

My Treatment Tracker



This material was developed by Swedish Orphan Biovitrum Ltd for patients who have been prescribed Waylivra. Please refer to the Patient Information Leaflet before administering Waylivra, or for any other information.



Waylivra® is a registered trademark of Akcea Therapeutics, Inc. Discovered and developed by Ionis Pharmaceuticals and distributed under an agreement with Akcea Therapeutics.

Date of preparation: March 2021. NP-15498



This tracker belongs to:

If found, please contact:



Important phone numbers

Your specialist doctor:

Your Connect nurse:

Connect service:

Other:

Keeping track along your treatment path



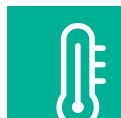
**It's important to see your progress
as you move ahead with Waylivra**

- Incorporating Waylivra into your life means building new routines and creating rituals that will help you put your health first and stay committed to your treatment.
- This treatment tracker is a tool that will help you keep a record of your injections, important contact numbers, and other notes about your experience with Waylivra. Please share this information with your specialist doctor.
- Reviewing your notes will help you see your progress and reflect on how your treatment is going.

Things to remember

- Make sure to follow your dosing schedule. If you need to change your dosing or appointment schedules, make sure to discuss this with your specialist doctor.
- If you miss an injection, contact your specialist doctor to ask when to take your next dose. If you notice a dose is missed within 48 hours, you should give the missed dose as soon as possible. If you don't notice a missed dose within 48 hours, then the missed dose should be skipped and the next planned injection given. Do not inject more than one dose within 2 days.
- Using good injection technique can help minimise discomfort with your injection. Consult your step-by-step injection guide for help on good injection technique.

Remember to:



Let your injection get to room temperature before injecting



Rotate your injection sites, and avoid skin that is irritated, scarred or tattooed



Insert the needle at a 45 degree angle to the skin surface



Slowly and firmly push the plunger down, and hold it down for 5 seconds after all the medication has been injected



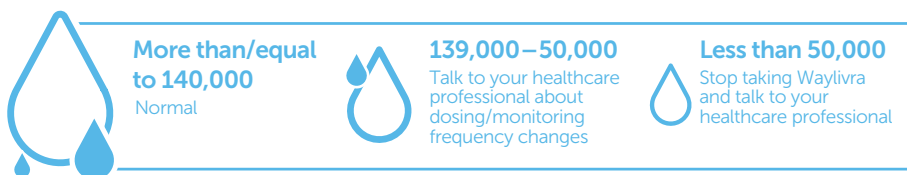
Put your used syringe in your sharps container immediately after your injection

Understanding platelet counts

Your Connect nurse and hospital clinical team will check your platelet levels before treatment and regularly during treatment with Waylivra. Platelets are cells that are responsible for clotting the blood.

Waylivra may reduce your platelet levels, which may result in a condition called thrombocytopenia. When you do not have enough platelets, like in thrombocytopenia, your blood may not clot quickly enough to stop bleeding.

You can see below what your platelet levels mean:



Please contact your specialist doctor immediately if you notice any signs of unusual or prolonged bleeding, such as:

- Bruises without an obvious cause
- A rash of tiny reddish-purple spots (these are called 'petechiae', pronounced peh-tee-kee-eye)
- Bleeding from a cut that does not stop, or oozes
- Bleeding from your gums or nose
- Bleeding into the whites of your eyes
- Dark, tarry stools or blood in your urine
- A severe headache that comes on suddenly

Using your treatment tracker

Below you'll see an example week filled out for you and instructions on how to fill out your treatment tracker week by week. Please contact your specialist doctor or Connect nurse if you have any questions.

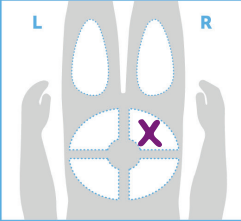
Injection

Example page

Date: 12/10/21

How are you feeling? ☐ ☒ ☐ ☐ ☐ ☐

L R




L R

Notes:
Injecting in belly was easier


Platelet count

Date: 11/10/21


Test performed by: Nurse Johnson



More than/equal to 140,000
Normal



139,000–50,000
Talk to your healthcare professional about dosing/monitoring frequency changes



Less than 50,000
Stop taking Waylivra and talk to your healthcare professional

Next blood test

Date: 25/10/21

Time: 1.30pm

Triglyceride level

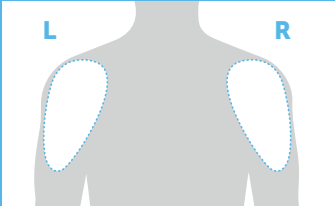
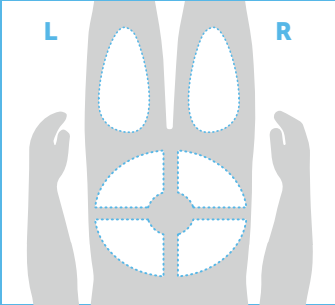
Date: 23/10/21

Level (mmol/L): 450

Injection

Date:

How are you feeling? ☐ ☒ ☐ ☐ ☐






Notes:

Platelet count

Date:

Test performed by:

 <p>More than/equal to 140,000 Normal</p>	 <p>139,000–50,000 Talk to your healthcare professional about dosing/monitoring frequency changes</p>	 <p>Less than 50,000 Stop taking Waylivra and talk to your healthcare professional</p>
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Next blood test	Date:	Time:
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Triglyceride level

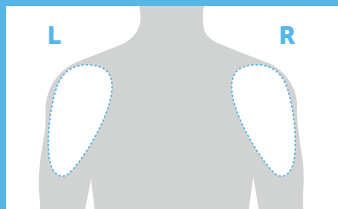
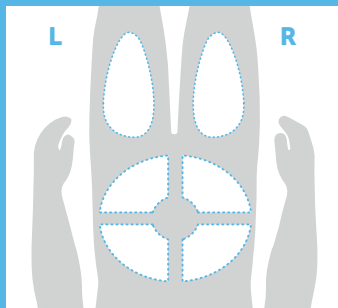
Date:

Level (mmol/L):

Injection

Date:

How are you feeling?



Notes:

Platelet count

Date: _____

Test performed by:



More than/equal
to 140,000
Normal



139,000–50,000
Talk to your healthcare professional about dosing/monitoring frequency changes



Less than 50,000
Stop taking Waylivra
and talk to your
healthcare professional

Next blood test

Date: _____

Time:

Triglyceride level

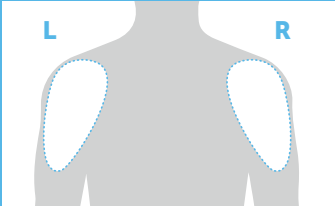
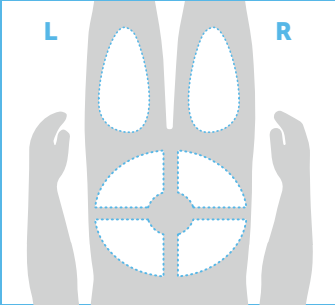
Date: _____

Level (mmol/L):

Injection

Date:

How are you feeling? ☐ ☒ ☐ ☐ ☐






Notes:

Platelet count

Date:

Test performed by:

 <p>More than/equal to 140,000 Normal</p>	 <p>139,000–50,000 Talk to your healthcare professional about dosing/monitoring frequency changes</p>	 <p>Less than 50,000 Stop taking Waylivra and talk to your healthcare professional</p>
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Next blood test	Date:	Time:
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Triglyceride level

Date:

Level (mmol/L):

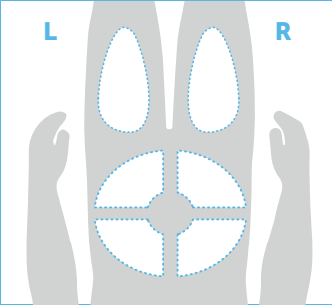
Injection

Date:

How are you feeling? ☐ ☐ ☐ ☐ ☐

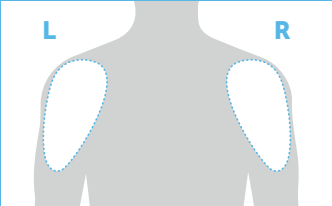
L

R



L

R




Notes:

Platelet count


Date:

Test performed by:




More than/equal to 140,000

Normal



139,000 – 50,000

Talk to your healthcare professional about dosing/monitoring frequency changes



Less than 50,000

Stop taking Waylivra and talk to your healthcare professional

Next blood test

Date:

Time:

Triglyceride level

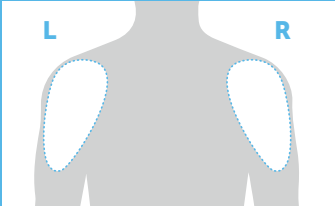
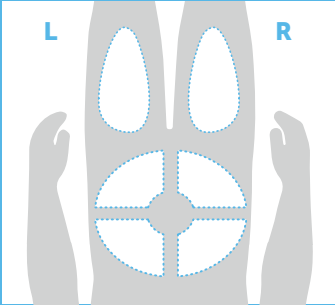
Date:

Level (mmol/L):

Injection

Date:

How are you feeling? ☐ ☒ ☐ ☐ ☐






Notes:

Platelet count

Date:

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Next blood test	Date:	Time:
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Triglyceride level

Date:

Level (mmol/L):

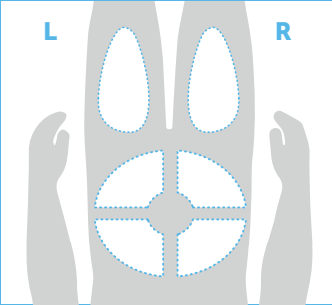
Injection

Date:

How are you feeling? ☐ ☐ ☐ ☐ ☐

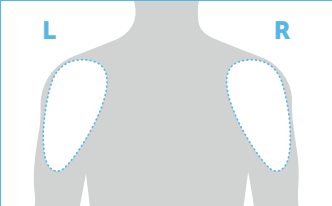
L

R



L

R




Notes:

Platelet count


Date:

Test performed by:




More than/equal to 140,000

Normal



139,000 – 50,000

Talk to your healthcare professional about dosing/monitoring frequency changes



Less than 50,000

Stop taking Waylivra and talk to your healthcare professional

Next blood test

Date:

Time:

Triglyceride level

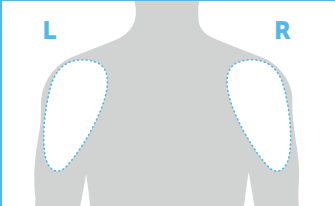
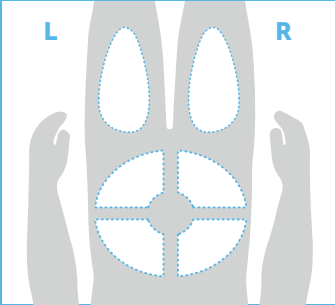
Date:

Level (mmol/L):

Injection

Date:

How are you feeling? ☐ ☒ ☐ ☐ ☐






Notes:

Platelet count

Date:

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Next blood test	Date:	Time:
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Triglyceride level

Date:

Level (mmol/L):

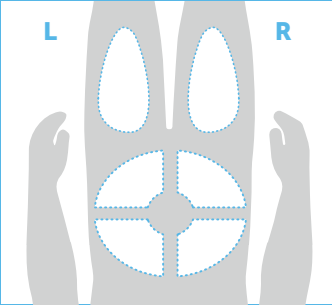
Injection

Date:

How are you feeling? ☐ ☐ ☐ ☐ ☐

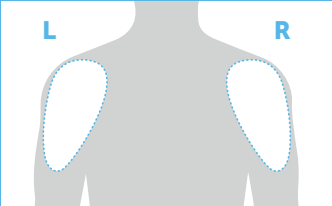
L

R



L

R




Notes:

Platelet count


Date:

Test performed by:




More than/equal to 140,000

Normal



139,000 – 50,000

Talk to your healthcare professional about dosing/monitoring frequency changes



Less than 50,000

Stop taking Waylivra and talk to your healthcare professional

Next blood test

Date:

Time:

Triglyceride level

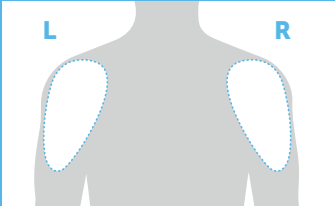
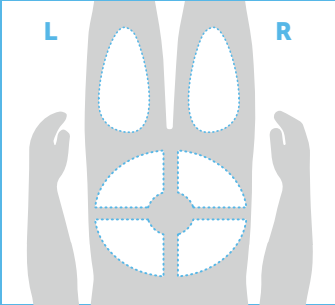
Date:

Level (mmol/L):

Injection

Date:

How are you feeling? ☐ ☒ ☐ ☐ ☐



Notes:

Platelet count

Date:

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Next blood test	Date:	Time:
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Triglyceride level

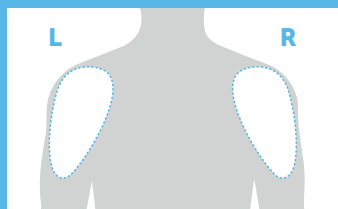
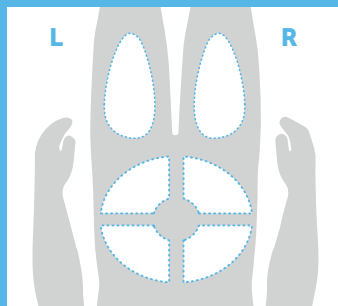
Date:

Level (mmol/L):

Injection

Date:

How are you feeling?



Notes:

Platelet count

Date: _____

Test performed by:



More than/equal
to 140,000
Normal



139,000–50,000
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Less than 50,000
Stop taking Waylivra
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Next blood test

Date: _____

Time:

Triglyceride level

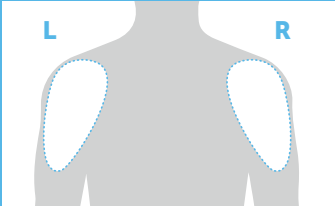
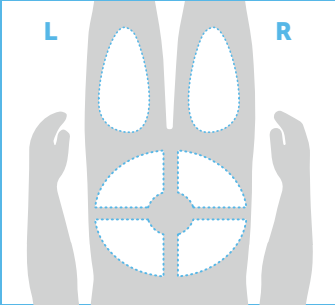
Date: _____

Level (mmol/L):

Injection

Date:

How are you feeling? ☐ ☒ ☐ ☐ ☐






Notes:

Platelet count

Date:

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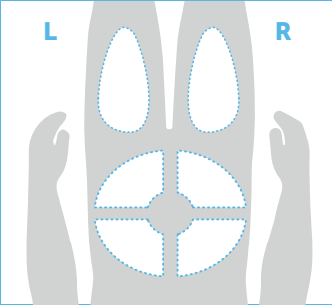
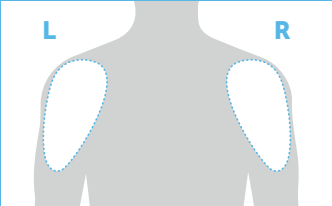
Next blood test	Date:	Time:
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Triglyceride level




Date:

Level (mmol/L):

Injection

Date:	How are you feeling? <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
	Notes: <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
	

Platelet count

Date:	Test performed by:	
<div><div><p>More than/equal to 140,000 Normal</p></div><div><p>139,000 – 50,000 Talk to your healthcare professional about dosing/monitoring frequency changes</p></div><div><p>Less than 50,000 Stop taking Waylivra and talk to your healthcare professional</p></div></div>		
Next blood test	Date:	Time:

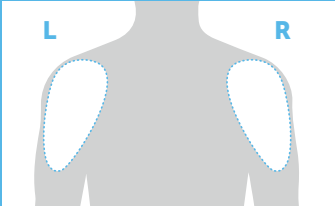
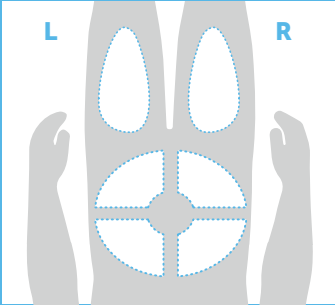
Triglyceride level

Date:	Level (mmol/L):
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Injection

Date:

How are you feeling? ☐ ☒ ☐ ☐ ☐






Notes:

Platelet count

Date:

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Next blood test	Date:	Time:
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Triglyceride level

Date:

Level (mmol/L):

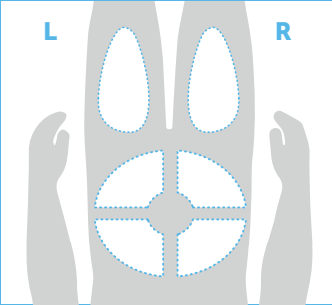
Injection

Date:

How are you feeling? ☐ ☐ ☐ ☐ ☐

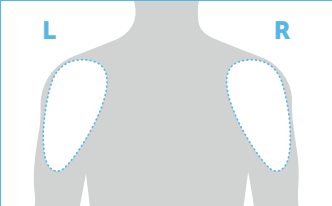
L

R



L

R




Notes:

Platelet count


Date:

Test performed by:




More than/equal to 140,000

Normal



139,000 – 50,000

Talk to your healthcare professional about dosing/monitoring frequency changes



Less than 50,000

Stop taking Waylivra and talk to your healthcare professional

Next blood test

Date:

Time:

Triglyceride level

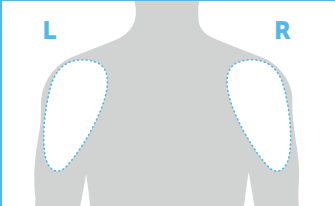
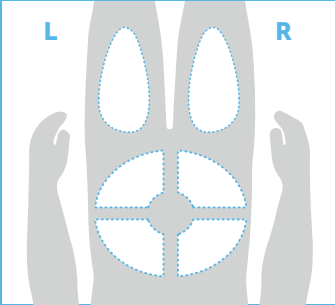
Date:

Level (mmol/L):

Injection

Date:

How are you feeling? ☐ ☒ ☐ ☐ ☐






Notes:

Platelet count

Date:

Test performed by:

 <p>More than/equal to 140,000 Normal</p>	 <p>139,000–50,000 Talk to your healthcare professional about dosing/monitoring frequency changes</p>	 <p>Less than 50,000 Stop taking Waylivra and talk to your healthcare professional</p>
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Next blood test	Date:	Time:
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Triglyceride level

Date:

Level (mmol/L):

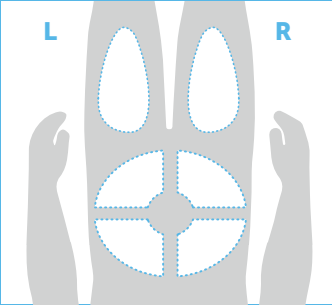
Injection

Date:

How are you feeling? ☐ ☐ ☐ ☐ ☐

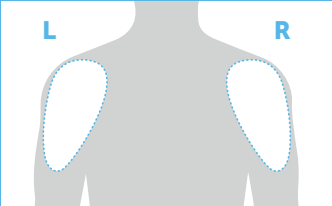
L

R



L

R




Notes:

Platelet count


Date:

Test performed by:




More than/equal to 140,000

Normal



139,000 – 50,000

Talk to your healthcare professional about dosing/monitoring frequency changes



Less than 50,000

Stop taking Waylivra and talk to your healthcare professional

Next blood test

Date:

Time:

Triglyceride level

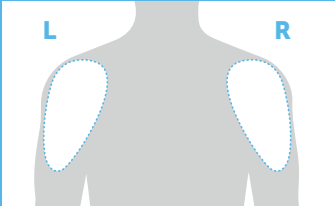
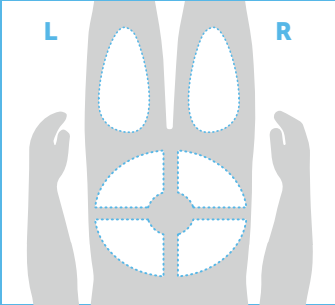
Date:

Level (mmol/L):

Injection

Date:

How are you feeling? ☐ ☒ ☐ ☐ ☐






Notes:

Platelet count

Date:

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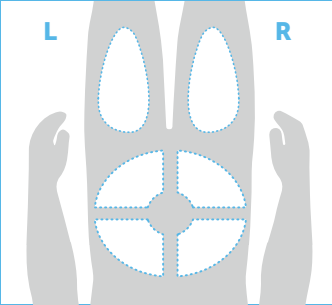
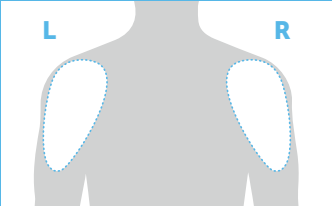
Next blood test	Date:	Time:
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Triglyceride level




Date:

Level (mmol/L):

Injection

Date:	How are you feeling? <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
	Notes: <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
	

Platelet count

Date:	Test performed by:	
<div><div><p>More than/equal to 140,000 Normal</p></div><div><p>139,000 – 50,000 Talk to your healthcare professional about dosing/monitoring frequency changes</p></div><div><p>Less than 50,000 Stop taking Waylivra and talk to your healthcare professional</p></div></div>		
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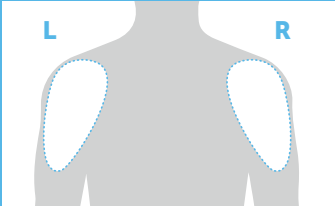
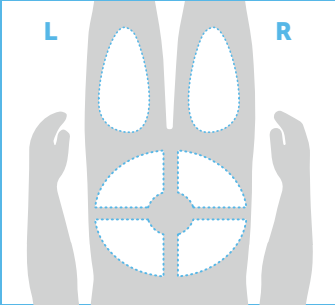
Triglyceride level

Date:	Level (mmol/L):
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Injection

Date:

How are you feeling? ☐ ☒ ☐ ☐ ☐






Notes:

Platelet count

Date:

Test performed by:

 <p>More than/equal to 140,000 Normal</p>	 <p>139,000–50,000 Talk to your healthcare professional about dosing/monitoring frequency changes</p>	 <p>Less than 50,000 Stop taking Waylivra and talk to your healthcare professional</p>
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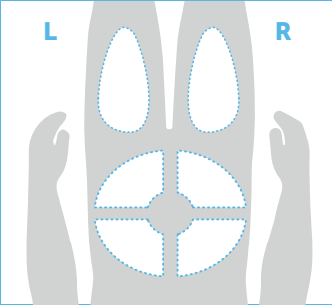
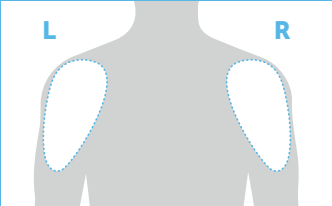
Next blood test	Date:	Time:
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Triglyceride level

Date:


Level (mmol/L):

Injection


Date:	How are you feeling? <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
	Notes: <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
	

Platelet count


Date:	Test performed by:
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More than/equal to 140,000
Normal



139,000 – 50,000
Talk to your healthcare professional about dosing/monitoring frequency changes



Less than 50,000
Stop taking Waylivra and talk to your healthcare professional

Next blood test	Date:	Time:
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Triglyceride level

Date:	Level (mmol/L):
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▼ This medicinal product is subject to additional monitoring. This will allow quick identification of new safety information. Talk to your doctor, pharmacist or nurse about any side effects you may get. 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. Reporting forms and information can be found at www.mhra.gov.uk/yellowcard. Alternatively, search for MHRA Yellow Card in the Google Play or Apple App Store, or contact the MHRA at yellowcard@mhra.gov.uk or +44 (0)800 731 6789. By reporting side effects you can help provide more information on the safety of this medicine.

If you would like any further information on
Swedish Orphan Biovitrum Ltd. please visit:
www.sobi-uk.co.uk



Waylivra® is a registered trademark of Akcea Therapeutics, Inc.
Discovered and developed by Ionis Pharmaceuticals and
distributed under an agreement with Akcea Therapeutics.

Date of preparation: March 2021. NP-15498