TRACKING YOUR JOURNEY
Welcome to an easy way to stay on track with your treatment

This journal is designed to help you and your doctor keep track of your treatment with Esbriet® (pirfenidone). There are also places to write down activities and other events in your life.

For each week, there are 3 sections of this book for you to write in:

1. **Weekly Tracker** helps you stay on schedule taking your medicine with meals

2. **What Inspires You** is a journal for jotting down your thoughts and feelings that inspire you

3. **Your Medical Notes** is space for writing down how you feel, as well as any questions or comments you want to talk to your doctor about
Why write this down?
As you start Esbriet® (pirfenidone), you may find you need to slightly change your routines. Use this journal to:

- Get into the habit of taking your medicine with or at the end of a meal each time
- Jot down questions to help you remember at your next doctor’s appointment
- Write thoughts and feelings to help you stay motivated

12-week journal
This book is designed to be used for 12 weeks. Use it to write about your treatment with Esbriet. Call the 24-Hour Nurse Support Line, 1-844-My-Esbriet (844-693-7274), if you would like another journal. We’ll mail it to your address.

Using this journal is as easy as 1, 2, 3

1. **Weekly Tracker**

   **Check the boxes** each time you take Esbriet. Make one check for each tablet. Making checks in these boxes can help you develop a routine.

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You may also find it helpful to record things you did each day that you enjoyed. Was it chatting with an old friend? Was it a visit from your child?

What was one thing you did today that you enjoyed?

**Day 1:** Read the newspaper
2. **What Inspires You?**
   Jot down your thoughts and hopes that inspire you. Was it reading a great book? Was it a TV series or a movie? Did you take a short trip to meet friends or family? Was it a story you read about in the newspaper?
   They can help you focus on things that are meaningful to you.

3. **Your Medical Notes**
   Use this section to write down anything you may want to discuss with your doctor at your next appointment.
   To make the most of your time with your doctor, consider these topics:

   **How you feel**
   - Is your energy level the same?
   - Are you able to continue doing what you do?
   - Are you feeling less tired or more tired?
   - Any new health issues you have experienced?

   **How you sleep**
   - Are you sleeping more, less or the same?
   - Are you doing anything to help you sleep better?

   **What you eat**
   - What do you eat at breakfast?
   - What do you eat at lunch?
   - What do you eat at dinner?

   **Other questions you have**
   - Having any side effects?
   - Have you started taking any new medicines for other health conditions?
     - Any over-the-counter medicines?
     - Any nutritional supplements?
   - Questions about lung function tests and what test results mean
It is important to follow the Esbriet® (pirfenidone) dosing schedule your doctor prescribed for you. Your doctor may modify your dose. When at the full recommended dose, it could look a lot like this schedule:

**Esbriet 267 mg dosing schedule**

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Once you are doing well on 3 yellow tablets 3 times a day, **ask your doctor if transitioning to fewer pills per day is an option for you.**

Please see Select Important Safety Information and accompanying full Prescribing Information, including Patient Information.
WEEK 1:
Take 1 yellow tablet (267 mg each)
3 times a day with a meal.

Check the box each time you take your
Esbriet® (pirfenidone) tablets (267 mg each).

What was one thing you did today that you enjoyed?
Day 1: ____________________________
Day 2: ____________________________
Day 3: ____________________________

During your first week of treatment, your doctor
may ask you to take 1 yellow tablet per meal. Be
sure to take Esbriet with or at the end of a meal.
What Inspires You?
What are the things that made you smile and feel good? Jot down your thoughts and hopes that inspire you.

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Your Medical Notes
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Please see Select Important Safety Information and accompanying full Prescribing Information, including Patient Information.

WEEK 2

TIP OF THE WEEK:
Your doctor may recommend you take 2 yellow tablets (267 mg each) with meals in your second week of treatment. Follow your doctor’s instructions.

INSPIRATIONAL QUOTE OF THE WEEK:
“What lies behind us and what lies before us are tiny matters compared to what lies within us.”
—Ralph Waldo Emerson
WEEK 2:
Take 2 yellow tablets (267 mg each) 3 times a day with a meal.

Check the box each time you take your Esbriet® (pirfenidone) tablets (267 mg each).

What was one thing you did today that you enjoyed?
Day 1: ________________________________
Day 2: ________________________________
Day 3: ________________________________

During your second week of treatment, your doctor may ask you to take 2 yellow tablets per meal. Be sure to take Esbriet with or at the end of a meal.
What Inspires You?
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TIP OF THE WEEK:

Your doctor may tell you to take 3 yellow tablets (267 mg each) with each meal in your third week of treatment. Continue taking the pills as your doctor directed.

INSPIRATIONAL QUOTE OF THE WEEK:

“We know what we are, but know not what we may be.”
—William Shakespeare
WEEK 3:
Take 3 yellow tablets (267 mg each) 3 times a day with a meal.

Check the box each time you take your Esbriet® (pirfenidone) tablets (267 mg each).

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What was one thing you did today that you enjoyed?
Day 1: ____________________________
Day 2: ____________________________
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During your third week of treatment, your doctor may ask you to take 3 tablets per meal. Be sure to take Esbriet with or at the end of a meal.

Day 4: ____________________________
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What Inspires You?
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TIP OF THE WEEK:
After the full daily dose of 3 yellow tablets (267 mg each) 3 times a day is well tolerated, ask your doctor if transitioning to fewer pills per day is an option for you.

INSPIRATIONAL QUOTE OF THE WEEK:
“Every morning we are born again. What we do today is what matters most.”
—Gautama Buddha
**WEEK 4:**
Take 3 yellow tablets (267 mg each)
3 times a day with a meal.

**Check the box** each time you take your
Esbriet® (pirfenidone) tablets (267 mg each).

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Day 1: ________________________________
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Day 4: ________________________________
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Day 7: ________________________________

If you are only taking one Esbriet tablet, leave the other boxes blank. **Be sure to take Esbriet with or at the end of a meal.**
What Inspires You?
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TIP OF THE WEEK:
Always take Esbriet® (pirfenidone) with a meal. It may help reduce possible side effects such as nausea and dizziness. Follow the dosing schedule prescribed by your doctor. If your doctor tells you to change your dosage, follow his or her instructions.

INSPIRATIONAL QUOTE OF THE WEEK:
“Don’t judge each day by the harvest you reap but by the seeds you plant.”
—Robert Louis Stevenson
**WEEK 5:**

Take 3 yellow tablets (267 mg each) 3 times a day with a meal.

**Check the box** each time you take your Esbriet® (pirfenidone) tablets (267 mg each).

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If you are only taking one Esbriet tablet, leave the other boxes blank. **Be sure to take Esbriet with or at the end of a meal.**

What was one thing you did today that you enjoyed?
Day 1: __________________________________
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TIP OF THE WEEK:
Going outside? Esbriet® (pirfenidone) may make your skin more sensitive to sunlight.

To help protect yourself against sun sensitivity, always use a broad-spectrum (UVA/UVB) sunscreen with SPF 50 or higher. Reapply it often through the day.

Avoid taking other medicines that can make your skin sensitive to light, the light from sunlamps and tanning beds.

Wear a hat and clothing that protect your skin, including your face, arms and legs.

INSPIRATIONAL QUOTE OF THE WEEK:
“Nothing truly stops you. Nothing truly holds you back. For your own will is always within your control.”
—Epictetus
What was one thing you did today that you enjoyed?

Day 1: ______________________________________
Day 2: ______________________________________
Day 3: ______________________________________

If you are only taking one Esbriet tablet, leave the other boxes blank. **Be sure to take Esbriet with or at the end of a meal.**

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WEEK 7

TIP OF THE WEEK:
The next time you see your doctor, be sure to take a few minutes to schedule your next appointment.

INSPIRATIONAL QUOTE OF THE WEEK:
“Fear less, hope more; talk less, say more; love more, and all good things will be yours.”
—Swedish Proverb
**WEEK 7:**
Take 3 yellow tablets (267 mg each) 3 times a day with a meal.

*Check the box* each time you take your Esbriet® (pirfenidone) tablets (267 mg each).

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What was one thing you did today that you enjoyed?
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Day 2: ______________________________
Day 3: ______________________________

If you are only taking one Esbriet tablet, leave the other boxes blank. **Be sure to take Esbriet with or at the end of a meal.**

Day 4: ______________________________
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WEEK 8

TIP OF THE WEEK:
Tell your doctor about all the medicines you take, including prescription and over-the-counter medicines, vitamins and herbal supplements.

INSPIRATIONAL QUOTE OF THE WEEK:
“We are shaped by our thoughts; we become what we think.”
—Gautama Buddha
**WEEK 8:**
Take 3 yellow tablets (267 mg each) 3 times a day with a meal.

Check the box each time you take your Esbriet® (pirfenidone) tablets (267 mg each).

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If you are only taking one Esbriet tablet, leave the other boxes blank. **Be sure to take Esbriet with or at the end of a meal.**

What was one thing you did today that you enjoyed?
Day 1: _________________________________
Day 2: _________________________________
Day 3: _________________________________
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How you feel

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What you eat

Other questions you have

Your Medical Notes
Use this page to write down anything you may want to discuss with your doctor at your next appointment.

How you feel

How you sleep

What you eat

Other questions you have
TIP OF THE WEEK:
Always let your doctor know if you have side effects. If they’re really troublesome, he or she may decide to adjust or discontinue your dose. Remember, do not adjust your dose without your doctor’s advice.

INSpirational QUOTE OF THE WEEK:
“Happiness resides not in possessions and not in gold; happiness dwells in the soul.”
—Democritus
WEEK 9:
Take 3 yellow tablets (267 mg each) 3 times a day with a meal.

Check the box each time you take your Esbriet® (pirfenidone) tablets (267 mg each).

If you are only taking one Esbriet tablet, leave the other boxes blank. Be sure to take Esbriet with or at the end of a meal.

What was one thing you did today that you enjoyed?
Day 1: ____________________________
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WEEK 10

TIP OF THE WEEK:
If you miss 14 days or more of Esbriet® (pirfenidone), call your doctor right away for further instructions about how to take your medicine. Do not take 2 doses at the same time to make up for your missed dose. Do not take more than 3 doses each day.

INSPIRATIONAL QUOTE OF THE WEEK:
“Be not afraid of life. Believe that life is worth living and your belief will help create the fact.”
—William James
**WEEK 10:**
Take 3 yellow tablets (267 mg each) 3 times a day with a meal.

Check the box each time you take your Esbriet® (pirfenidone) tablets (267 mg each).

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If you are only taking one Esbriet tablet, leave the other boxes blank. **Be sure to take Esbriet with or at the end of a meal.**

What was one thing you did today that you enjoyed?
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TIP OF THE WEEK:
If you have any questions about tests that your doctor ordered for you, make sure you ask.

INSPIRATIONAL QUOTE OF THE WEEK:
“You have power over your mind—not outside events. Realize this, and you will find strength.”
—Marcus Aurelius
**WEEK 11:**
Take 3 yellow tablets (267 mg each) 3 times a day with a meal.

**Check the box** each time you take your Esbriet® (pirfenidone) tablets (267 mg each).

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WEEK 12

TIP OF THE WEEK:
Store Esbriet® (pirfenidone) tablets at room temperature, 77°F (25°C). Keep in a tightly closed container. Safely throw away any Esbriet that is out of date or no longer needed. Keep Esbriet and all medicines out of reach of children.

INSPIRATIONAL QUOTE OF THE WEEK:
“Being deeply loved by someone gives you strength, while loving someone deeply gives you courage.”
—Lao Tzu
**WEEK 12:**

Take 3 yellow tablets (267 mg each) 3 times a day with a meal.

**Check the box** each time you take your Esbriet® (pirfenidone) tablets (267 mg each).

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If you are only taking one Esbriet tablet, leave the other boxes blank. **Be sure to take Esbriet with or at the end of a meal.**

What was one thing you did today that you enjoyed?
Day 1: ___________________________
Day 2: ___________________________
Day 3: ___________________________

Day 4: ___________________________
Day 5: ___________________________
Day 6: ___________________________
Day 7: ___________________________
What Inspires You?
What are the things that made you smile and feel good? Jot down your thoughts and hopes that inspire you.

__________________________________________
__________________________________________
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Your Medical Notes
Use this page to write down anything you may want to discuss with your doctor at your next appointment.

How you feel
__________________________________________
__________________________________________
__________________________________________
__________________________________________

How you sleep
__________________________________________
__________________________________________
__________________________________________
__________________________________________

What you eat
__________________________________________
__________________________________________
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Other questions you have
__________________________________________
__________________________________________
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About Esbriet® (pirfenidone)

Esbriet is a prescription medicine used to treat people with a lung disease called idiopathic pulmonary fibrosis (IPF). It is not known if Esbriet is safe and effective in children.

SELECT IMPORTANT SAFETY INFORMATION

Before you take Esbriet, tell your doctor about all your medical conditions, including if you:

- have liver problems
- have kidney problems
- are a smoker
- are pregnant or plan to become pregnant. It is not known if Esbriet will harm your unborn baby
- are breastfeeding or plan to breastfeed. It is not known if Esbriet passes into your breast milk. You and your doctor should decide if you will take Esbriet or breastfeed

Tell your doctor about all the medicines you take, including prescription and over-the-counter medicines, vitamins and herbal supplements.
What should I avoid while taking Esbriet® (pirfenidone)?

- **Sunlight.** Esbriet can make your skin sensitive to the sun and the light from sunlamps and tanning beds. You could get a severe sunburn. Use sunscreen (SPF 50) and wear a hat and clothes that cover your skin if you have to be in sunlight. Talk to your doctor if you get sunburn or a rash.

- **Taking Esbriet with other medicines** that can make your skin sensitive to the sun, the light from sunlamps and tanning beds.

- **Smoking.** Smoking may affect how well Esbriet works.

What are the possible side effects of Esbriet?

Esbriet may cause serious side effects, including:

- **Liver problems.** Call your doctor right away if you have unexplained symptoms such as yellowing of your skin or the white part of your eyes (jaundice), dark or brown (tea-colored) urine, pain on the upper right side of your stomach area (abdomen), bleeding or bruising more easily than normal or feeling tired.

Your doctor will do blood tests to check how your liver is working during your treatment with Esbriet.

- **Sensitivity to sunlight (photosensitivity) and rash.** See “What should I avoid while taking Esbriet?”

- **Stomach problems.** Esbriet may cause stomach problems such as nausea, vomiting, diarrhea, indigestion, heartburn and stomach pain. Tell your doctor right away if your stomach problems get worse or do not go away. Your doctor may need to change your dose of Esbriet.

The most common side effects of Esbriet include feeling tired, insomnia, upper respiratory tract infections, sinusitis, headache, dizziness and decreased or loss of appetite. These are not all the possible side effects of Esbriet.

Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088 or www.fda.gov/medwatch. You may also report side effects to Genentech at 1-888-835-2555.

Remember: The information in this booklet does not replace discussions with your doctor. Please contact your doctor with any questions about your condition and treatment options, including Esbriet, as well as any side effects you may experience while taking Esbriet.
All the important numbers all in one place to fill out and keep

My pulmonologist: ________________________________

My primary care doctor: __________________________

My specialty pharmacy: ____________________________

We are here when you need us.

To reach an Esbriet Nurse, 24 hours a day, 7 days a week, call 1-844-693-7274 and press 1.

Esbriet Access Solutions:
For questions about paying for Esbriet, call 8 AM to 5 PM PT, Monday through Friday,
1-844-ESBRIET (844-372-7438)