

DOCTOR DISCUSSION GUIDE



Get the most out of your next appointment! Consider using this guide to talk with your healthcare provider about managing your blood pressure and to see if BYSTOLIC is right for you.

Please see additional Important Risk Information about BYSTOLIC on next page.

What is BYSTOLIC?

BYSTOLIC is a prescription medicine that belongs to a group of medicines called "beta blockers." BYSTOLIC is used, often with other medicines, to treat adults with high blood pressure (hypertension). BYSTOLIC is not approved for use in children under 18 years of age.

IMPORTANT RISK INFORMATION

Do not take BYSTOLIC if you:

- Have heart failure and are in the ICU or need medicines to keep up your blood circulation.
- Have a slow heartbeat or your heart skips beats (irregular heartbeat)
- Have severe liver damage
- Are allergic to any ingredient in BYSTOLIC. The active ingredient is nebivolol.

Where Am I Now With My High Blood Pressure?

Fill out this section **before your next scheduled appointment** and share the answers with your doctor:

What were your most recent blood pressure readings?

| | | |
|---------------------|---------------------|---------------------|
| _____ / _____ mm Hg | _____ / _____ mm Hg | _____ / _____ mm Hg |
| _____ Date Measured | _____ Date Measured | _____ Date Measured |

What medication(s) are you currently taking to treat your blood pressure, and when did you start?

Medication _____

Do I Need to Make Any Changes?

Questions you can ask your doctor about your high blood pressure **during your next appointment**

- How is my blood pressure today?
- What lifestyle changes can I make that will help me achieve my blood pressure goal?
- If I do need to make a change to my treatment plan, are there other treatment options appropriate for me?

Is BYSTOLIC Right for Me?

Additional questions to discuss **with your healthcare provider**

- Doctor, if you feel BYSTOLIC may be right for me...
- Could once-daily BYSTOLIC help me lower my blood pressure?
 - What are some of the possible side effects of BYSTOLIC?
 - Does BYSTOLIC have a program to help with my co-pay?
 - How do I take BYSTOLIC?
 - Can I take BYSTOLIC with my other medications?

Notes _____

For additional information about high blood pressure or BYSTOLIC, visit BYSTOLIC.com.

For information on how you may be able to save on your BYSTOLIC prescription, if eligible, please visit www.bystolicavings.com.

This Doctor Discussion Guide is provided for informational purposes only and does not constitute medical advice. It may assist you with discussions with your healthcare provider only. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment.

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INDICATION AND IMPORTANT RISK INFORMATION

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IMPORTANT RISK INFORMATION ABOUT BYSTOLIC

Who should NOT take BYSTOLIC?

Do not take BYSTOLIC if you:

- Have heart failure and are in the ICU or need medicines to keep up your blood circulation.
- Have a slow heartbeat or your heart skips beats (irregular heartbeat)
- Have severe liver damage
- Are allergic to any ingredient in BYSTOLIC. The active ingredient is nebivolol.

What should I tell my healthcare provider before taking BYSTOLIC?

Before starting BYSTOLIC, tell your healthcare provider about all of your medical conditions, including if you:

- Have asthma or other lung problems (such as bronchitis or emphysema)
- Have problems with blood flow in your feet and legs (peripheral vascular disease). BYSTOLIC can make symptoms of blood flow problems worse.
- Have diabetes and take medicine to control blood sugar
- Have thyroid problems
- Have liver or kidney problems
- Have had allergic reactions to medications or have allergies
- Have a condition called pheochromocytoma (rare adrenal gland tumor)
- Are pregnant or trying to become pregnant. It is not known if BYSTOLIC is safe for your unborn baby. Talk with your doctor about the best way to treat your high blood pressure while you are pregnant.
- Are breastfeeding. It is not known if BYSTOLIC passes into your breast milk. You should not breastfeed while using BYSTOLIC.

- Are scheduled for surgery and will be given anesthetic agents
- Have had acute angina (symptoms include chest pain or discomfort) or an MI (heart attack) as BYSTOLIC has not been studied in patients with these conditions.

Also, to avoid a potentially serious or life-threatening condition, tell your healthcare provider if you are taking or plan to take any prescription or over-the-counter medications, vitamins, or herbal products, including:

- Certain CYP2D6 inhibitors (such as some antiarrhythmics like quinidine or propafenone or certain antidepressants such as fluoxetine or paroxetine, etc).
- Other beta blockers
- Digitalis
- Certain calcium channel blockers (such as verapamil and diltiazem)
- Antiarrhythmic agents (such as disopyramide)

What are the possible side effects of BYSTOLIC?

The most common side effects people taking BYSTOLIC report are headache, fatigue (tiredness), dizziness (if you feel dizzy, sit or lie down and tell your doctor right away), diarrhea, nausea, insomnia (difficulty falling or staying asleep), chest pain, bradycardia (slow heartbeat), dyspnea (shortness of breath), rash, and peripheral edema (leg swelling due to fluid retention). Other possible side effects include masking (hiding) the symptoms of low blood sugar and hyperthyroidism (overactive thyroid), especially a fast heartbeat. Tell your doctor if you gain weight or have trouble breathing while taking BYSTOLIC.

This is not a complete list of side effects. Tell your doctor if you have any side effects that bother you or don't go away.

What other information do I need to know about taking BYSTOLIC?

- **Do not stop taking BYSTOLIC suddenly. You could have chest pain or a heart attack. If your doctor decides that you should stop taking BYSTOLIC, he or she will lower your dose slowly and over time.**
- **Take BYSTOLIC every day exactly as your doctor tells you.** Your doctor will tell you how much BYSTOLIC to take and how often. Your doctor may start with a low dose and raise it over time.
- **Do not stop taking BYSTOLIC or change your dose without talking with your doctor.**
- BYSTOLIC can be taken with or without food.
- If you miss a dose, take your dose as soon as you remember, unless it is close to the time to take your next dose. Do not take 2 doses at the same time. Take your next dose at the usual time.

Questions about BYSTOLIC? Please visit us at BYSTOLIC.com. For additional information about BYSTOLIC, visit BYSTOLIC.com or call Allergan Medical Information at 1.800.678.1605.

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