

Your guide to Doptelet® (avatrombopag)

Information and
support for adults with
primary chronic immune
thrombocytopenia (ITP)
who have been
prescribed Doptelet

This brochure has been produced by Sobi and is designed to be used with the patient information leaflet that came with your medication. It is not intended to replace any advice from your doctor. If you have questions or concerns, please read the patient information leaflet or contact your doctor for advice.

This brochure is intended only for adult patients who have been prescribed Doptelet (avatrombopag) for primary chronic (long-term) immune thrombocytopenia (ITP).¹

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package patient information leaflet. You can also report side effects directly via the Yellow Card Scheme at: <https://yellowcard.mhra.gov.uk/>. By reporting side effects, you can help provide more information on the safety of this medicine. Side effects can also be reported to Swedish Orphan Biovitrum Ltd at medical.info.uk@sobi.com or Telephone +44 (0) 800 111 4754.

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Doptelet®
(avatrombopag) tablets

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Introduction

You have been given this brochure because you have a condition called primary chronic immune thrombocytopenia (ITP).

Your doctor has prescribed you a medicine called Doptelet, also known as avatrombopag, to help manage your thrombocytopenia.

In this brochure you'll find information on ITP, how to manage it, and how to take Doptelet correctly. If you have any unanswered questions, talk to your doctor.

Please take a look at the treatment diary at the end of the brochure. Here you can write down:

- **The date and time of any appointments you have**
- **Your test results**
- **Medication reminders**
- **Any questions you want to ask your doctor when you are at the clinic**
- **Contact details for your healthcare team**

What is ITP?

ITP is a medical condition in which your blood has a low number of platelets. Platelets are an important part of your blood. They help your body control bleeding, by sticking together and forming a clot when you are injured. If you have a low number of platelets, your blood may not be able to clot properly.²

The immune system normally produces antibodies which help your body to fight infection. Sometimes the body incorrectly recognises and destroys things it shouldn't – this is known as an autoimmune condition, meaning 'against yourself'. ITP is a type of autoimmune condition where your body's immune system recognises your platelets as foreign, and destroys them, causing low platelet levels.^{2,3}

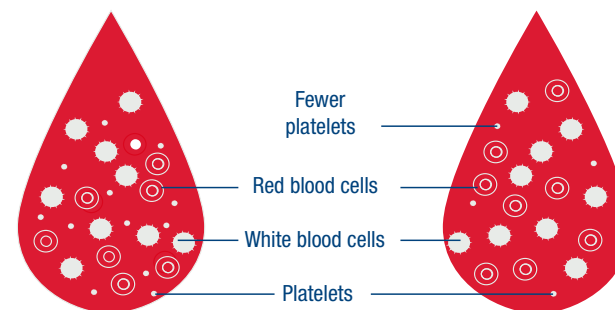
Normally, platelets make blood clot, and stop you bleeding after an injury. If you have low platelet levels, you might bruise easily, or bleed more than usual.^{2,3}

A normal adult platelet count ranges from 150,000–400,000 platelets per microlitre of blood. Doctors often refer to this using just the first three numbers, such as '150', or '400'. Fewer than 100,000 platelets per microlitre is lower than normal and means you have thrombocytopenia, which may be caused by ITP.²

ITP means you have fewer platelets circulating in your blood than the average person^{2,4}

Normal blood

ITP



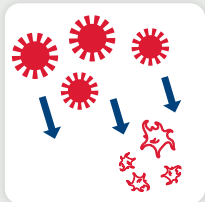
How common is ITP?

ITP is a rare condition
In the UK, **3,000 to 4,000** people have ITP²
More women are affected than men³

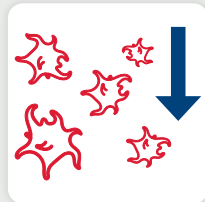
What is chronic ITP?

How chronic ITP can affect your body⁴

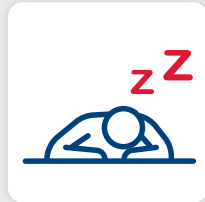
1. Your immune system removes your platelets faster than your body can make them



2. Over time, your platelet levels become lower than normal



3. A low platelet count may increase your risk of bleeding or bruising



4. You may experience other symptoms, such as fatigue

Signs and symptoms

This diagram shows the most common symptoms of ITP, which differ from person to person.^{2,4}

Petechiae

Tiny red/purple dots on the skin that look like a rash and are caused by bleeding under the skin

Purpura

Bruising caused by bleeding from small blood vessels under the skin

Fatigue

which means feeling extremely tired without a clear or direct cause



What are the symptoms of ITP?

People who have ITP may experience a number of symptoms, many of them related to bleeding



Excessive periods

Long or heavy menstrual periods known as menorrhagia



Nosebleeds

or bleeding from the nose for no apparent reason and with no warning



Haematomas

which happen from small bleeds under the skin that become clotted or partially clotted and form what looks and feels like a lump

Your treatment goals

The decision to treat chronic ITP is made by you and your doctor, and depends on how low your platelet levels are, and the severity of your symptoms.⁴

It is important to talk to your doctor about the impact symptoms are having on your quality of life, and what you are hoping treatment will achieve.

The goal of treatment with Doptelet is to keep your platelets at an acceptable level determined by your doctor. This is commonly, but not always, 50,000 platelets per microlitre of blood, or above.

Your doctor will decide how often you need to come to the clinic to have your platelet levels tested. This blood test helps your doctor assess how well you are responding to treatment.

Even with treatment, it is unlikely you will achieve platelet levels that most people have.¹

What is Doptelet?

Your doctor has prescribed you Doptelet to help your body make more platelets.

Doptelet is for adults with primary chronic ITP¹. It is a tablet that you swallow, and should be taken with any kind of food. Your doctor will tell you how much medicine to take and when. Doptelet may not return your platelets to standard levels, but it may increase them and improve your symptoms.¹

How does Doptelet work?

If you have chronic ITP, your body cannot produce the necessary number of platelets to avoid bleeding-related symptoms caused by ITP. This means your platelet levels are lower than other people's.²

- Doptelet mimics a natural protein found in your body called thrombopoietin (TPO), which tells your body to make more platelets¹
- Doptelet works with your bone marrow to boost platelet levels and maintain them in a stable range, helping to reduce the risk of bleeding¹
- Doptelet may not work for everyone, but a six-month clinical study showed that more patients with ITP maintained platelet levels of at least 50,000 per microlitre when taking Doptelet, than those who did not take it¹

How do I take Doptelet?

Read the patient information leaflet before taking Doptelet. If you have any questions or concerns, talk to your doctor, pharmacist or nurse

AT THE CLINIC: Monitoring and dose adjustments for Doptelet

Everyone with chronic ITP is different, so your doctor will need to calculate the right dose of Doptelet just for you:¹

- When you **start** taking Doptelet, you will take **one 20 mg tablet a day** and your doctor will **check your platelets each week**
 - Your starting dose may be different if you are taking certain other medicines that interact with Doptelet
- Based on those counts, your doctor will **adjust your dose** until you reach a **stable level of at least 50,000 platelets per microlitre**. Your doctor will keep you on this dose to maintain that level
- Your doctor will **monitor your platelets every month**, while you are taking Doptelet
- If you **stop** taking Doptelet, then your doctor will **monitor your platelets every week for at least 4 weeks** afterwards

AT HOME: When to take Doptelet¹

Doptelet is an oral tablet that fits in with your daily routine



Take at the same time each day (e.g. in the morning at breakfast)



With any type of food

**ALWAYS take Doptelet as prescribed¹
and talk to your doctor if you have any questions**

How do I take Doptelet?

What if I miss a dose of Doptelet?¹

- If you miss a dose, take it as soon as you remember
- **Never take two doses at once to make up for a missed dose**
- Take the next dose at the usual time



IF YOU TAKE TOO MUCH DOPTelet
call your doctor or nurse straight away¹

You can use the treatment diary to make a note of when you should take your medicine

How to store Doptelet



Doptelet should be stored at room temperature. Keep out of the sight and reach of children¹



Before taking Doptelet

Before you take Doptelet, tell your doctor if any of the following apply to you:¹



You are at risk of having a **blood clot** or have another blood condition known as **myelodysplastic syndrome (MDS)**



You are/have **become pregnant or are planning to become pregnant**. Doptelet may harm your unborn baby



You are breastfeeding or plan to breastfeed. This medicine can pass into breast milk. Your doctor will help you decide whether the benefit of breast-feeding outweighs any possible risks to your baby while you are breast-feeding



You take prescription and over-the-counter medicines, vitamins, and herbal supplements. Doptelet may affect the way other medicines work, and other medicines may affect the way Doptelet works

Does Doptelet have any side effects?

Doptelet, like all medicines, may cause side effects.¹

Very common side effects (may affect more than 1 in 10 people):¹

- Headache
- Feeling tired

For more information about possible side effects, please see Section 4 of your patient information leaflet.

If you experience any side effects when taking Doptelet
contact your doctor and refer to the patient information leaflet that came with your medicine

My chronic ITP treatment diary

This treatment diary will help you keep track of your appointments, monitor symptoms, and note down changes to your dosing schedule.

You can use this page to record the following:

- **Platelet count:** Use this space to write down your platelet count
- **Symptoms:** Use this space to write down your symptoms, if they are getting better or worse and when you experienced them
- **Dosage reminder:** Use this space to write down when you should take your tablets

The page also contains a '**My notes**' section where you can write down other information or any questions that come up between appointments. Use the '**Key contacts**' section to record contact details for your healthcare team. You may find this useful for future reference.

Key contacts

Doctor:	
Nurse:	
Clinic tel no:	
Out-of-hours (emergency) no:	

Date: ____ / ____ / ____

Platelet count	Symptoms	Dosage reminder
My notes		

Date: ____ / ____ / ____

Platelet count	Symptoms	Dosage reminder
My notes		

Date: ____ / ____ / ____

Platelet count	Symptoms	Dosage reminder
My notes		

Date: ____ / ____ / ____

Platelet count	Symptoms	Dosage reminder
My notes		

Date: ____ / ____ / ____

Platelet count	Symptoms	Dosage reminder
My notes		

Date: ____ / ____ / ____

Platelet count	Symptoms	Dosage reminder
My notes		

Date: ____ / ____ / ____

Platelet count	Symptoms	Dosage reminder
My notes		

Managing chronic ITP: Connect with the experts

Living with chronic ITP presents many challenges, but you do not have to do it on your own.

There are many support groups and social media collectives dedicated to people with chronic ITP that can provide expert support and advice.

Experienced patients with ITP are often members and share their best tips on diet, exercise, managing relationships and many more helpful hints. Their advice can be a great source of emotional support for new patients who are at the beginning of their ITP journey or who are changing treatments.

In the UK, the ITP Support Association can support patients, and the families of patients, with ITP, by providing information and advice.

For more information visit www.itpsupport.org.uk*

Endorsed by **the ITP Support Association**



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