

RHEUMATOID ARTHRITIS

Patient Support Program

PfizerFlex

Experienced, Dedicated Team

Getting in
touch with your
treatment



A guide for using XELJANZ XR and XELJANZ



XELJANZ[®] XR 
[tofacitinib citrate]

XELJANZ[®] 
[tofacitinib citrate]

xeljanz.ca

Welcome

to your PfizerFlex
Patient Support Program for
XELJANZ XR and **XELJANZ**

Welcome to your rheumatoid arthritis (RA) treatment with XELJANZ.

Along with the support you receive from your healthcare team, you can turn to your experienced PfizerFlex support team for information and advice to help you with your new plan.

This booklet is a great resource for you to learn more about your XELJANZ XR or XELJANZ treatment, and so is your PfizerFlex Care Coach who is a qualified nurse.

Keep in mind as you read this booklet that both resources may provide more information if you choose to explore all the lifestyle recommendations and tools the PfizerFlex program has to offer to help you discover new strategies for helping manage your RA.

XELJANZ XR/XELJANZ (tofacitinib) is used to treat adults with RA when other treatments do not work. XELJANZ XR/XELJANZ may be taken alone or in combination with methotrexate.

XELJANZ is pronounced ZEL-jans, and XR is pronounced "X" "R".

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The XELJANZ Patient Information leaflet can be found in the pocket of this booklet.

Basic facts about RA

RA is a common autoimmune arthritis. It is caused by an overactive immune response that mistakenly attacks healthy tissues in the joints. This leads to inflammation (swelling) in these tissues which can cause pain. This damage can eventually lead to other parts of the body.

RA affects about 300,000 Canadians (approximately 1 out of every 100 adults) and has been found to be 2–3 times more common in women than men.



How it works

Your immune system helps your body by fighting off infections and diseases. When you have RA, your immune response can be more active than it should be. XELJANZ XR/XELJANZ is believed to interfere with the activity of an enzyme called Janus kinase (JAK), which activates other cellular components which normally start the immune response in your body. By lowering your immune response, XELJANZ XR/XELJANZ reduces the signs and symptoms of RA.

OVERLY ACTIVE IMMUNE RESPONSE

When the immune response becomes too active, autoimmune diseases such as RA can occur.



IMMUNE CELL

LOWERED IMMUNE RESPONSE

By lowering immune response, XELJANZ XR/XELJANZ reduces the signs and symptoms of RA.



IMMUNE CELL

How to take it

XELJANZ XR and XELJANZ are tablets taken with or without food. XELJANZ XR/XELJANZ may be taken alone or in combination with methotrexate.

Usual adult dose:



XELJANZ

is a 5-mg tablet taken by mouth twice daily.



XELJANZ XR

is an 11-mg extended release tablet taken by mouth once daily.



Swallow XELJANZ XR tablets whole. Do not crush, split, or chew the tablets.



You can take XELJANZ XR/XELJANZ with or without food (but remember to avoid grapefruit juice).

Some things to remember when taking XELJANZ XR or XELJANZ

- Your doctor may reduce the dose if you have liver or kidney problems. You should not increase your dose by yourself.
- XELJANZ XR/XELJANZ should not be used if you have or develop a serious infection, until the infection is controlled.
- Always take XELJANZ XR/XELJANZ exactly as your healthcare professional tells you.

If you think you, or a person you are caring for, have taken too much XELJANZ XR/XELJANZ, contact a healthcare provider, hospital emergency department or regional Poison Control Centre immediately, even if there are no symptoms.

Do not take a double dose to make up for a forgotten dose. If you have missed your dose, take the next dose as planned at the next scheduled time.

Contact your healthcare professional if you require any surgery while taking XELJANZ XR/XELJANZ.

Store your XELJANZ XR/XELJANZ between 15°C and 30°C, and keep out of sight and reach of children.



Exploring your PfizerFlex Program

Focused on you

Designed with patients like you in mind, the PfizerFlex Program gives you access to important treatment information and assistance to support you in getting the most out of your XELJANZ XR or XELJANZ treatment plan.

Support for every step of your treatment plan

Live support, available from our dedicated team and your Care Coach (nurse), for questions about the program or treatment



Reimbursement expertise to help you find and secure coverage for your treatment plan



Experienced team members to help you access your medication as quickly as possible



Practical tools to help you navigate your treatment plan



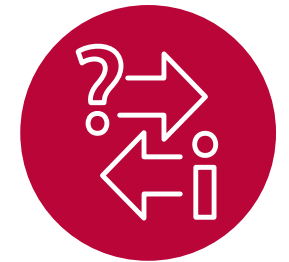


Coaches who care

Your individual PfizerFlex Care Coach is a nurse and an important member of your RA support team. The PfizerFlex program has a lot of personalized support and advice to offer, and your PfizerFlex Care Coach will be the one who guides you through this process.

Your PfizerFlex Care Coach will:

- Assist you in exploring your financial assistance options
- Help you begin your treatment with XELJANZ XR/XELJANZ
- Help empower you to understand and manage elements of your treatment plan



Meeting Your PfizerFlex Care Coach

Within one business day of enrolment, you'll receive a phone call from a PfizerFlex Care Coach—a registered nurse—to help you discover how the PfizerFlex Program can best support you.

For more information or to reach your Care Coach, call 1-855-935-FLEX (3539).

Taking advantage of your support teams

Use the resources available to you, including your healthcare team and your RA support team, to help you with your treatment plan.

Your healthcare team can help answer important questions you may have, including:

1. What are my most problematic RA symptoms?
2. Why should I take this medication?
3. What else do I need to do?
4. Why is it important for me to do this?

Your RA support team can help you manage your RA treatment day to day, and discuss and help you with any of your concerns.

It can also be helpful to discuss the possible treatment outcomes you wish to achieve, which ones are most important to you and why.



1. Use the table below to list and prioritize your desired possible RA treatment outcomes.

Priority	Outcomes
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

2. Consider your top priority (priority 1) from the list and answer the following questions:

a. Why is this important to me?

b. How will this benefit me?

c. How would I feel if I couldn't achieve this outcome?

Bring this list to your next appointment with your healthcare professional.



Mapping your goals

What is goal setting?

Setting goals is an important part of any treatment plan. Goal setting involves you and your healthcare team creating and agreeing on actions that you can take to help improve your health.



Goals can be general or specific. For example, some general health-related goals are:

- Losing weight
- Exercising more
- Reducing stress
- Eating a balanced diet



Specific health-related goals are actions such as:

- Drinking water instead of soft drinks
- Adding an exercise routine to your daily schedule
- Taking meditation classes to reduce stress
- Making healthy food choices

You can create your own action plan to set and achieve a goal.



The following is an example of a
S.M.A.R.T. lifestyle goal:

*I will lose 5 pounds in 4 weeks by swimming
for 30 minutes every morning.*

S.M.A.R.T. lifestyle goals

Specific goals (or **S.M.A.R.T.** lifestyle goals) are action plans that help move a person toward a more general goal.

S.M.A.R.T. lifestyle goals are:

- S**pecific – Specific goals have a greater chance of being achieved than general goals. To set a specific goal, you must answer the 6 Ws:
 - Who: The people involved.
 - What: Choose the accomplishment.
 - Where: Identify a location.
 - When: Establish a time frame.
 - Which: Identify needs and constraints.
 - Why: Reasons for – or benefits of – accomplishing this goal.
- M**easurable – To determine if your goal is measurable, ask questions such as:
 - How much?
 - How many?
 - How will I know when it is accomplished?
- A**ttainable – When you identify goals that are most important to you, you begin to figure out ways you can attain them. You develop the attitudes, abilities, skills, and financial capacity to reach them.
- R**ealistic – To be realistic, a goal must be something that you are both willing and able to work for. A goal is probably realistic if you truly believe that it can be accomplished.
- T**ime bound – A goal must have a target date.

Additional tracker forms are available on the XELJANZ website
xeljanz.ca

Managing your medication

Medication reminders

It is important to take your medication at the same time each day. If you miss your dose of XELJANZ XR/XELJANZ, take the next dose as planned at the next scheduled time. Do not take a double dose to make up for a forgotten dose. There are many ways to remind yourself to take your medication – here are some useful tips:



Try to take it around activities that you do daily, like brushing your teeth or eating a meal



Set an alarm on your cell phone to remind you when it's time



Use a reminder card or sticky notes



Ask a family member or friend to remind you



A virtual pillbox can help you keep track of your medicines. Try Medisafe, a user-friendly app that reminds you to take your medication at the right time. Medisafe is available on Google Play and the App Store®.

These apps are for reference and not endorsed by Pfizer. Google Play and the Google Play logo are trademarks of Google LLC.



Use a medication box containing your daily doses (the box can also show you when you have missed a dose)

Medication tracker

It is essential in any treatment to follow your prescription and to let your healthcare professional know what other medications you are taking prior to starting a new treatment.

Use this space to list all the medications you take, including your prescriptions, over-the-counter medicines, herbal products, vitamins and supplements. Keep this list up to date and share it with your healthcare team at every visit.

Name	Description (colour, shape, size)	Amount

Remember, always take your medicine exactly as directed by your healthcare provider. Know when to take it, how often, and for how long. Know what to do if you miss a dose, and under what conditions you should stop taking it. If you don't know, ask!

How often & when	How to take	What it is for

You can download fillable pdfs of this and other tools and trackers online at xeljanz.ca

Lifestyle tips for RA

Think healthy

Fight stress

Stress triggers a chemical release in the body that may result in inflammation and pain, which can promote disease activity. That's why it's important to recognize stress and anxiety triggers and minimize them. Do you get overwhelmed when you have a lot of errands? You may need to manage your time a little differently. Are you a night owl? Don't force yourself to accomplish your chores first thing in the morning.

The truth is, everyone gets stressed. Luckily, there are many ways to deal with it.

Be active

Being active eases pain, improves mood and lowers stress – try to pick activities that are easy on your joints, like yoga or Tai Chi.



Try meditating

Calm your mind to improve your mood and reduce stress – it can be as simple as deep breathing.



Be good to yourself

Treat yourself better by getting enough rest and stopping bad habits like smoking.



Get support

If you think it will help you, join a support group. Either way, be sure to continue talking openly to your healthcare team and your family and friends.



Stay positive

Stay realistic with the goals you set, and make sure to be patient with yourself.



Work healthy

It is a common misconception that arthritis is a disease of the elderly. Many people diagnosed with RA are of working age and are affected by their condition, regardless of the type of work they do.

Be open

Depending on your circumstance, you may not want to share your diagnosis with your employer. However, in many cases, employers and colleagues can be very supportive. They may even offer reasonable adjustments to ease the strain of your day.



Work smart

Regardless, it is still up to you to adjust your lifestyle, and work style, to ease stress on your joints. Whether it is lifting a heavy item or staying seated at a desk, take the proper precautions and make use of large muscles and joints. Make sure you alternate heavy or repeated tasks with lighter ones, in order to reduce the stress on your joints. This allows you to conserve your energy and rest the weaker muscles.



Additional Resources

In addition to the various resources offered by the XELJANZ website xeljanz.ca, you can find links to other certified websites that may be useful. Please note that this is not a complete list of the available resources you may find.

These websites include:

- The Arthritis Research Foundation – beatarthritis.ca
- Arthritis Research Centre of Canada (ARC) – arthritisresearch.ca
- The Arthritis Foundation – arthritis.org
- Arthritis Broadcast Network – arthritisbroadcastnetwork.org
- Joint Health™ – jointhealth.org

Apps can modernize the way you track your RA. Some of these apps are free and available on Google Play and/or the App Store®.

Check out some of these apps:

- Manage My Pain
- Health Log
- MyRA Touch
- RA Healthline
- RA Monitor



Quick link to xeljanz.ca

These apps are for reference and not endorsed by Pfizer. Google Play and the Google Play logo are trademarks of Google LLC.



Possible side effects

These are not all the possible side effects you may have when taking XELJANZ XR/XELJANZ. See the Patient Information leaflet in the pocket of this booklet for more information. If you experience any side effects not listed here, tell your healthcare professional. The side effects of XELJANZ XR/XELJANZ include:

- Upper respiratory tract infection (such as a cold)
- Nasopharyngitis (nose or throat infection and runny or stuffy nose), cough
- Headache, dizziness
- Diarrhea, vomiting, nausea (feeling queasy, feeling like you may throw up)
- Indigestion (heartburn or upset stomach)
- Back pain, joint pain
- Rash
- Muscle weakness/pain

If any of the above affects you severely, tell your healthcare professional.

To help avoid side effects and ensure proper use, talk to your healthcare professional before you take XELJANZ XR/XELJANZ.

Before taking XELJANZ XR, talk to your doctor if you have a known narrowing or blockage of your digestive tract (intestines or another part of your bowel are not as wide as normal). This is important if you will be taking XELJANZ XR or if you are switching from XELJANZ to XELJANZ XR.

If you have a troublesome symptom or side effect that is not listed here or becomes bad enough to interfere with your daily activities, tell your healthcare professional. Speak to your healthcare team for more information and consult your Patient Information leaflet.

If you develop any signs or symptoms of infection, contact your healthcare professional.

FAQs

What should I do if I experience side effects?

Tell your doctor about any side effects that you experience or if you need any advice in managing your side effects.

You can report any suspected side effects associated with the use of health products to Health Canada by:

- Visiting the Web page on Adverse Reaction Reporting (<https://www.canada.ca/en/health-canada/services/drugs-health-products/medeffect-canada.html>) for information on how to report online, by mail or by fax; or
- Calling toll-free at 1-866-234-2345.

Can I take XELJANZ XR/XELJANZ if I am pregnant or planning to have a baby?

Do not take this medication if you are pregnant or are planning to become pregnant.

Can I take XELJANZ XR/XELJANZ if I am breastfeeding or plan to breastfeed?

Do not take this medication if you are breastfeeding or intend to breastfeed. Talk to your healthcare professional about the best way to feed your baby while taking XELJANZ XR/XELJANZ.

What is PrXELJANZ® and PrXELJANZ® XR used for?

RHEUMATOID ARTHRITIS

XELJANZ/XELJANZ XR (tofacitinib) is used to treat adults with rheumatoid arthritis (RA) when other treatments do not work. XELJANZ/XELJANZ XR may be taken alone or in combination with methotrexate.

PSORIATIC ARTHRITIS

XELJANZ is used to treat adults with active psoriatic arthritis (PsA) when other medicines do not work. XELJANZ may be taken alone or in combination with methotrexate or other medicines called conventional synthetic disease-modifying anti-rheumatic drugs (csDMARDs).

ULCERATIVE COLITIS

XELJANZ is used to treat adults with moderately to severely active ulcerative colitis (UC) when other medicines do not work.

How does XELJANZ/XELJANZ XR work?

XELJANZ/XELJANZ XR is a Janus kinase (JAK) inhibitor. JAK is a type of enzyme which helps start the immune response in your body. XELJANZ/XELJANZ XR is believed to interfere with the activity of the JAK enzyme to reduce the immune response. This helps reduce signs and symptoms of rheumatoid arthritis, psoriatic arthritis and ulcerative colitis.

Usual dose

Your healthcare professional may prescribe XELJANZ/XELJANZ XR alone or in combination with other medication(s). If you receive treatment with another drug, your healthcare professional will tell you how to take it. Be sure to read the package leaflets for the other drugs as well as this one.

RA
<ul style="list-style-type: none">The recommended dose of XELJANZ is 5 mg taken by mouth twice daily.The recommended dose of XELJANZ XR (extended release tablet) is 11 mg taken by mouth once a day. Swallow XELJANZ XR tablets whole. Do NOT crush, split or chew the tablets.

PsA
<ul style="list-style-type: none">The recommended dose of XELJANZ is 5 mg taken by mouth twice daily.

UC
<ul style="list-style-type: none">The recommended dose of XELJANZ is 10 mg twice daily for the first 8 weeks. After 8 weeks, your doctor will decide to give you 5 mg or 10 mg twice daily for maintenance.Your doctor may decide to stop your treatment with XELJANZ if it does not work for you within 16 weeks.

- Always take XELJANZ/XELJANZ XR exactly as your healthcare professional tells you.
- XELJANZ/XELJANZ XR can be taken with or without food.

- Your doctor may reduce the dose if you have liver or kidney problems. You should not increase the dose.

- XELJANZ/XELJANZ XR should not be used if you have or develop a serious infection until the infection is controlled.

- Store XELJANZ/XELJANZ XR between 15°C and 30°C. Keep out of sight and reach of children.

Missed dose

If you have missed your dose of XELJANZ/XELJANZ XR, take the next dose as planned at the next scheduled time. Do NOT take a double dose to make up for a forgotten dose.

Overdose

If you think you, or a person you are caring for, have taken too much XELJANZ/XELJANZ XR, contact a healthcare practitioner, hospital emergency department or regional Poison Control Centre immediately, even if there are no symptoms.

Serious Warnings and Precautions:

Serious infections

- You should NOT take XELJANZ/XELJANZ XR if you have an active infection.
- XELJANZ/XELJANZ XR is a medicine that affects your immune system. It can lower the ability of your body to fight infections such as tuberculosis, shingles (herpes zoster) and infections caused by other bacteria, fungi, or viruses that can spread throughout the body.
- In some cases, these infections may lead to hospitalization or death.
- Most patients who developed infections were taking other medicines, such as methotrexate (MTX) or corticosteroids. These medicines make it harder to fight infections.
- Your healthcare professional will closely monitor you for the signs and symptoms of infections during and after the treatment with XELJANZ/XELJANZ XR.
- Contact your healthcare professional if you have any signs or symptoms of an infection, such as:
 - fever, sweating, or chills
 - muscle aches
 - cough, shortness of breath,
 - blood in spit
 - weight loss
 - warm, red, or painful skin or sores on your body
 - diarrhea or stomach pain
 - burning when you urinate or urinating more often than normal
 - feeling very tired
- If a serious infection develops, stop taking XELJANZ/XELJANZ XR and contact your healthcare professional right away.

Cancers and immune conditions

- Lymphoma, lung cancer and other cancers have been reported in patients treated with XELJANZ.
- Your healthcare professional will closely monitor you for the signs and symptoms of cancer and other serious conditions during treatment with XELJANZ.

Blood clots

- Blood clots in the veins of your legs or arms (deep vein thrombosis, DVT), arteries (arterial thrombosis) or lungs (pulmonary embolism, PE) can happen in some people taking XELJANZ. This may be life-threatening and cause death.
- Stop taking XELJANZ/XELJANZ XR and seek medical help right away if you develop any signs or symptoms of:
 - Blood clots in your leg (such as swelling, pain or tenderness); or
 - Blood clots in your lung (such as sudden unexplained chest pain or shortness of breath).

Serious Warnings and Precautions (cont'd):

Major heart problems

- Major heart problems have been reported in RA patients treated with XELJANZ/XELJANZ XR.
- Talk to your healthcare professional about possible heart disease risk factors before you start taking XELJANZ/XELJANZ XR.
- If you develop signs and symptoms of a heart problem, stop taking XELJANZ/XELJANZ XR and contact your healthcare professional right away. Symptoms may include:
 - new or worsening chest pain
 - irregular heartbeats
 - shortness of breath
 - swelling of the legs

Do not use XELJANZ/XELJANZ XR if:

- You are allergic to tofacitinib or any other non-medicinal ingredients in XELJANZ/XELJANZ XR
- You are pregnant or are planning to become pregnant.
- You are breast-feeding or intend to breast-feed. Talk to your healthcare professional about the best way to feed your baby while taking XELJANZ/XELJANZ XR.
- You have severe liver problems.

Interactions with this medication

Tell your healthcare professional about all the medicines you take, including any drugs, vitamins, minerals, natural supplements or alternative medicines.

The following may interact with XELJANZ/XELJANZ XR:

- Other medicines used to treat Rheumatoid Arthritis, Psoriatic Arthritis or Ulcerative Colitis, including:
 - Biologics such as: abatacept, adalimumab, anakinra, certolizumab, etanercept, golimumab, infliximab, rituximab, secukinumab, ustekinumab, vedolizumab,
 - Other JAK inhibitors such as: baricitinib and upadacitinib.
- Medicines that affect your immune system (such as azathioprine, 6-mercaptopurine, tacrolimus, sirolimus, cyclosporine).
- Antiarrhythmics (medicines used to treat heart rhythm problems).
- Beta-blockers (medicines used to slow the heart or lower blood pressure) and calcium channel blockers (medicines used to lower blood pressure).
- Cholinesterase inhibitors (medicines used to treat Alzheimer's).
- HIV protease inhibitors.
- A medicine used to treat bacterial infections like tuberculosis called rifampin, and medicines for fungal infections (such as ketoconazole, fluconazole).
- Grapefruit juice.
- St. John's wort (an herbal medicine also known as *Hypericum perforatum*). It may reduce the response to XELJANZ/XELJANZ XR.

To help avoid side effects and ensure proper use, talk to your healthcare professional before you take XELJANZ/XELJANZ XR. Talk about any health conditions or problems you may have, including if you:

- are being treated for an infection, get a lot of infections or have infections that keep coming back;
- have diabetes, HIV/AIDS, or a weak immune system. People with these conditions have a higher chance for infections;
- have tuberculosis, or a history of tuberculosis or have been in close contact with someone with tuberculosis;
- have or have had hepatitis B or C;
- have known narrowing or blockage of your digestive tract (intestines or another part of your bowel are not as wide as normal). This is important if you will be taking XELJANZ XR or if you are switching from XELJANZ to XELJANZ XR.
- have gastrointestinal problems, including gastrointestinal perforations (tear in the stomach or intestines), diverticulitis (inflammation in parts of the large intestine), ulcers in your stomach or intestines;
- have low blood counts. Treatment with XELJANZ/XELJANZ XR can be associated with low red blood cell counts (anemia), or with low white blood cell counts (neutrophils or lymphocytes);
- have high cholesterol;
- have or had any type of cancer;
- have liver problems;
- have kidney problems;
- have a history of interstitial lung disease (diseases that inflame or scar lung tissue);
- have muscle pain or muscle weakness;
- develop new skin lesions during or after therapy or if existing lesions change appearance;
- have received any vaccines (shots) within 1 month prior to starting XELJANZ/XELJANZ XR or are planning to get vaccinated. Certain types of vaccines (shots) should not be given when taking XELJANZ/XELJANZ XR. Before you start XELJANZ/XELJANZ XR, you should be up to date with all recommended vaccinations, including a shingles vaccine;
- have had blood clots in your legs (deep vein thrombosis) or lungs (pulmonary embolism) or have been told you are at risk of blood clots;
- have problems with your blood clotting (thrombophilia);
- have chest pain, heart failure or any heart problems, or heart disease risk factors, such as if you:
 - are a current or past smoker,
 - have high blood pressure (hypertension),
 - have diabetes,
 - have a family history of premature coronary heart disease,
 - have had coronary artery disease. This is when blood vessels that supply your heart are clogged;
- have other diseases associated with rheumatoid arthritis, such as: lumps (nodules), anemia, lung problems, a type of immune problem called Sjögren's syndrome;
- are of Asian descent. You may be at increased risk of serious side effects.

Other warnings you should know about:

Blood tests and monitoring

You may need blood tests before you start XELJANZ/XELJANZ XR. These tests may be repeated while you are taking XELJANZ/XELJANZ XR. Your healthcare professional will also monitor your liver tests and blood cholesterol levels 4 to 8 weeks after you start receiving XELJANZ/XELJANZ XR and routinely thereafter. These will help your healthcare professional find out how XELJANZ/XELJANZ XR is affecting your blood and how well your liver is working.

Other warnings you should know about (cont'd):

Pregnancy and birth control

- Avoid becoming pregnant while taking XELJANZ/XELJANZ XR. It may harm your unborn baby.
- If you are of child-bearing age, use an effective method of birth control while taking XELJANZ/XELJANZ XR. Continue using birth control for 4 to 6 weeks after you stop taking XELJANZ/XELJANZ XR.

Adults aged 65 years and older

Side effects, including serious side effects, have occurred more often in patients aged 65 years and older.

If any of the above affects you severely, tell your healthcare professional.

XELJANZ/XELJANZ XR may cause abnormal blood test results, including changes in cholesterol levels, white or red blood cell counts or creatinine levels (a protein that may increase in people with kidney problems). Your healthcare professional will decide when to perform blood tests and will interpret the results.

SERIOUS SIDE EFFECTS AND WHAT TO DO ABOUT THEM				
Symptom/Effect	Talk to your healthcare professional		Stop taking drug and get immediate medical help	
	Only if severe	In all cases		
Cellulitis: skin infection with redness, swelling and pain		✓		
Gastritis: stomach ache, loss of appetite		✓		
Herpes zoster (shingles): skin rash or blisters usually on one side of the body with itching, burning or tingling pain			✓	
Hypertension (high blood pressure): measured high blood pressure, sometimes with headache or nosebleed		✓		
Myocardial infarction (heart attack): pressure or squeezing pain between the shoulder blades, in the chest, jaw, left arm or upper abdomen, shortness of breath, dizziness, fatigue, light-headedness, clammy skin, sweating, indigestion, anxiety, feeling faint and possible irregular heartbeat				✓
Pneumonia: infection with coughing, fever, fatigue		✓		
Urinary tract infections: difficulty or increased need to urinate; pain or burning sensation when passing urine, pain in the pelvis or mid-back, urine that appears cloudy		✓		

If you have a troublesome symptom or side effect that is not listed here or becomes bad enough to interfere with your daily activities, tell your healthcare professional.

Reporting Side Effects

You can report any suspected side effects associated with the use of health products to Health Canada by:

- Visiting the Web page on Adverse Reaction Reporting (<https://www.canada.ca/en/health-canada/services/drugs-health-products/medeffect-canada.html>) for information on how to report online, by mail or by fax; or
- Calling toll-free at 1-866-234-2345.

My medications

Use this space to list all medications you take, including your prescriptions, over-the-counter medicines, herbal products, vitamins and supplements. It's important to keep this list up-to-date, and share it with your healthcare team frequently.

Name	Description (colour, shape, size)	Amount	How often & when to take	How to take	What it's for

Remember, always take your medicine **exactly** as directed by your doctor or pharmacist. Know when to take it, how often, and for how long. Know what to do if you miss a dose, and under what conditions you should stop taking it. **If you don't know, ask!**

Side effects

These are not all the possible side effects you may have when taking XELJANZ/XELJANZ XR. If you experience any side effects not listed here, tell your healthcare professional.

The side effects that can occur when taking XELJANZ/XELJANZ XR include:

- Upper respiratory tract infection (such as a cold)
- Nasopharyngitis (nose or throat infection) and runny or stuffy nose), cough
- Headache, dizziness
- Diarrhea, vomiting, nausea (feeling queasy, feeling like you may throw up)
- Indigestion (heartburn or upset stomach)
- Rash
- Back pain
- Muscle weakness/pain

SERIOUS SIDE EFFECTS AND WHAT TO DO ABOUT THEM				
Symptom/Effect	Talk to your healthcare professional		Stop taking drug and get immediate medical help	
	Only if severe	In all cases		
Allergic reaction: hives, rash, swelling of the face, lips, tongue and throat that may cause difficulty in breathing or swallowing				✓
Anemia/neutropenia/lymphopenia (low blood cell counts): fatigue, loss of energy, weakness, shortness of breath			✓	
Bronchitis: persistent cough, fatigue, shortness of breath			✓	
Congestive heart failure: shortness of breath when you exert yourself or lie down, swelling in your legs, ankles and feet, irregular heartbeat, persistent cough				✓
Deep vein thrombosis (blood clot in the leg): swelling, pain or tenderness in the leg				✓
Flu: cough, sore throat, feverish chills			✓	
Increased creatine kinase levels: muscle weakness and/or muscle pain	✓			
Kidney problems: change in the amount, frequency or colour (pale or dark) of urine			✓	
Liver problems: yellowing of the skin or eyes, dark urine, abdominal pain, nausea, throwing up, loss of appetite with itching				✓
Lung cancer: worsening cough, shortness of breath, chest pain, loss of appetite, coughing up blood, fatigue, unexplained weight loss				✓
Lymphoma (cancer of the lymphatic system): painless swelling of lymph node, swollen tonsils, fever, chills, night sweats, feeling tired, itching, unexplained weight loss, loss of appetite, persistent coughing/difficulty breathing or not being able to breathe, and headache				✓
Peripheral edema: swelling of legs and ankles or the arms and hands			✓	
Pulmonary embolism (blood clot in the lung): sharp chest pain, coughing up blood, sudden shortness of breath				✓
Skin cancer: lesions during or after therapy or if existing lesions change appearance			✓	

If you have a troublesome symptom or side effect that is not listed here or becomes bad enough to interfere with your daily activities, tell your healthcare professional.

Find the full product monograph that is prepared for healthcare professionals and includes this Patient Medication Information by visiting the Health Canada website: (<https://www.canada.ca/en/health-canada/services/drugs-health-products/drug-products/drug-product-database.html>) or by calling 1-800-463-6001.



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1-855-935-FLEX (3539)

For more information or to contact your Care Coach
(Monday – Friday, 8:00 AM – 8:00 PM EST)

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