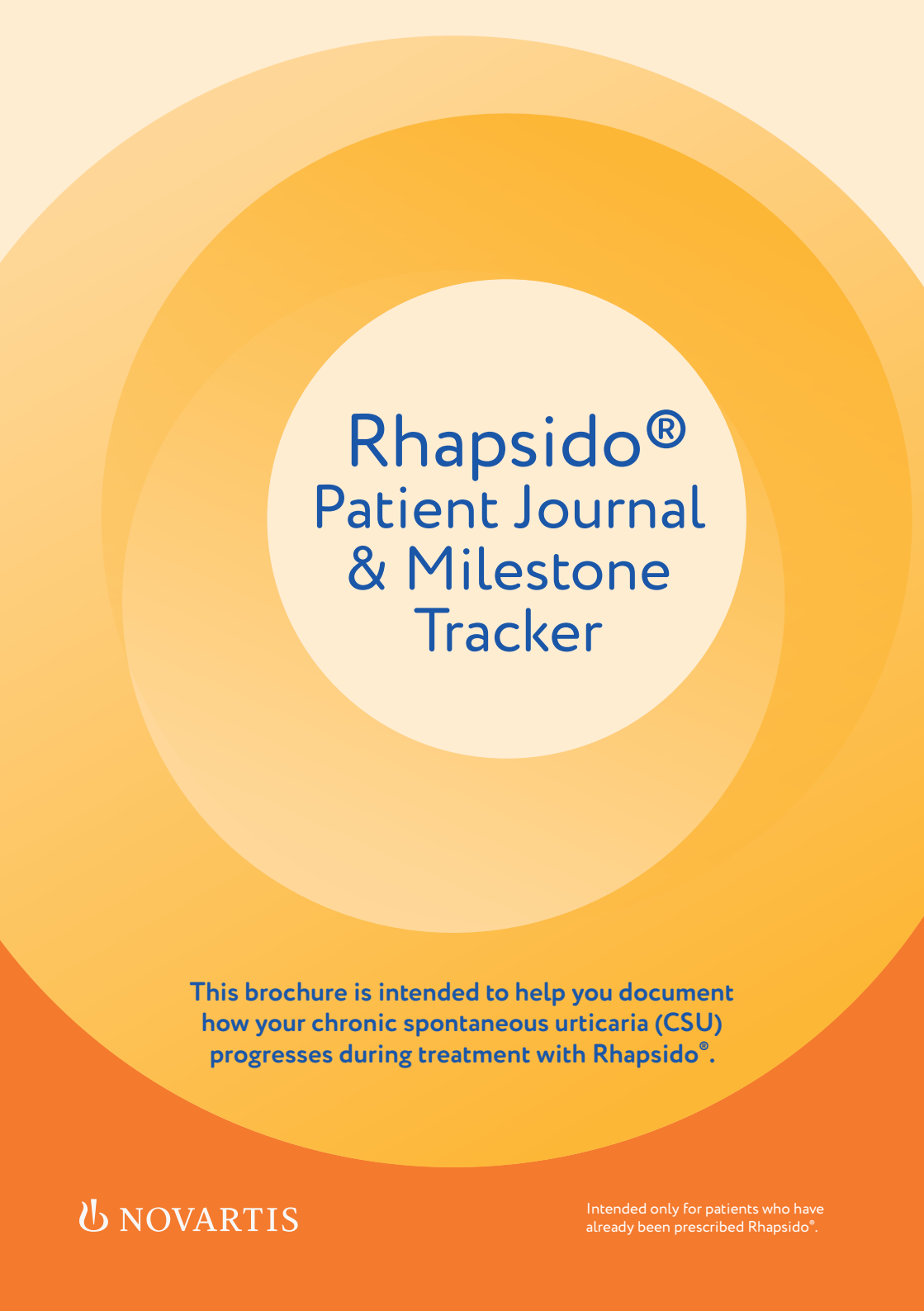




Rhapsido® Patient Journal & Milestone Tracker

This brochure is intended to help you document
how your chronic spontaneous urticaria (CSU)
progresses during treatment with Rhapsido®.



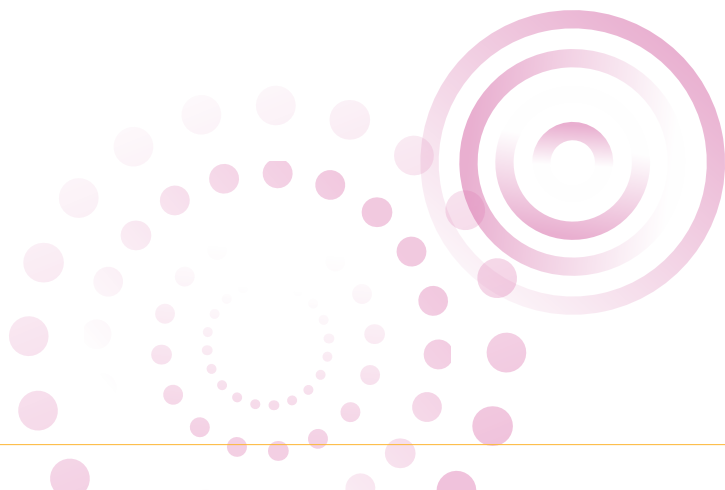
INTRODUCTION

This journal is intended for patients with chronic spontaneous urticaria (CSU) who are being treated with **Rhapsido**. In this journal, you'll find background information on CSU and the medication, as well as tools to help you track your treatment experiences and your overall well-being.

HOW TO USE THIS JOURNAL

This journal is your most important tool for documenting your CSU and your treatment. Use it to keep track of how the condition is affecting you, what changes you notice after starting treatment, and what questions you have for your doctor.

It's also a good idea to bring this journal with you to your doctor's appointments. This will help you describe your progress and current condition more clearly.





SYMPTOMS AND THEIR EFFECTS

CSU symptoms can have physical effects, such as hives and itching, but they can also take an emotional toll. Anxiety, stress, sleep disturbances, and reduced ability to concentrate at work can affect daily life and emotional well-being. As your treatment progresses, you may notice improvements in these areas.



DOCUMENT YOUR EXPERIENCES

Keeping a record of how your symptoms change over time will help your doctor understand how your CSU is affecting you and how you are responding to your treatment.

Write down any symptoms or sensations as soon as you notice them. To help you prepare for your appointments with your doctor, this journal provides space for you to take notes.



WHAT YOU SHOULD KEEP IN MIND WHILE TAKING RHAPSIDO

Consistency is important when taking this medication. Even if you feel well, it is important to continue taking the medication as prescribed in order to maintain the therapeutic effect. Take one 25 mg tablet in the morning and one in the evening. You do not have to take the tablets with a meal, but taking them with a meal may help you remember to take them. A reminder on your mobile phone can also be helpful.

The medication should be stored at room temperature. This makes it easy for you to take it with you when you leave the house. When you travel, keep the tablets in their original packaging and bring a copy of your prescription with you.



BEFORE STARTING THERAPY

How much do your symptoms affect your daily life?

The goal of treatment is to improve your quality of life by reducing the physical and emotional effects of CSU. If you keep a record of how your symptoms affect you before and after you start treatment, this can help you and your doctor better assess the progress of your treatment.

Answer the following questions to assess the impact of your CSU symptoms. Please fill out this questionnaire right before you begin your new treatment and then at regular intervals (e.g., monthly). You'll find another questionnaire on page 10 to fill out after your first month of treatment. Pages 8 and 9 also provide space for optional weekly documentation.

	None	Mild	Moderate	Severe
How severe are your CSU symptoms?				
Itching	☐	☐	☐	☐
Redness	☐	☐	☐	☐
Swelling	☐	☐	☐	☐
Hives	☐	☐	☐	☐
	☐	☐	☐	☐
How much do your CSU symptoms affect your daily life?				
Sleep	☐	☐	☐	☐
Concentration	☐	☐	☐	☐
Social Life	☐	☐	☐	☐
Relationships	☐	☐	☐	☐
	☐	☐	☐	☐
How much do your CSU symptoms affect your well-being?				
Fear/Worries	☐	☐	☐	☐
Stress	☐	☐	☐	☐
Irritability	☐	☐	☐	☐
Shame	☐	☐	☐	☐
	☐	☐	☐	☐
Use this section to provide further details about your sleep or daily routine, as well as your thoughts before starting treatment with Rhapsido.				

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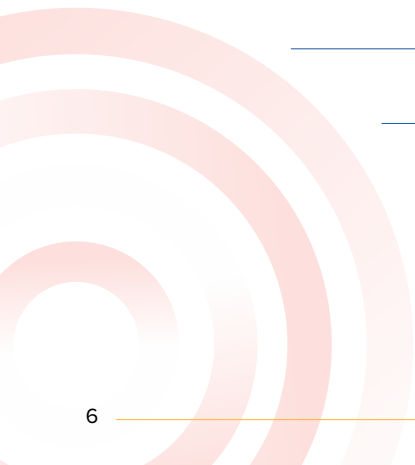
SETTING GOALS HELPS YOU STAY ON TRACK WITH YOUR TREATMENT

Use the space below to write down your goals for the coming month, such as:

This month, I'd like to ...

- ... develop a daily routine that helps me take my pills regularly.
- ... feel more rested and be less affected by my illness in my daily life.
- ... notice improvements in my sleep—even if not every night is perfect.
- ... keep a closer eye on my symptoms during everyday activities.
- ... track my progress so I can see how things change over time.

Add your personal goals:





WEEKLY URTICARIA LOG

Keep a record of your symptoms

If you keep a weekly record of your symptoms, you'll get a clearer picture of how your treatment is progressing. Use the log on the next page to record your symptoms—such as hives, itching, redness, or swelling—as well as any impact these symptoms may have on your sleep, daily activities, or work.

Try to make your entries at the same time each week, if possible. This will help you recognize early changes more easily and can support you in continuing your treatment consistently. In addition, this provides clear documentation that you can discuss with your doctor—including any changes you may notice as your treatment progresses.

How to use this log

1. At the end of each week, assess your symptoms and how they affect your daily life and your mood.
2. Write down any other details you want to record or think about.





		Week 1	Week 2	Week 3	Week 4
How severe are your CSU symptoms?					
Itching	None	☐	☐	☐	☐
	Mild	☐	☐	☐	☐
	Moderate	☐	☐	☐	☐
	Severe	☐	☐	☐	☐
Redness	None	☐	☐	☐	☐
	Mild	☐	☐	☐	☐
	Moderate	☐	☐	☐	☐
	Severe	☐	☐	☐	☐
Swelling	None	☐	☐	☐	☐
	Mild	☐	☐	☐	☐
	Moderate	☐	☐	☐	☐
	Severe	☐	☐	☐	☐
Hives	None	☐	☐	☐	☐
	Mild	☐	☐	☐	☐
	Moderate	☐	☐	☐	☐
	Severe	☐	☐	☐	☐
	None	☐	☐	☐	☐
	Mild	☐	☐	☐	☐
	Moderate	☐	☐	☐	☐
	Severe	☐	☐	☐	☐
How much do your CSU symptoms affect your daily life?					
Sleep	None	☐	☐	☐	☐
	Mild	☐	☐	☐	☐
	Moderate	☐	☐	☐	☐
	Severe	☐	☐	☐	☐
Concentration	None	☐	☐	☐	☐
	Mild	☐	☐	☐	☐
	Moderate	☐	☐	☐	☐
	Severe	☐	☐	☐	☐
Social Life	None	☐	☐	☐	☐
	Mild	☐	☐	☐	☐
	Moderate	☐	☐	☐	☐
	Severe	☐	☐	☐	☐

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		Week 1	Week 2	Week 3	Week 4
How much do your CSU symptoms affect your daily life?					
Relationships	None	☐	☐	☐	☐
	Mild	☐	☐	☐	☐
	Moderate	☐	☐	☐	☐
	Severe	☐	☐	☐	☐
	None	☐	☐	☐	☐
	Mild	☐	☐	☐	☐
	Moderate	☐	☐	☐	☐
	Severe	☐	☐	☐	☐
How much do your CSU symptoms affect your well-being?					
Fear/Worries	None	☐	☐	☐	☐
	Mild	☐	☐	☐	☐
	Moderate	☐	☐	☐	☐
	Severe	☐	☐	☐	☐
Stress	None	☐	☐	☐	☐
	Mild	☐	☐	☐	☐
	Moderate	☐	☐	☐	☐
	Severe	☐	☐	☐	☐
Irritability	None	☐	☐	☐	☐
	Mild	☐	☐	☐	☐
	Moderate	☐	☐	☐	☐
	Severe	☐	☐	☐	☐
Shame	None	☐	☐	☐	☐
	Mild	☐	☐	☐	☐
	Moderate	☐	☐	☐	☐
	Severe	☐	☐	☐	☐
	None	☐	☐	☐	☐
	Mild	☐	☐	☐	☐
	Moderate	☐	☐	☐	☐
	Severe	☐	☐	☐	☐
	None	☐	☐	☐	☐
	Mild	☐	☐	☐	☐
	Moderate	☐	☐	☐	☐
	Severe	☐	☐	☐	☐

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AFTER ONE MONTH OF RHAPSIDO THERAPY:

How much do your symptoms affect your daily life?

	None	Mild	Moderate	Severe
How severe are your CSU symptoms?				
Itching	☐	☐	☐	☐
Redness	☐	☐	☐	☐
Swelling	☐	☐	☐	☐
Hives	☐	☐	☐	☐
.....	☐	☐	☐	☐
How much do your CSU symptoms affect your daily life?				
Sleep	☐	☐	☐	☐
Concentration	☐	☐	☐	☐
Social Life	☐	☐	☐	☐
Relationships	☐	☐	☐	☐
.....	☐	☐	☐	☐
How much do your CSU symptoms affect your well-being?				
Fear/Worries	☐	☐	☐	☐
Stress	☐	☐	☐	☐
Irritability	☐	☐	☐	☐
Shame	☐	☐	☐	☐
.....	☐	☐	☐	☐
Use this section to provide further details about your sleep or daily life, as well as your thoughts one month after starting treatment with Rhapsido.				

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**DO YOU HAVE ANY MEDICAL QUESTIONS
about Novartis products or a condition that
is being treated with Novartis products, e.g.:**

- Taking the medication
- Effectiveness
- Possible side effects or complaints
- Combinations, interactions with other medications?

**Please feel free to contact us, the Novartis
Pharma Medical Information Service, at:**

(Mon. to Fri., from 8:00 a.m. to 6:00 p.m.)

Telephone	0911 273 12 100
Fax	0911 273 12 160
Email	infoservice.novartis@novartis.com
Website	www.infoservice.novartis.de
Live-Chat	www.chat.novartis.de