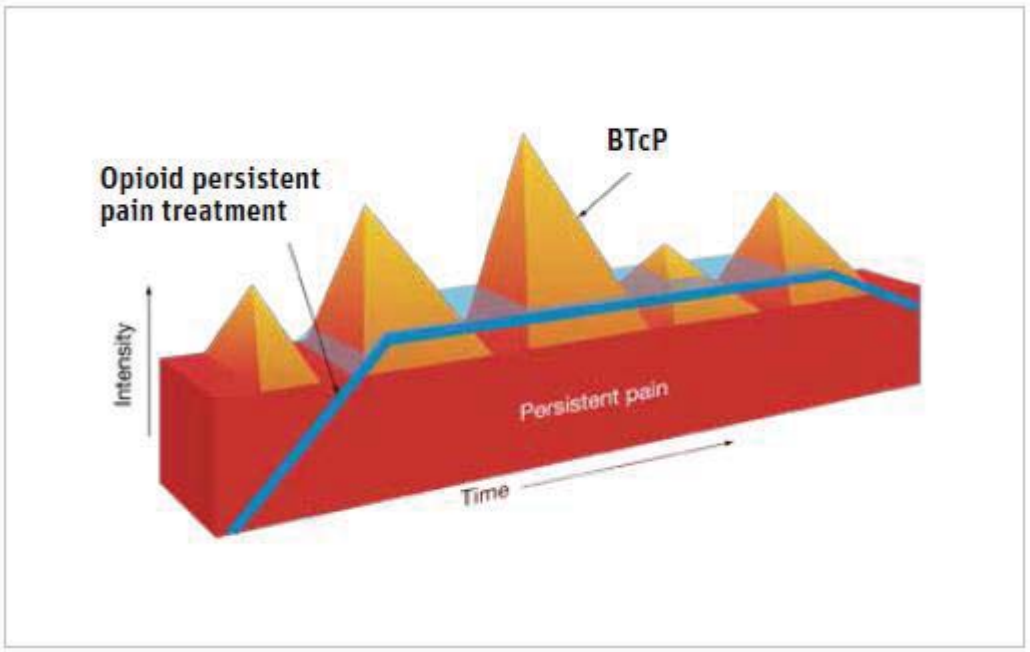
Patient Treatment Diary For Actiq® (fentanyl citrate) Lozenges

You have been prescribed Actiq® (fentanyl citrate) lozenge for your Breakthrough Cancer Pain (BTcP)

What is BTcP?

Persistent cancer pain is pain related to your cancer that lasts throughout the day. Your doctor has given you an opioid medicine that should relieve this pain for the entire day. Even if your opioid medicine controls your persistent cancer pain most of the time, you can still experience sudden flares or spikes of moderate to severe pain (as shown in diagram below). This is BTcP – pain that 'breaks through' the pain relief provided by your opioid medicine.



What is Actiq®?

Actiq® is a pain-relieving medicine, belonging to a class of drugs called opioids, which is used to treat BTcP in adult patients with cancer who are already taking other pain treatment for their persistent cancer pain. Actiq® is a prescription only medicine that contains the active ingredient fentanyl citrate, in the form of a lozenge.

How does Actiq® work?

Actiq® lozenges need to be placed between the cheek and the gum, where they dissolve and the active ingredient fentanyl is absorbed through the lining of your mouth into the blood system, to quickly relieve your breakthrough cancer pain. As

soon as fentanyl enters the bloodstream, it is carried throughout your body and travels to your central nervous system – the brain and spinal cord – where it works to relieve your pain.

How is Actiq® different from the medicine I already take for my persistent pain?

The medicine you already take for your persistent pain is an opioid medicine that works all day long. Actiq® is a treatment specifically for your BTcP (an additional, sudden pain episode that rises above the persistent pain). You must continue to take your opioid treatment for persistent pain while you are using Actiq®.

Please read the Patient Information Leaflet that comes with Actiq®

Before you start taking it, and each time you get a new prescription, as it may contain new information. Please share this important information with members of your household. If you have any concerns about Actiq®, any other treatment you are having, or your medical condition, you should discuss these with your doctor.

Using Actiq®

How do I take Actiq®?

1. Peel it

- When you are ready to use Actiq®, cut open the package using scissors close to the end of the Actiq® unit
- Peel back the blister backing, and remove the Actiq® unit
- Open the blister card **only** when you are ready to use the lozenge
- Peel the blister backing to expose the lozenge
- **Do not** attempt to push the lozenge through the blister because this can damage the lozenge
- The end of the unit printed with “ACTIQ” and the strength number of the unit (“200”, “400”, “600”, “800”, “1200”, or “1600”) is the medicine end that is to be placed in your mouth. Hold the Actiq® unit by the handle

2. **Place it**
   - After removing the lozenge from the blister unit, **immediately** place the lozenge between the cheek and gum
   - Do not attempt to crush or split the lozenge
   - Do not bite, chew, suck or swallow the lozenge, as this will result in less pain relief than when taken as directed

3. **Twirl the handle** often**.** Keep moving the lozenge round in your mouth, especially along your cheeks.

4. **Finish the Actiq® unit completely over 15 minutes** in order to get the most relief.

   If you finish Actiq® too quickly, you will swallow more of the medicine and get less relief.

   If the breakthrough pain episode is not relieved 15 minutes after completion of the Actiq® unit (30 minutes after the start of the unit), you may take **ONLY ONE** additional dose of the same strength for that episode. Daily use should not exceed 4 Actiq® units.

5. **Rinse your mouth**

   It is recommended to rinse your mouth with water or brush your teeth a few minutes after each Actiq® application in order to maintain oral hygiene.

Why a Treatment Diary?

This Treatment Diary is designed to help you monitor your experience of BTcP and your use of Actiq®. It will give you and your doctor a valuable insight into your progress and ensure you are receiving the correct level of treatment.

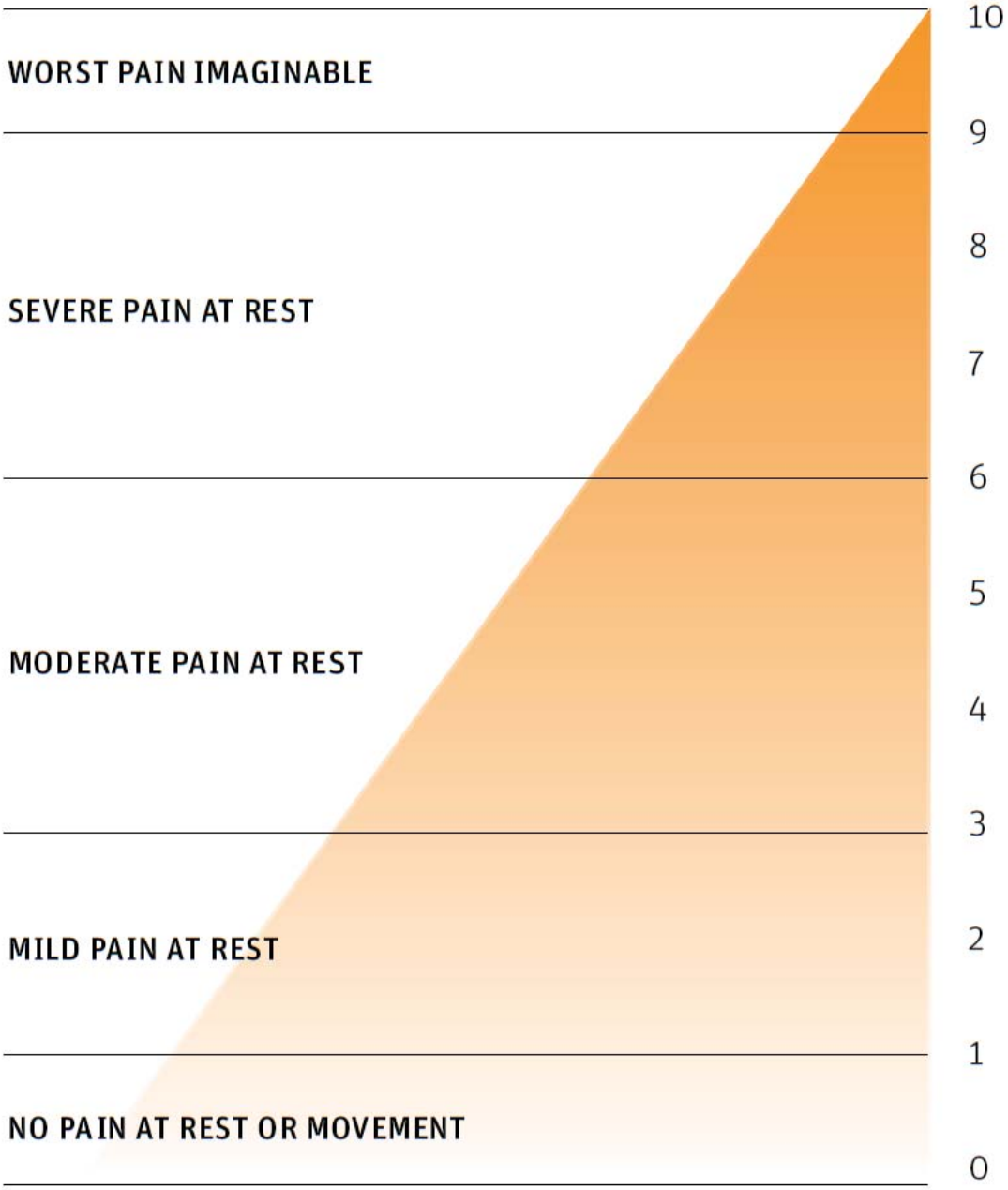
Recording your pain score[1]

It is important for your doctor to see how you respond to treatment, and whether you are experiencing any side effects. We would be grateful if you could keep track of your BTcP levels as you progress through your treatment. The information you provide will help your doctor to evaluate the performance of Actiq® and find the best dosage to suit you.

Information on how to record your pain score can be found on the next page.

1. Daut RL, Cleeland CS, Flanery RC. Development of the Wisconsin Brief Pain Questionnaire to assess pain in cancer and other diseases. *Pain* 1983; 17(2): 197-210.

How severe is your pain?



Grade and record (0-10) the BTcP you experience on a regular basis in order to assess your pain score over time.

Your details

Name:

Date of Birth:

Address:

Telephone number:

Hospital name:

Hospital number:

Contacts

Doctor:

Daytime phone number:

Out of hour's office phone number:

Emergency medical care phone number:

Other healthcare team members

Name:

Phone:

Name:

Phone:

Name:

Phone:

Treatment Diary

Only fill in this diary when you are experiencing BTcP

Date and time:

Pain score (0 to 10):

Where you are feeling the pain and how it feels (e.g. ache, sharp throbbing, shooting *etc*.)

What you were doing when the pain started

Name of medicines and amount taken: *If you experience any unwanted effects, contact your healthcare professional. Do not stop taking your medicine.*

How long the pain lasted:

Other notes:

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Reporting of Side Effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard.

By reporting side effects you can help provide more information on the safety of this medicine.

Further Information

For further information regarding your prescription and/or treatment with Actiq®, please contact your doctor.

To obtain additional copies of this Treatment Diary or Patient's Guide for Actiq®, please visit the Teva UK website at www.tevauk.com where copies can be downloaded from the Actiq® patient product page or alternatively, please contact Teva UK Limited Customer Services Department on:

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Email: tevaukdeptcustomers@tevapharm.com