



Pr **CIBINQO**<sup>®</sup>  
abrocitinib tablets

# GET TO KNOW CIBINQO<sup>®</sup>

a treatment for moderate-to-severe  
atopic dermatitis

CIBINQO is used to treat patients 12 years of age and older with moderate-to-severe atopic dermatitis (a type of eczema). It includes relief of skin itching in these patients.





Tablet not actual size.

# This is CIBINQO



## Let us help you get started

CIBINQO (sih-BIN-koe) is a treatment for moderate-to-severe atopic dermatitis (a type of eczema), including relief of skin itching. This kit will help guide you through your treatment, covering topics such as:

- Understanding atopic dermatitis
- Getting to know CIBINQO
- How to take CIBINQO
- Important safety information
- The PfizerFlex Program
- Tips and resources to help manage atopic dermatitis



## UNDERSTANDING ATOPIC DERMATITIS

Atopic dermatitis is a chronic inflammatory skin condition that occurs when the skin's barrier isn't working properly.

Atopic dermatitis is often triggered by exposure to certain environmental elements or stress. However, sometimes it can worsen with no obvious trigger too. One of the frustrating parts of having atopic dermatitis (and one that you've probably experienced!) is that it may even occur when you're diligently avoiding triggers and taking care of your skin.

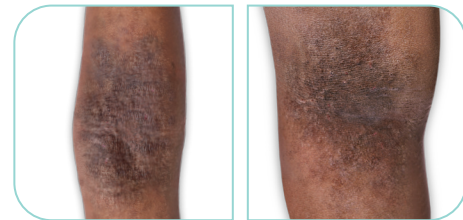
Typical signs and symptoms of atopic dermatitis include:

- Dry skin
- Potentially severe itching, especially at night
- Red to brownish-grey patches
- Thickened, cracked, scaly skin
- Patches that ooze and crust over when scratched

### The look of atopic dermatitis depends on your skin tone



In lighter skin tones, atopic dermatitis often appears red.



In darker skin tones, atopic dermatitis may appear purplish, greyish, or possibly red-brown or even dark brown.

Even though atopic dermatitis can look like it comes and goes, it is a chronic skin condition with no known cure

# GETTING TO KNOW CIBINQO

## What is CIBINQO?

CIBINQO is used to treat patients 12 years of age and older with:

- Moderate-to-severe atopic dermatitis (a type of eczema)
- It includes relief of skin itching in these patients

CIBINQO is only used in patients who:

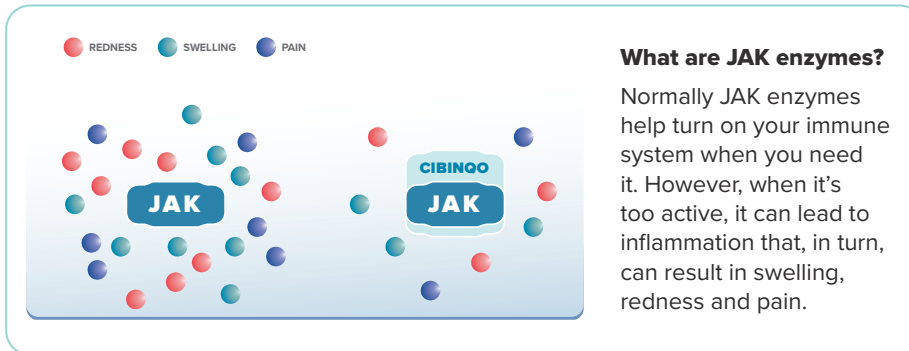
- Have not responded sufficiently to other non-topical medicines
- Cannot take other non-topical medicines for this condition

CIBINQO should be used with caution in patients aged 65 years or older.



## How does CIBINQO work?

CIBINQO interferes with the activity of an enzyme called “Janus kinase”, or “JAK” for short. By attaching to the JAK enzyme, CIBINQO works to lower its activity.



## GETTING STARTED WITH CIBINQO

### How do I take CIBINQO?

Always take CIBINQO exactly as your healthcare professional has told you to – don't decrease, stop or change your dose without talking to your healthcare professional first.



Try to take CIBINQO at about the same time each day



CIBINQO tablets should be swallowed whole with water. Do not split, crush or chew the tablets



CIBINQO can be taken with or without food. If you experience nausea, taking it with food might make your nausea better

Do not use CIBINQO if you're allergic to abrocitinib or any other ingredients in CIBINQO. If you're not sure about this, talk to your healthcare professional before taking CIBINQO.



Your PfizerFlex Program Field Case Manager (nurse) can answer any questions you may have about taking CIBINQO. See page 20 for more information about the PfizerFlex Program.

## What is the usual dose for CIBINQO?

For adolescents (12 to 18 years of age) and adults, the recommended dose is:



100 mg once daily



200 mg once daily

Patients over 65 years of age should start with 100 mg in a day. If you have kidney problems, talk to your healthcare professional. You may need to take a lower dose. Your healthcare professional might also give you a lower dose if you are taking certain other medicines.

Taking more than 200 mg per day is not recommended.

CIBINQO can be used with or without prescribed topical medications for atopic dermatitis (atopic eczema). These medications can include lotions, creams or ointments that get applied directly to your skin.

Depending on your condition and the risk of side effects, your healthcare professional may decide to adjust your dose.

## What should I do if I miss a dose of CIBINQO?

If you happen to miss a dose:

- Take it as soon as you remember
- If it's almost time for your next dose, skip the missed dose and continue with your next dose as scheduled; then continue with your regular dosing schedule
- Do not take two doses at the same time



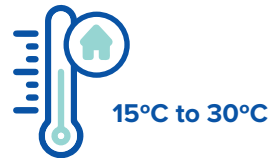
### What if I take too much?

If you think you or a person you're caring for have taken too much CIBINQO, contact your healthcare professional, hospital emergency department or regional poison control centre immediately – even if there are no symptoms.

## How do I store CIBINQO?

CIBINQO should be stored in its original packaging at room temperature (between 15°C and 30°C).

Be sure to properly dispose of medicine that is out of date or no longer needed by returning it to your local pharmacy. And as with any medicine, keep it out of sight and reach of children.



Ask your doctor or PfizerFlex Program Field Case Manager (nurse) if you have any questions

# SAFETY INFORMATION YOU SHOULD KNOW ABOUT

## Serious warnings and precautions

CIBINQO may cause serious side effects, including:

Serious infections	CIBINQO is a medicine that affects your immune system. CIBINQO can lower the ability of your immune system to fight infections. This can cause serious infections that can lead to hospitalization or death. The most common type of infections were caused by viruses. Before you take CIBINQO, tell your healthcare professional if you have an infection or get infections that often come back. Your healthcare professional will assess the risks before you begin treatment with CIBINQO if you have a chronic and reoccurring infection. They will closely monitor you for symptoms of an infection during and after your treatment with CIBINQO. This includes monitoring you for symptoms of tuberculosis. Your healthcare professional may suspend your treatment if you develop a serious infection.
Cancer	CIBINQO may increase your risk of getting cancer, by changing the way your immune system works. Before you take CIBINQO, tell your healthcare professional if you have ever had cancer. People taking a medicine in the class of medicines called Janus kinase (JAK) inhibitors may have a higher risk of certain cancers including lymphoma.
Blood clots	CIBINQO may increase your risk of getting blood clots in the veins of your legs ( <b>deep vein thrombosis</b> ), lungs ( <b>pulmonary embolism</b> ), or arteries ( <b>arterial thrombosis</b> ). These blood clots can be serious or life threatening. Your healthcare professional will assess your risk of getting blood clots and tell you if it is safe to take CIBINQO. Blood clots in the veins of the legs and lungs have happened more often in people who are taking a medicine in the class of medicines called Janus kinase (JAK) inhibitors.
Heart problems, stroke and death	JAK inhibitors may increase your risk of heart problems including heart attack or your risk of stroke. These can lead to death.

See "Other warnings you should know about" for more information on these serious side effects.

See **pages 18 and 19** of this brochure for more information on serious side effects and what to do about them

To help avoid side effects and ensure proper use, talk to your healthcare professional *before* you take CIBINQO. Be sure to discuss any health conditions or problems you may have, including if you:

- Are taking other immunosuppressant medicines such as methotrexate and cyclosporine or other JAK inhibitor medicines
- Have an infection or get infections that often come back
- Have hepatitis virus B or C infection
- Have liver problems
- Have kidney problems
- Have a low platelet count or white blood cell count
- Have or have had cancer

Tell your healthcare professional about all the medicines you take, including any drugs, vitamins, minerals, natural supplements or alternative medicines.

The following may interact with CIBINQO:

- Fluconazole, used to treat fungal or yeast infections
- Fluvoxamine, used for the treatment of some psychiatric disorders
- Amiodarone, used to treat heart rhythm problems
- Fluoxetine, used for the treatment of some psychiatric disorders
- Miconazole, used to treat fungal or yeast infections
- Rifampicin, used to treat tuberculosis (TB) and other infections
- Probenecid, used to treat gout and renal problems

## Other warnings you should know about



CIBINQO may cause serious side effects, including:

### Serious infections

Tell your healthcare professional if you have an infection or get infections that often come back. Taking CIBINQO increases your risk of developing serious infections such as herpes simplex, shingles (herpes zoster) and pneumonia. CIBINQO may also make infections such as shingles and herpes simplex come back. Your healthcare professional will closely monitor you for infection during and after your treatment. They may put you on antimicrobial therapy if you develop a new infection during treatment. They might also stop your treatment with CIBINQO. They will also screen you for the following infections before and during treatment with CIBINQO:

- **Tuberculosis (TB):** You should not take CIBINQO if you have an active TB infection. Your healthcare professional may put you on preventative medication before beginning treatment with CIBINQO. You will be given this if you are newly diagnosed with inactive TB or had an untreated previous diagnosis of inactive TB.
- **Viral hepatitis:** Tell your healthcare professional if you have hepatitis virus B or C infection. They will also screen you for these infections before you start treatment with CIBINQO.

Talk to your healthcare professional if you get any symptoms of an infection, including shingles, herpes simplex, pneumonia or other infection while you are taking CIBINQO. See **pages 18 and 19** of this brochure for symptoms.



### Cancer

Before you take CIBINQO, tell your healthcare professional if you have or have had cancer:

- CIBINQO may increase your risk of getting certain cancers
- If you smoke, this might further increase your risk of getting certain cancers while taking CIBINQO
- Your healthcare professional may want to examine your skin regularly for any sign of cancer



### Blood clots

CIBINQO may increase your risk of getting blood clots in the veins of your legs or lungs. Your healthcare professional will assess your risk of getting blood clots and tell you if it is safe to take CIBINQO. You are more likely to get blood clots while taking CIBINQO if you:

- Are immobile for a long time
- Have major surgery
- Are older
- Are obese
- Have had blood clots in the veins of your legs or lungs in the past
- Have an inherited blood clotting disorder
- Take hormone therapy or birth control pills

Stop taking CIBINQO and talk to your healthcare professional right away if you get any symptoms of blood clots in the veins of your legs (**deep vein thrombosis**) or lungs (**pulmonary embolism**) while you are taking CIBINQO.

## Other warnings you should know about (cont'd)



### Heart problems, stroke and death

CIBINQO may increase your risk of heart attacks and stroke:

- You are more likely to get these if you have certain risk factors, including if you smoke
- Talk to your healthcare professional about these risk factors
- Stop taking CIBINQO and get immediate medical help if you develop any symptoms of a heart attack during treatment with CIBINQO

See the **“Serious side effects and what to do about them”** table on **pages 18 and 19** of this brochure for more information on these and other serious side effects.



### Vaccinations

Talk to your healthcare professional before starting CIBINQO if you are planning to receive a vaccine:

- You should not receive live or attenuated vaccines while receiving CIBINQO or immediately before you start treatment
- Your immunizations should be up to date before taking CIBINQO. This includes vaccines for shingles



### Monitoring and tests

Blood tests should be performed before you start taking CIBINQO, as well as during your treatment with CIBINQO.

- You should not take CIBINQO if your white blood cell or platelet count is too low
- Your healthcare professional may interrupt or stop your treatment for a period of time depending on your blood test results
- Your healthcare professional will also monitor your blood lipid levels while you are taking CIBINQO



### Driving and using machines

CIBINQO may cause dizziness. Do NOT drive or use dangerous machines until you know how CIBINQO affects you.



### Pregnancy

If you're able to get pregnant:

- Tell your healthcare professional if you are pregnant, think you might be pregnant or are planning to become pregnant before taking CIBINQO
- Avoid becoming pregnant while taking CIBINQO and for at least 1 month after stopping treatment. It may harm your unborn baby
- Use effective birth control during treatment and for at least 1 month after your last dose of CIBINQO. Your healthcare professional can advise which birth control methods may be right for you during this time
- Your healthcare professional will have you take a pregnancy test before you can start treatment with CIBINQO

If you become pregnant or think you might be pregnant, talk to your healthcare professional right away.



### Breastfeeding

Before you take CIBINQO, tell your healthcare professional if you're breastfeeding or plan to breastfeed.

- You should not breastfeed during treatment with CIBINQO because it may pass into your breastmilk and harm your baby
- Talk to your healthcare professional about the best way to feed your baby if you are taking CIBINQO

## What are possible side effects from using CIBINQO?

Side effects with CIBINQO may include:

- Acne
- Cold sores (also known as oral herpes simplex)
- Dizziness
- Headache
- Nausea
- Upper abdominal pain
- Vomiting

CIBINQO may also cause abnormal blood test results. Your healthcare professional will decide when to perform blood tests and will interpret the results.

## Serious side effects and what to do about them



**Stop taking CIBINQO and get immediate medical help** if you experience any of the following serious side effects:

### UNCOMMON

#### Myocardial infarction (heart attack)

Symptoms include pressure or squeezing pain between the shoulder blades, in the chest, jaw, left arm or upper abdomen, shortness of breath, dizziness, fatigue, lightheadedness, clammy skin, sweating, indigestion, anxiety, feeling faint and possible irregular heartbeat.

#### Blood clots

##### • Deep vein thrombosis (blood clot in the legs)

Symptoms include swelling, and pain; leg may be warm to the touch and may appear red

##### • Pulmonary embolism (blood clot in the lungs)

Symptoms include chest pain that may increase with deep breathing, cough, coughing up bloody sputum, shortness of breath



**Talk to your healthcare professional** if you experience any of the following serious side effects:

### COMMON

#### Herpes simplex (infection of the genitals, eyes or skin caused by the herpes simplex virus)

Symptoms include tingling, pain or itching in genital area, small red blisters or sores on penis, scrotum or vaginal area, redness, pain or swelling around the eye, blurred vision, watery eyes, tingling, pain or itching in genital area, small red blisters or sores on any skin area.

#### Infections

Symptoms include fever, chills, muscle aches, flu-like symptoms, cough, sore throat, diarrhea or stomach pain, feeling tired.

### UNCOMMON

#### Cancer, including skin cancer

Symptoms may be variable.

#### Lymphopenia (low white blood cells)

Symptoms include getting infections more easily.

#### Pneumonia (lung infection)

Symptoms include chest pain when you breathe or cough, confusion, cough which may produce phlegm, fatigue, fever, sweating and shaking, chills, nausea, vomiting or diarrhea, shortness of breath.

#### Shingles, also known as herpes zoster (skin infection)

Symptoms include a painful skin rash of fluid-filled blisters, blisters appearing along a strip of skin, itching or tingling of the skin.

#### Thrombocytopenia (low blood platelets)

Symptoms include bruising or bleeding.

There are other possible side effects that you could experience when taking CIBINQO. If you have a troublesome symptom or side effect that isn't listed here or becomes bad enough to interfere with your daily activities, talk to your healthcare professional.

## The PfizerFlex Program

### Support throughout your entire treatment journey

PfizerFlex is a support program with features designed specifically to the needs of people with moderate-to-severe atopic dermatitis.

We will help provide you with

- **Access** to medication delivery services
- **Knowledge** to help you start CIBINQO
- **Support** and education throughout treatment



You will have an assigned PfizerFlex Program Field Case Manager (nurse) who is dedicated to getting to know you

## Here is what the PfizerFlex Program has to offer



### Experienced staff

The PfizerFlex team is staffed by **experienced** nurses available to answer questions and assist you with your treatment.



### Dedicated service

Our Field Case Managers (nurses) promise to stay accessible and **dedicated** to you, supporting you for as long as you need.



### Supportive team

From helping with access to medication, to treatment management and lifestyle tips, our **team** offers services designed to adapt to your patients' individual support needs.

You can keep in touch with your PfizerFlex Program Field Case Manager (nurse) by phone or email

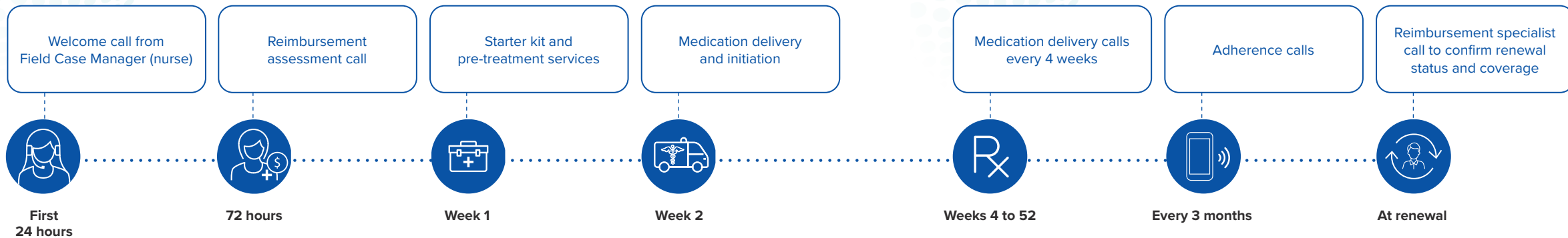


[CIBINQO@pfizerflex.com](mailto:CIBINQO@pfizerflex.com)



1-855-935-FLEX (3539)  
Monday to Friday, 8 am–8 pm EST

## The PfizerFlex Program supports you right from the start



Ongoing treatment support is available throughout your journey

Patient Support Program

**PfizerFlex**

Experienced, Dedicated Team

## HELP FOR STAYING ON TRACK WITH CIBINQO

### Building a routine

Nowadays, it feels like we're constantly on the go. So remembering to take your medication can sometimes be a bit challenging – especially during a busy week. It may be helpful to work CIBINQO into your daily routine to minimize the chances of missing a dose.



**LINK IT:** Take your medicine at the same time as something else you do on a daily basis, such as walking the dog or brushing your teeth



**HEAR IT:** Set an alarm on your phone, watch or clock to go off daily when it's time to take your next dose



**SEE IT:** Placing things like reminder notes or other visual cues can help remind you of what you need to do



**TRACK IT:** Use tools, such as the PfizerFlex Program symptom tracker or even simply a calendar with stickers, to act as reminders – and keep track of your treatment

### Tracking your symptoms

In addition to keeping track of your treatment, it can also be helpful to track your atopic dermatitis symptoms. That way, you and your healthcare professional can get a better picture of your atopic dermatitis and assess your response to treatment.



ATOPIC DERMATITIS  
SYMPTOM TRACKER

You can use the symptoms tracker included in your starter kit to monitor your atopic dermatitis

## Managing your atopic dermatitis

Because atopic dermatitis is a **chronic** condition, it's just as important to look after your skin and reduce your triggers as it is to take your CIBINQO as prescribed.

Here are a few suggestions to help care for your skin:

### Identify your triggers

Look for all the things in your surroundings that could be contributing to your flare-ups and then try to minimize or eliminate your exposure to them

### Apply moisturizer throughout the day

Keeping your skin moist and well hydrated is the best defense against recurrent flares

### Keep a cool-mist humidifier in the house

You may even want one in your bedroom – especially during the dry winter months

### Avoid overheating and sweating (if possible!)

These can increase itchiness, which in turn can cause your atopic dermatitis to worsen

### Avoid harsh soaps and products with irritating ingredients

Try to select products, including sunscreens, that are specially formulated for atopic dermatitis and/or sensitive skin

### Keep your nails short and filed smooth

This will help to reduce skin damage if you do happen to scratch that itch



## Travelling with CIBINQO

If you plan to travel during your treatment with CIBINQO, even for a quick weekend getaway, here are a few things to keep in mind:



Whether it's 3 days or 3 months, pack an **extra supply of medication** in case you're away for longer than expected



Keep a **copy of the original prescription**, along with a doctor's note, with you at all times and ensure that both the **brand and generic names** are included



If you're flying, carry your medication in your **carry-on bag** rather than your luggage, in the **original, labelled packaging**



If you're planning to **travel outside of Canada**, contact the Canadian offices in the country you hope to visit to confirm the status of your medication



### And don't forget your sun protection strategies!

If you're travelling anywhere hot, remember to bring your sunblock along with a wide-brimmed hat and any light and loose-fitting clothes

FOR MORE SUPPORT AND INFORMATION, VISIT:

**Eczema Society of Canada**

[www.eczemahelp.ca](http://www.eczemahelp.ca)

**Canadian Dermatology Association**

[www.dermatology.ca](http://www.dermatology.ca)

**Canadian Skin Patient Alliance**

[www.canadianskin.ca](http://www.canadianskin.ca)

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Patient Support Program  
**PfizerFlex**



**CIBINQO**  
abrocitinib tablets

ADDITIONAL ONLINE RESOURCES

**Sidekick Health** is a mobile lifestyle app open to the general public that helps you adopt lasting, healthy habits

**Scan to download the Sidekick Health app today**



**sidekick**  
Lifestyle app

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