

A Guide for Caregivers

A friend or family member starting a new treatment can be overwhelming for them and for you. There is a lot to think about and manage. Use the information, tips, and resources in this guide to help you care for your loved one who lives with chronic inflammatory demyelinating polyneuropathy (CIDP).



CIDP=chronic inflammatory demyelinating polyneuropathy

Please see Important Safety Information throughout. Please see full Prescribing Information for VYVGART Hytrulo.

What your loved one may be feeling

CIDP is a rare autoimmune condition that can have an impact on various parts of your loved one's life, like the ability to take part in daily activities with family and friends. CIDP symptoms can make it hard for people living with the condition to feel like themselves and do the things they love to do. Possible symptoms include:



Weakness and numbness in the arms



Burning pain



Weakness and numbness in the legs



Difficulty lifting objects



Difficulty walking

Although the complete cause of CIDP is not fully understood, recent studies suggest that harmful immunoglobulin G (IgG) antibodies can play a role in causing CIDP symptoms.

VYVGART Hytrulo is specifically designed to cause a reduction in the number of IgG antibodies, including harmful IgG antibodies.

Visit [VYVGARTHytruloCIDP.com/MOA](https://www.vyvgarthytrulo.com/moa) to learn more.

**Learn how
VYVGART Hytrulo
works in the body**



IgG=immunoglobulin G

What is VYVGART® HYTRULO (efgartigimod alfa and hyaluronidase-qvfc)?

VYVGART HYTRULO is a prescription medicine used for the treatment of adult patients with chronic inflammatory demyelinating polyneuropathy (CIDP)

SELECT IMPORTANT SAFETY INFORMATION

Do not use VYVGART HYTRULO if you have a serious allergy to efgartigimod alfa, hyaluronidase, or any of the other ingredients in VYVGART HYTRULO. VYVGART HYTRULO can cause serious allergic reactions and a decrease in blood pressure leading to fainting.

Please see Important Safety Information throughout. Please see full Prescribing Information for [VYVGART Hytrulo](#).

How you can support your loved one

- **Stay on schedule:** The recommended dosing for VYVGART Hytrulo is once weekly. Capture your loved one's appointments on the magnet from the welcome kit or a calendar and consider setting a reminder in your phone
- **Arrange travel:** Your loved one may receive their treatment at an infusion center, at their doctor's office, or at home. Offering to get them to and from their appointments may be helpful
- **Monitor their abilities and any side effects:** Check in with your loved one regularly about how they are feeling and encourage them to track any changes in their abilities to discuss with their doctor
- **Help advocate:** Write down any questions, goals, or important details that your loved one wants to share with their doctor
- **Connect with the CIDP community:** Finding people who understand what you're going through can be validating and a great way to find additional support, knowledge, and motivation. Check out the foundation below:



This foundation is dedicated to supporting individuals and families affected by CIDP and other related conditions.

Visit [GBS-CIDP.org](https://www.gbs-cidp.org) to learn more.



GBS=Guillain-Barré syndrome
Visit [VYVGARTHytruloCIDP.com/glossary](https://www.vyvgarthytruloCIDP.com/glossary) for a glossary of terms.

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Don't forget to make yourself a priority

It's important to prioritize your well-being so that you can support your loved one to the best of your ability.

- **Ask for help:** Caring for a loved one can be challenging, but you don't have to do everything alone. Make a list of ways that friends and family can support you, like driving your loved one to a doctor's appointment
- **Focus on the task at hand:** There can be a lot to manage when caregiving, so focus on one task at a time to avoid feeling overwhelmed. Consider writing out a list and marking things off one at a time
- **Find local resources:** Research helpful services in your area, like meal delivery, cleaning, etc.

Self-care tips

Self-care shouldn't feel stressful—as a caregiver, decide what works best for you and integrate a new routine at your own pace.

- **Stick to a schedule:** It can be helpful to sleep, exercise, and eat on a regular schedule
- **Set healthy goals and boundaries:** Sometimes saying “no” is the best way to maintain your peace of mind
- **Develop a gratitude practice:** Find at least one thing each day you are grateful for and write it down
- **Stay connected with family and friends:** Invite family over for a movie night or set a goal to call friends more often
- **Try a new relaxation activity:** Listen to your favorite song or try meditating for 5 minutes



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VYVGART HYTRULO may cause serious side effects, including:

- **Infection.** VYVGART HYTRULO may increase the risk of infection. The most common infections for efgartigimod alfa-fcab-treated patients were urinary tract and respiratory tract infections. Signs or symptoms of an infection may include fever, chills, frequent and/or painful urination, cough, pain and blockage of nasal passages/sinus, wheezing, shortness of breath, fatigue, sore throat, excess phlegm, nasal discharge, back pain, and/or chest pain.
- **Allergic Reactions (hypersensitivity reactions).** VYVGART HYTRULO can cause allergic reactions such as rashes, swelling under the skin, and shortness of breath. Hives were also observed in patients treated with VYVGART HYTRULO. Serious allergic reactions, such as trouble breathing and decrease in blood pressure leading to fainting have been reported with efgartigimod alfa-fcab.
- **Infusion-Related Reactions.** VYVGART HYTRULO can cause infusion-related reactions. The most frequent symptoms and signs reported with efgartigimod alfa-fcab were high blood pressure, chills, shivering, and chest, abdominal, and back pain.

Tell your doctor if you have signs or symptoms of an infection, allergic reaction, or infusion-related reaction. These can happen while you are receiving your VYVGART HYTRULO treatment or afterward. Your doctor may need

to pause or stop your treatment. Contact your doctor immediately if you have signs or symptoms of a serious allergic reaction.

Before taking VYVGART HYTRULO, tell your doctor if you:

- take any medicines, including prescription and non-prescription medicines, supplements, or herbal medicines,
- have received or are scheduled to receive a vaccine (immunization), or
- have any allergies or medical conditions, including if you are pregnant or planning to become pregnant, or are breastfeeding.

What are the common side effects of VYVGART HYTRULO?

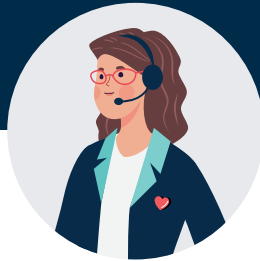
The most common side effects in efgartigimod-alfa-fcab-treated patients were respiratory tract infection, headache, and urinary tract infection. Additional common side effects with VYVGART HYTRULO are injection site reactions, including rash, redness of the skin, itching sensation, bruising, pain, and hives.

These are not all the possible side effects of VYVGART HYTRULO. Call your doctor for medical advice about side effects. You may report side effects to the US Food and Drug Administration at 1-800-FDA-1088.

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Please see the full Prescribing Information for VYVGART HYTRULO and talk to your doctor.



You're not alone—reach out to a Nurse Case Manager

A Nurse Case Manager is here to help answer any questions you have, provide helpful resources, guide you through the insurance process, and help you understand potential financial assistance programs.

Call **1-833-MY-PATH-1** (1-833-697-2841)

My VYVGART® Path

VYVGART® Hytrulo
(efgartigimod alfa and hyaluronidase-qvfc)
Subcutaneous Injection
180 mg/mL and 2000 U/mL vial

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