Welcome. If you are reading this guide, you have been prescribed OFEV® (nintedanib) to treat your idiopathic pulmonary fibrosis (IPF). It is important that you learn as much as you can about your disease and treatment. You may have a lot of questions. This guide will help to answer them.

IPF is an uncommon lung disease, but you are not alone. Up to 3 million people worldwide may have IPF. Compared with asthma, which affects about 235 million people worldwide, IPF is rare. Most people probably have not heard of IPF. This guide will help you explain it to friends and family.

It may have taken a long time to find out that IPF is causing your breathing problems. Now that you know, you can take action. Learn about OFEV® and how this medicine may help.

IPF is a rare lung disease. It causes scar tissue in the lungs to build up over time.

- Idiopathic means unknown cause
- Pulmonary has to do with the lungs
- Fibrosis is an increase in scar tissue
What happens in IPF?

In IPF, the lung tissue becomes thickened, stiff, and permanently scarred. The medical term for this scarring is fibrosis.

Sometimes, doctors can find out what is causing lung scarring. For example, contact with certain pollutants or medicines can cause the disease. The name idiopathic pulmonary fibrosis is used when the cause cannot be found.

As the lung tissue becomes more and more scarred, it becomes harder to breathe. This is because less oxygen is able to enter the body. That is why you may feel out of breath during daily activities.

Healthy alveoli (air sacs)

Allow oxygen to enter body

Damaged alveoli

Less oxygen enters body
Dealing with the diagnosis

Dealing with the initial shock
Receiving a diagnosis of IPF affects you both physically and emotionally. When you first heard the news, you may have been shocked. You may not have believed it. You may have been afraid. As the news settles in, you may become depressed, or jealous of those who are healthy. You may be fearful of an unknown future. This is all perfectly normal. Allow yourself to have these feelings, as negative as they may be. When you get through them, you can take charge. Empower yourself. Find out as much as you can about IPF and OFEV® (nintedanib) so you can be proactive in your healthcare decisions.

Get involved in your care
Think about the last time you were trying to do something well. Did you study and learn everything you needed to know? Did you take test runs and figure out what worked and what did not? Did you practice, practice, practice? It is likely that you did at least some of these things to make sure you got the best result possible. You took charge and prepared. That is what you have to do to live as well as you can with IPF: take charge. Learn everything you can about IPF. Now that you are starting OFEV®, keep a close eye on how treatment affects you. This brochure can help.

Get informed about OFEV®
When starting a new medicine, it is important to know what you should expect. You should also learn how to take the medicine the right way.

To get the best results, it is important to follow your doctor’s exact recommendation for taking OFEV®.
How will I feel?

Symptoms of IPF may be different for every person. Common symptoms include:

- A frequent cough and shortness of breath that may get worse during ordinary activities
- Tiredness
- Weakness
- Loss of appetite
- Weight loss
- Widening and rounding of fingertips (finger clubbing) caused by lack of oxygen

Is it the blues? Or something more?

Many people with IPF have times when they feel depressed. This is an understandable and even reasonable response. Sometimes, though, that depressed feeling goes on for too long. You do not have to feel this way. Your doctor has the tools to help.

Personal relationships

Any challenge in life can cause personal relationships to have ups and downs. The same is true of IPF. There may be days when you feel grateful to your family for their love and their help. Then there may be days when you do not feel well and it is hard for you to do things. Your loved ones may have to rearrange their lives to better fit your needs. That can be stressful.

Keep talking to your loved ones who are involved with your care. Write in this brochure when problems arise. If you feel that you have too much to cope with, your doctor may be able to refer you to someone who can help.

Are you living or just coping?

There is a big difference between looking forward to something and just coping day to day. You may want to be able to attend next week’s card game or next month’s wedding. You may want to be able to plan, even for simple social events like getting together with friends.

As you track your days, your patterns may become clearer. Maybe you notice that yesterday’s morning stroll left you too tired to do anything last night. The next time you have plans for the evening, you can take an afternoon nap so you will be well rested.
OFEV® slows the progression of IPF

What is OFEV®?
OFEV® (nintedanib) is a prescription medicine used to treat IPF. Hundreds of people with IPF have taken OFEV® in clinical trials, with promising results.

What does OFEV® do?
OFEV® slows the progression of IPF. That means your symptoms will not worsen as quickly as they would without treatment.
OFEV® will not reverse lung damage. OFEV® helps to slow the decline in your lung function. This helps prevent your breathing from getting worse.

How does OFEV® work?
OFEV® helps to slow the build-up of scar tissue in your lungs. Certain cells in people with IPF will signal their bodies to make more scar tissue. OFEV® helps to prevent cells from sending this signal, so less scar tissue is made.
Talk to your doctor before you start treatment

Before you take OFEV® (nintedanib), your doctor will talk to you about this medicine, how to take OFEV®, and what you can expect from treatment. You will see your doctor regularly. During your checkups, your lungs will be tested to see how well they are working.

Talk to your doctor if you have any of the following:
• Liver problems
• Heart problems, or if you have had a heart attack
• A history of blood clots
• Bleeding problems, either your own or in your family
• If you are pregnant or breastfeeding, you must not take OFEV®; doing so may be harmful to an unborn baby or a breastfeeding child
• Recent surgery
• A peanut or soy allergy

Share your feelings with your doctor
People with breathing problems may feel anxious or depressed. It can be hard to deal with a disease that makes it harder to do things you enjoy. There are ways to help, so talk to your doctor if you feel this way.

Talk to your doctor about other medicines you take
Remember to tell your doctor about any medicines you take. Be sure to mention all of your:
• Prescription drugs
• Nonprescription drugs
• Over-the-counter medicines
• Vitamins
• Herbal supplements
• Dietary supplements

It is especially important for your doctor to know if you take:
• A blood thinner (such as warfarin, phenprocoumon, or heparin)
• Antiseizure medicines (such as carbamazepine or phenytoin)
• Medicines that fight infections (such as erythromycin, ketoconazole, or rifampicin)
• Over-the-counter medicines (such as St. John’s wort, which is commonly used to treat depression)
• Laxatives, stool softeners, or other medicines or dietary supplements, including fiber, that may cause diarrhea

If you are unsure if your medicine is listed above, ask your doctor or pharmacist.
Attention: women who are pregnant should not take OFEV®

Women who are pregnant or breast-feeding or who may be pregnant or are planning to have a baby should ask their doctor or pharmacist for advice before starting treatment with OFEV®. Women of child-bearing potential who are taking OFEV® must use birth control, including barrier methods as a second form of birth control, during treatment and for at least 3 months after treatment. If you become pregnant while taking OFEV®, tell your doctor right away, as OFEV® can cause birth defects. OFEV® should not be taken during breastfeeding.

Talk to your doctor before you start treatment

Discuss how to take OFEV®

Your doctor will tell you how many pills to take and when to take them.

- The usual dose of OFEV® (nintedanib) is one 150-mg soft capsule taken twice a day; your doctor might change the dose during your treatment if necessary
- Take 1 pill in the morning and 1 pill in the evening, approximately 12 hours apart
- Take OFEV® with food and drink a full glass of water

If you miss a dose, skip it and take your next dose at the regular time. Do not take 2 doses at the same time.

If you take too much OFEV®, contact your doctor or pharmacist immediately.
Keep in mind what success with OFEV® looks like

It is important to know that OFEV® (nintedanib) will not reverse lung damage. OFEV® helps to slow the decline of your lung function. Treatment with OFEV® can help you work toward the following goals:

Goal #1: Slow the decline of your lung function
During your treatment with OFEV®, your doctor will regularly measure your lung function by having you do the spirometry test.
First, you take your deepest breath. Then you blow all the air into the spirometer as hard as you can, as quickly as possible. This measures your forced vital capacity, or FVC. FVC is the total amount of air that you blow out in 1 breath.

Goal #2: Prevent an acute IPF exacerbation
A sudden and severe worsening of your symptoms could be an acute IPF exacerbation. Exacerbations have no known cause, but can be serious and may require a hospital stay. OFEV® can help lower your risk of having an acute IPF exacerbation.
Not everyone with IPF will experience an acute exacerbation, but you should contact your doctor right away if you have:
- Difficulty breathing (breathing requires much more effort than usual, and does not seem to get better)
- A cough that gets worse
- Fever or flu-like symptoms (such as body aches)

To get the best results, it is important to follow your doctor’s exact recommendation for taking OFEV®.
Gastrointestinal (GI) side effects: medicines to avoid

People who take OFEV® may have GI side effects, which can include diarrhea, nausea, stomach pain, and vomiting. Before you start therapy with OFEV®, tell your doctor if you are taking any medicine or dietary supplement that may cause or worsen GI side effects.

These may include:

• Laxatives*
• Stool softeners
• Fiber

Your doctor may tell you to stop taking these medicines to prevent or lessen side effects with OFEV®. However, you should not stop taking OFEV without consulting your doctor first. It is important to take this medicine every day, as long as your doctor prescribes it for you.

* A laxative is a medicine taken by someone who is constipated (having trouble going to the bathroom). It helps produce a bowel movement.
GI side effects: what you can do

Below are some ways to minimize GI side effects. You can discuss these suggestions with your doctor. Keep track of what works best for you.

**DRINKING PLENTY OF WATER AND OTHER CLEAR LIQUIDS**
- Diarrhea can cause you to become dehydrated. Drinking water and other clear liquids that are easy to digest, like juice, broth, and plain gelatin, can help prevent this.

**EATING SIMPLE FOODS**
- Foods like rice, bread, noodles, bananas, chicken (without skin), and turkey are plain and less likely to upset your stomach.
- Some foods and drinks, such as milk and dairy products, spicy or greasy foods, orange juice, foods high in fiber or fat, caffeinated products, or alcohol could make GI side effects worse.

**KEEPING TRACK OF MEDICINES**
- Continue to follow your doctor’s exact recommendation for taking OFEV® (nintedanib).
- Keep medicine in the house to help stop diarrhea; carry some with you when you go out.
- Stop taking laxatives or fiber supplements (unless the doctor has instructed you to do so).
Resources you can use for help

While you take OFEV® (nintedanib), your doctor will want to know how you are doing. It is important to talk to him or her about how you feel. The journal included in this kit can help you track details and changes that you notice. Write down when you feel well and when you do not. Note what helps and what does not help. Discuss these details with your doctor.

Below are some important points to keep in mind:
• Quit smoking—this is the most important thing you can do
• Stay active to maintain your physical and mental health and to help relieve stress
• Follow a healthy diet—stomach fullness can make it harder to breathe, so eat small, frequent meals
• Get plenty of rest to increase your energy, which can help you deal with stress
• Practice relaxation techniques to help maintain a positive attitude
• Join a support group to see how others are coping with the same problems

All of these tips may help keep you in a better frame of mind and more able to enjoy your days.

Online resources
The following are websites full of important information for people with IPF and other diseases.

- Sponsored by Boehringer Ingelheim
  Life With IPF
  [www.lifewithIPF.com](http://www.lifewithIPF.com)

- Pulmonary Fibrosis Foundation
  [www.pulmonaryfibrosis.org](http://www.pulmonaryfibrosis.org)

- Coalition for Pulmonary Fibrosis
  [www.coalitionforpf.org](http://www.coalitionforpf.org)

- European Lung Foundation

- EURORDIS: Rare Diseases Europe
  [www.eurordis.org](http://www.eurordis.org)

- Breathing Matters
  [www.breathingmatters.co.uk](http://www.breathingmatters.co.uk)

- Patients Like Me
  [www.PatientsLikeMe.com](http://www.PatientsLikeMe.com)
Use this space to write down questions you have for your doctor, or for notes about your treatment.
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