

Your “See you in 6 months” Planner

BOTOX® treatment frees you from daily overactive bladder (OAB) pills* that aren't working well enough or can't be tolerated. Follow this guide for your first 2 treatments with twice yearly BOTOX®†



A GUIDE TO YOUR BOTOX® TREATMENTS

INITIAL TREATMENT

Date _____

Time _____

Location _____

Doctor _____



≈ 6-MONTH RETREATMENT

Date _____

Time _____

Location _____

Doctor _____

Scan the QR code or visit [BOTOX.com/account](https://www.botox.com/account) to sign up to receive treatment reminder texts and BOTOX® Savings Program info



*Anticholinergic.

†If OAB symptoms return before 6 months, talk to your doctor. A minimum of 12 weeks is needed between treatments.

INDICATION

BOTOX® (onabotulinumtoxinA) is a prescription medicine that is injected into the bladder muscle and used to treat overactive bladder symptoms such as a strong need to urinate with leaking or wetting accidents (urge urinary incontinence), a strong need to urinate right away (urgency), and urinating often (frequency) in adults 18 years and older when another type of medication (anticholinergic) does not work well enough or cannot be taken.

IMPORTANT SAFETY INFORMATION

BOTOX may cause serious side effects that can be life threatening. Get medical help right away if you have any of these problems any time (hours to weeks) after injection of BOTOX:

- **Problems swallowing, speaking, or breathing**, due to weakening of associated muscles, can be severe and result in loss of life. You are at the highest risk if these problems are preexisting before injection. Swallowing problems may last for several months.
- **Spread of toxin effects.** The effect of botulinum toxin may affect areas away from the injection site and cause serious symptoms, including loss of strength and all-over muscle weakness; double vision; blurred vision; drooping eyelids; hoarseness or change or loss of voice; trouble saying words clearly; loss of bladder control; trouble breathing; and trouble swallowing.

BOTOX may cause loss of strength or general muscle weakness, vision problems, or dizziness within hours to weeks of receiving BOTOX. **If this happens, do not drive a car, operate machinery, or do other dangerous activities.**

Do not receive BOTOX if you are allergic to any of the ingredients in BOTOX (see Medication Guide for ingredients); had an allergic reaction to any other botulinum toxin product such as Myobloc® (rimabotulinumtoxinB), Dysport® (abobotulinumtoxinA), Xeomin® (incobotulinumtoxinA), Jeuveau® (prabotulinumtoxinA-xvfs), Daxxify® (daxibotulinumtoxinA-lanm), or Letybo® (letibotulinumtoxinA-wlbg) (this may not be a complete list of all botulinum toxin products); have a skin infection at the planned injection site.

Please see additional Important Safety Information throughout.

Please see accompanying, or click here for, [Consumer Brief Summary, including Boxed Warning, or visit https://www.rxabbvie.com/pdf/botox_pi.pdf](https://www.rxabbvie.com/pdf/botox_pi.pdf) for full Product Information.

What to expect

Before your BOTOX® treatment appointment

Your doctor's office will prepare by:

- Contacting your insurance for pre-authorization
- Receiving and storing your BOTOX® medication
- Planning for a seamless treatment experience

You can prepare by watching actual patients talk about their BOTOX® treatment experience at BOTOXforOAB.com

During your BOTOX® treatment appointment

BOTOX® may be given in the comfort and convenience of your doctor's office. The entire BOTOX® appointment takes about an hour from start to finish.



Your doctor will prescribe you antibiotics to help prevent a urinary tract infection

You will be instructed to take them before, on, and after the day of treatment

You should not experience any significant discomfort after the procedure. After treatment, it may sting or burn when you urinate the first few times, or you may see traces of blood in your urine. Call your doctor if any of these symptoms don't clear up quickly.

IMPORTANT SAFETY INFORMATION (continued)

Do not receive BOTOX for the treatment of urinary incontinence if you have a urinary tract infection (UTI) or cannot empty your bladder on your own and are not routinely catheterizing. Due to the risk of urinary retention (difficulty fully emptying the bladder), only patients who are willing and able to initiate catheterization posttreatment, if required, should be considered for treatment.

Patients treated for overactive bladder: In clinical trials, 36 of the 552 patients had to self-catheterize for urinary retention following treatment with BOTOX compared to 2 of the 542 treated with placebo. The median duration of postinjection catheterization for these patients treated with

BOTOX 100 Units (n = 36) was 63 days (minimum 1 day to maximum 214 days), as compared to a median duration of 11 days (minimum 3 days to maximum 18 days) for patients receiving placebo (n = 2). Patients with diabetes mellitus treated with BOTOX were more likely to develop urinary retention than nondiabetics.

The dose of BOTOX is not the same as, or comparable to, another botulinum toxin product.

Serious and/or immediate allergic reactions have been reported, including itching; rash; red, itchy welts; wheezing; asthma symptoms; dizziness; or feeling faint. Get medical help right away if you experience symptoms; further injection of BOTOX should be discontinued.

How to stay on track

BOTOX® treatment schedule timeline



Proactive retreatment scheduling



- OAB is a chronic condition that requires ongoing treatment. Your doctor will determine how often you need to get retreated
- After your first treatment, you should schedule your next treatment at about 6 months* before you leave the office, because it may take some time to get on your doctor's calendar. The exact date can be flexible around your schedule
- If your symptoms return sooner than 6 months, talk to your doctor. Wait at least 12 weeks between treatments

Visit BOTOX.com/account • Enroll in the **BOTOX® Savings Program**, which may help reduce out-of-pocket costs for eligible, commercially insured patients • Sign up to receive texts with **treatment reminders**

*In clinical trials, 3 months after treatment, people treated with BOTOX® had an average of ≈3 fewer leakage episodes per day, compared to 1 fewer leakage episode per day with placebo. In clinical studies, results were measured at 2, 6, and 12 weeks, with 12 weeks being the primary time point.

*If OAB symptoms return before 6 months, talk to your doctor. A minimum of 12 weeks is needed between treatments.

IMPORTANT SAFETY INFORMATION (continued)

Tell your doctor about all your muscle or nerve conditions, such as ALS or Lou Gehrig's disease, myasthenia gravis, or Lambert-Eaton syndrome, as you may be at increased risk of serious side effects, including difficulty swallowing and difficulty breathing from typical doses of BOTOX.

Tell your doctor about all your medical conditions, including if you have or have had bleeding problems; have plans to have surgery; had surgery on your face; have weakness of forehead muscles, trouble raising your eyebrows, drooping eyelids, and any other abnormal facial

change; have symptoms of a UTI and are being treated for urinary incontinence (symptoms of a UTI may include pain or burning with urination, frequent urination, or fever); have problems emptying your bladder on your own and are being treated for urinary incontinence; are pregnant or plan to become pregnant (it is not known if BOTOX can harm your unborn baby); are breastfeeding or plan to (it is not known if BOTOX passes into breast milk).

Please see additional Important Safety Information on back.

Keep track of how you're doing

Use this chart to follow your progress on BOTOX® treatment and see what has changed

| | BEFORE BOTOX® TREATMENT | 2 WEEKS AFTER | 6 MONTHS AFTER |
|---|-------------------------|---------------|----------------|
| How many trips to the bathroom are you taking each day (on average)? | | | |
| How many times are you having leakage each day (on average)? | | | |
| How many pads/disposable undergarments are you using each day (on average)? | | | |

How have leakage episodes affected your daily life?

BEFORE BOTOX® TREATMENT

AFTER BOTOX® TREATMENT

Share this with your doctor during every visit to help them see how you're doing on BOTOX®

IMPORTANT SAFETY INFORMATION (continued)

Tell your doctor about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Using BOTOX with certain other medicines may cause serious side effects. **Do not start any new medicines until you have told your doctor that you have received BOTOX in the past.**

Tell your doctor if you received any other botulinum toxin product in the last 4 months; have received injections of botulinum toxin such as Myobloc®, Dysport®, Xeomin®, Jeuveau®, Daxxify®, or Letybo® in the past (this may not be a complete list of all botulinum toxin products; tell your doctor exactly which product you received); have recently received an antibiotic by injection; take muscle relaxants; take an allergy or cold medicine; take a sleep medicine; take aspirin-like products or blood thinners.

Other side effects of BOTOX include dry mouth; discomfort or pain at the injection site; tiredness; headache; neck pain; eye problems such as double vision, blurred vision, decreased eyesight, drooping eyelids, swelling of your eyelids, and dry eyes; drooping

eyebrows; and upper respiratory tract infection. In adults being treated for urinary incontinence, other side effects include UTI and painful urination. In patients being treated for urinary incontinence, another side effect includes the inability to empty your bladder on your own. If you have difficulty fully emptying your bladder on your own after receiving BOTOX, you may need to use disposable self-catheters to empty your bladder up to a few times each day until your bladder is able to start emptying again.

For more information, refer to the Medication Guide or talk with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please see accompanying, or click here for, [Consumer Brief Summary, including Boxed Warning, or visit \[https://www.rxabbvie.com/pdf/botox_pi.pdf\]\(https://www.rxabbvie.com/pdf/botox_pi.pdf\) for full Product Information.](https://www.rxabbvie.com/pdf/botox_pi.pdf)

If you are having difficulty paying for your medicine, AbbVie may be able to help. Visit AbbVie.com/PatientAccessSupport to learn more.