sup> doses and symptoms, and observe how you're feeling. This will also help your healthcare team ensure your treatment plan is working right for you.



**NOTES**

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# **Nplate**<sup>®</sup> romiplostim

**AMGEN**<sup>®</sup>

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