



## Patient Information

This information sheet help you understand the medicine that has been prescribed for you. It includes important information about:

- **How you should take your medicine**
- **Other precautions you should take while you are taking Nu PTH (Teriparatide)**

Please read it carefully and discuss it with your doctor.

### Important things to remember

- While taking **Nu PTH (Teriparatide)** you should see your doctor regularly to make sure the treatment is working and to minimise any possible side effects.
- If you are worried about any side effects, you should contact your specialist as soon as possible.
- **Nu PTH (Teriparatide)** should not be taken with some other osteoporosis medicines and your doctor will guide you about it.

### What is Nu PTH (Teriparatide)?

**Nu PTH (Teriparatide)** is a medicine used to treat severe osteoporosis. Osteoporosis is a common disease that causes bones to become fragile and brittle so that they break (fracture) more easily even as a result of normal activity (as distinct from a fall).

Fractures are painful and restrict a person's ability to carry out their normal daily tasks. **Nu PTH (Teriparatide)** reduces the risk of a broken bone or fracture.

### How does it work?

Bone is constantly changing with older bone being broken down and new bone being formed to take its place. This usually happens in a balanced way. If the cycle becomes unbalanced bone breaks down faster than it is replaced. This leads to osteoporosis.

**Nu PTH (Teriparatide)** is a man-made form of a substance called parathyroid hormone, which is found naturally in the body and has an important role in maintaining healthy bones. **Nu PTH (Teriparatide)** increases bone formation thereby increasing bone strength and reducing the risk of fracture.

### What benefit can you expect from your treatment?

Since osteoporosis is usually not painful (until a fracture occurs) you will not 'feel' any immediate benefit from your treatment with **Nu PTH (Teriparatide)**. Your doctor would be able to assess the benefit after few months of treatment.



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The treatment controls osteoporosis but does not cure it. It is therefore important to continue to use **Nu PTH** (Teriparatide) even if you feel well.

Do not stop using **Nu PTH** (Teriparatide) until advised by your doctor.

You may be asked to have tests to check the effect of treatment on your bones. For example a bone mineral density test is usually done one or two years after first starting **Nu PTH** (Teriparatide) This is a type of X-ray that involves a very small amount of radiation.

Tests of urine or blood are also sometimes used to measure the effects of treatment on bone formation and breakdown.

### How is Nu PTH (Teriparatide) used?

To make sure it is effective it is very important that you follow the instructions for using **Nu PTH** (Teriparatide) carefully, including the instructions for storage and disposal. Ask your doctor or pharmacist to explain anything you do not understand.

**Nu PTH** (Teriparatide) is given as an injection under the skin (subcutaneously). It is injected in the thigh or abdomen once a day. It comes in a pen-shaped device to make the daily injection easier. **Nu PTH** (Teriparatide) pen delivers 20 micrograms dose in each injection.

### What is the dosage and when should it be given?

The **Nu PTH** (Teriparatide) daily dose is 20 micrograms.

Use it at around the same time every day to help you remember. The best time to take it is at night before going to bed.

If a dose is missed use it as soon as possible that day. However, if the day has already passed, skip the missed dose and continue your regular dosing schedule. Never inject more than one dose per day. Do not use more or less **Nu PTH** (Teriparatide) or use it more often than prescribed by your doctor.

### Can other medicines be taken with Teriparatide?

It is safe to take most other medicines when you are taking **Nu PTH** (Teriparatide). However, **Nu PTH** (Teriparatide) should not be taken with some other osteoporosis medicines.

Your doctor will usually recommend that you take calcium and vitamin D as additional treatment for osteoporosis. Do not stop taking these medicines unless advised by your doctor.



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### How long is the treatment continued?

For osteoporosis, treatment with **Nu PTH** (Teriparatide) is given continuously for up to 24 months and no longer. After that further treatment with an alternative medicine for osteoporosis is recommended.

### Are there any side effects?

Most people who take **Nu PTH** (Teriparatide) do not experience side effects. Tell your doctor if you are concerned about possible side effects.

### Most common possible side effects

The most common side effects include:

- Nausea, Vomiting or Constipation
- Pain in Joints or Bones
- Headache
- Dizziness or light headedness: this can happen if you get up too quickly from a lying position. It is more common at the start of treatment. By getting out of bed slowly and resting your feet on the floor for a few minutes before standing up you can reduce the risk. It is a good idea to have a chair nearby when you give yourself the injection so that you can sit down if you feel dizzy.
- Discomfort around the injection site can occur in few people and may include pain, swelling, bruising, itching or a few drops of blood.

### What precautions are necessary?

Blood tests

- Monitoring blood tests are not usually required for people taking **Nu PTH** (Teriparatide), although in certain situations these may be needed.

#### Other medical conditions

- **Nu PTH** (Teriparatide) should not be taken if you have:
  - severe kidney disease or kidney failure
  - Paget's disease or blood tests suggestive of Paget's disease
  - bone diseases other than osteoporosis
  - high parathyroid hormone levels
  - a history of bone cancer or
  - Any previous radiotherapy.



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### Use with other medicines

- You should tell your doctor about all medicines you are taking or plan to take. This includes over the counter or herbal/naturopathic medicines.

### How to store and dispose of Nu PTH (Teriparatide)

- Keep the medicine in the pen it came in with the cap on tightly closed, and out of reach of children.
- Do not transfer the medicine to a syringe.
- Store it in the refrigerator but do not freeze it. Store between 2-8 degree Celsius
- Protect it from light.
- Throw away any medicine that is outdated or no longer needed.
- Dispose of used needles in a puncture-resistant container.

#### Questions?

If you have any questions or concerns write them down and discuss them with your doctor.

#### Your doctor's contact details

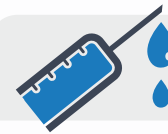
If you are taking **Nu PTH** (Teriparatide) you should see your doctors regularly to make sure the treatment is working.

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Store Nu PTH Device between 2 to 8 degree Celsius temperature. Do Not Freeze.



Discard first dose completely from a new Nu PTH Device. This has to be done only Once, not every time you use.



Discard the used needle in puncture resistance container only



In case you miss the dose, follow the daily routine and do not inject 2 dose in a single day.



Nu PTH device is not recommended to use by blind or Visually impaired without the help of trained person.



### Disclaimer

- The information in this sheet has been obtained from various sources and has been reviewed.
- It is intended as an educational aid and does not cover all possible uses, actions, precautions, side effects, or interactions of the medicines mentioned.
- This information is not intended as medical advice for individual problems nor for making an individual assessment of the risks and benefits of taking a particular medicine.
- Always consult your doctor for any advice and query.

Taking your

**Nu PTH**

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# (Teriparatide) Injections

Write down the date of your first and last dose of your Nu PTH pen here:

FIRST:

LAST:



Every day, write down the number of each day in the box where you inject.

IDN = INJECTION DAY NUMBER

IDN	Date	IDN	Date	IDN	Date	NOTE
1		11		21		
2		12		22		
3		13		23		
4		14		24		
5		15		25		
6		16		26		<p>Please remember the following:</p> <ul style="list-style-type: none"> <li>• Injections should be given in the lower stomach area (abdomen). Avoid the 2-inch area around your belly button (navel).</li> <li>• For each injection, change (rotate) your injection site around your abdomen.</li> <li>• Talk to your doctor about how to change (rotate) your injection site for each injection.</li> <li>• Do not use the same injection area for each injection.</li> <li>• Do not inject into areas where the skin is tender, bruised, red, scaly, or hard.</li> <li>• Avoid areas with scars or stretch marks.</li> </ul>
7		17		27		
8		18		28		
9		19		29		
10		20		30		