

# TRANSITION OF CARE: TIPS FOR CAREGIVERS OF TEENS

**DUPIXENT**<sup>®</sup>  
(dupilumab) Injection  
200mg · 300mg

## Helping you prepare your teen to take ownership of their eczema care

Congratulations for taking the steps to help prepare your teen to manage their uncontrolled moderate-to-severe eczema. Starting early and doing a little at a time can help them feel less overwhelmed during this transition.

DUPIXENT MyWay<sup>®</sup> is here to support you. Keep these tips and other helpful resources nearby as you go through this process.

## PREPARE YOUR TEEN TO MANAGE THEIR ECZEMA

### TALK with them regularly

Frequent conversations may help your teen assess their readiness to transition care and help build confidence in their ability to manage their moderate-to-severe eczema on their own. **Here are some topics you can discuss:**



Managing DUPIXENT



Scheduling and attending appointments



Tracking symptoms and treatment progress



Getting comfortable with self-injection



Communicating with healthcare providers



Finding DUPIXENT support resources

**Do not** try to prepare and inject DUPIXENT until you or your caregiver have been trained by your healthcare provider.



Learn more on our [Caregiver Resources page](#).

### ENCOURAGE them to play an active role during appointments

Prepare your teen for conversations with their healthcare provider by offering support and **following these suggestions:**



Prepare a list of questions together



Take photos to document skin changes



Prompt them to speak directly with their healthcare provider



Keep a symptom tracking journal

*"Now that she's going off to college, we've encouraged Annie to think more about self-injecting."*



**Sue.**  
DUPIXENT MyWay  
Caregiver Ambassador.

*"I'll have a nurse at the student health center help me with my injections if I'm not ready to self-inject just yet."*



**Annie.**  
DUPIXENT MyWay  
Patient Ambassador.  
Living with severe eczema.  
Taking DUPIXENT since 2019.  
Individual results may vary.

► Watch our [Transition of Care video](#) for tips and insight from caregivers and patients like you



## INDICATION

DUPIXENT is a prescription medicine used to treat adults and children 6 months of age and older with moderate-to-severe eczema (atopic dermatitis or AD) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids. It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 months of age.

## IMPORTANT SAFETY INFORMATION

**Do not use** if you are allergic to dupilumab or to any of the ingredients in DUPIXENT.

Please see additional Important Safety Information on next page and click here for full [Prescribing Information](#) and [Patient Information](#).

**DUPIXENT**<sup>®</sup>  
(dupilumab) Injection  
200mg · 300mg

## HELP them plan ahead

Share these practices you've learned to help your teen **stay on track with their treatment**:



Prepare a treatment plan to follow when away from home, including working with a specialty pharmacy to get their deliveries



Have them set injection and site injection reminders on their phone



Discuss the proper storage requirements for DUPIXENT

*"Ore is getting ready for college now. I think she's ready to take on more ownership in caring for her uncontrolled moderate-to-severe eczema."*



**Yetunde.**

DUPIXENT MyWay  
Caregiver Ambassador.

## HELPFUL RESOURCES TO SUPPORT CAREGIVERS AND TEENS

### Learn about [DUPIXENT MyWay](#)<sup>®</sup>

Enroll in our Patient Support Program to access tips, tools, and resources, including supplemental injection training. Dial **1-844-DUPIXENT (1-844-387-4936), option 1** Monday-Friday, 8 AM-9 PM ET.



### Visit [DUPIXENT.com](#)

Check out our injection support center, or learn about our Patient Support Program, DUPIXENT traveling and storage recommendations, and managing refills.

### Explore the [DUPIXENT YouTube Channel](#)

Hear from other DUPIXENT caregivers and patients like you, and access helpful training videos.



### Find Support on our [Caregiver Resources Page](#)

Discover tools and resources created specifically to help support caregivers and their loved ones.

*"I'm already thinking about my routine, and how I'm going to keep my DUPIXENT refrigerated in the dorm."*



**Ore.**

DUPIXENT MyWay  
Patient Ambassador.

Living with severe eczema.  
Taking DUPIXENT since 2019.  
Individual results may vary.

## IMPORTANT SAFETY INFORMATION

Use DUPIXENT exactly as prescribed by your healthcare provider. It's an injection given under the skin (subcutaneous injection). Your healthcare provider will decide if you or your caregiver can inject DUPIXENT. **Do not** try to prepare and inject DUPIXENT until you or your caregiver have been trained by your healthcare provider. In children 12 years of age and older, it's recommended DUPIXENT be administered by or under supervision of an adult. In children 6 months to less than 12 years of age, DUPIXENT should be given by a caregiver.

Please see additional Important Safety Information on next page and click here for full [Prescribing Information](#) and [Patient Information](#).

**DUPIXENT**<sup>®</sup>  
(dupilumab) Injection  
200mg · 300mg

## IMPORTANT SAFETY INFORMATION (cont'd)

**Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:**

- have eye problems.
- have a parasitic (helminth) infection.
- are scheduled to receive any vaccinations. You should not receive a “live vaccine” right before and during treatment with DUPIXENT.
- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.
  - A pregnancy registry for women who take DUPIXENT during pregnancy collects information about the health of you and your baby. To enroll or get more information call 1-877-311-8972 or go to <https://mothertobaby.org/ongoing-study/dupixent/>.
- are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT 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.

**Especially tell your healthcare provider if you** are taking oral, topical or inhaled corticosteroid medicines or if you have atopic dermatitis and asthma and use an asthma medicine. **Do not** change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

**DUPIXENT can cause serious side effects, including:**

- **Allergic reactions. DUPIXENT can cause allergic reactions that can sometimes be severe.** Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following signs or symptoms: breathing problems or wheezing, swelling of the face, lips, mouth, tongue, or throat, fainting, dizziness, feeling lightheaded, fast pulse, fever, hives, joint pain, general ill feeling, itching, skin rash, swollen lymph nodes, nausea or vomiting, or cramps in your stomach-area.
- **Eye problems.** Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision, such as blurred vision. Your healthcare provider may send you to an ophthalmologist for an eye exam if needed.
- **Joint aches and pain.** Some people who use DUPIXENT have had trouble walking or moving due to their joint symptoms, and in some cases needed to be hospitalized. Tell your healthcare provider about any new or worsening joint symptoms. Your healthcare provider may stop DUPIXENT if you develop joint symptoms.

**The most common side effects in patients with eczema include** injection site reactions, eye and eyelid inflammation, including redness, swelling, and itching, sometimes with blurred vision, dry eye, cold sores in your mouth or on your lips, and high count of a certain white blood cell (eosinophilia).

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. 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.

Use DUPIXENT exactly as prescribed by your healthcare provider. It's an injection given under the skin (subcutaneous injection). Your healthcare provider will decide if you or your caregiver can inject DUPIXENT. **Do not** try to prepare and inject DUPIXENT until you or your caregiver have been trained by your healthcare provider. In children 12 years of age and older, it's recommended DUPIXENT be administered by or under supervision of an adult. In children 6 months to less than 12 years of age, DUPIXENT should be given by a caregiver.

**Please see accompanying full [Prescribing Information](#) including [Patient Information](#).**

