

Is "off" time in Parkinson's disease keeping you from moving the way you want to?

Here's a guide to help you discuss "off" time with your doctor

You know about your Parkinson's disease (PD), but there may be some things you don't know about "off" time.

"Off" time may occur as your PD progresses and your carbidopa/levodopa starts to wear off.

There are many signs of "off" time, including the following motor symptoms:



TREMORS



DIFFICULTY
WALKING



SLOWNESS



STIFFNESS



PARTIAL OR TOTAL
INABILITY TO MOVE

Motor symptoms can manifest in various ways, such as difficulty brushing one's teeth or holding a glass of water.

These are not all possible symptoms of "off" time.

Be sure to discuss all of your symptoms with your doctor.



Use this guide to talk to your doctor and find out if adding NOURIANZ® (istradefylline) may help.

What is NOURIANZ?

NOURIANZ is a prescription medicine used with levodopa and carbidopa to treat adults with Parkinson's disease (PD) who are having "off" episodes. It is not known if NOURIANZ is safe and effective in children.

Important Safety Information

Before you take NOURIANZ, tell your healthcare provider about all your medical conditions, including if you:

- have a history of abnormal movement (dyskinesia)
- have a history of psychotic thinking or behavior
- have reduced liver function
- smoke cigarettes or use other tobacco products
- are pregnant or plan to become pregnant. NOURIANZ may harm your unborn baby
- are breastfeeding or plan to breastfeed.

Please see additional Important Safety Information on next page, and click to see full [Patient Information](#).

NOURIANZ®
(istradefylline) tablets
20 mg | 40 mg



Answer the questions below and share the results with your doctor

1 Which PD symptoms do you experience during "off" time?

Tremor

Difficulty walking

Slowness

Stiffness

Partial or total inability to move

Other:

2 Has your doctor ever increased the dose or frequency of your carbidopa/levodopa?

Yes

No

3 While on carbidopa/levodopa, if/when your PD symptoms reappear, how long do they generally last?

Answer:

4 How long before your next dose of carbidopa/levodopa do you begin to experience symptoms?

Answer:

5 Do "off" episodes interfere with your daily activities?

If so, please list here:

Important Safety Information (continued)

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

NOURIANZ and other medicines may affect each other causing side effects. NOURIANZ may affect the way other medicines work, and other medicines may affect how NOURIANZ works.

Please see additional Important Safety Information on the last page and click to see full [Patient Information](#).

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Tracking your symptoms can help in your discussions with your doctor about "off" episodes

Note the date, carbidopa/levodopa dosage, time of day, and duration of your symptoms. NOURIANZ is a prescription medicine used with carbidopa/levodopa to treat adults with Parkinson's disease (PD) who are having "off" episodes.

To track multiple weeks, reprint the chart below and share with your doctor.

SAMPLE OF HOW TO FILL OUT TRACKER						TREMOR	DIFFICULTY WALKING	SLOWNESS	STIFFNESS	PARTIAL OR TOTAL INABILITY TO MOVE	OTHER (EXPLAIN)
WEEK OF: 08/02/2022											
SUNDAY		C/L Dose mg		60/250mg		Experienced tremors for about 2 hours starting at 9AM.		Experienced slow movement for about 30 minutes in the afternoon.			
Time:											
1	10:30AM	2	3:30PM	3	8:30PM						
4		5		6							

WEEK OF:	TREMOR	DIFFICULTY WALKING	SLOWNESS	STIFFNESS	PARTIAL OR TOTAL INABILITY TO MOVE	OTHER (EXPLAIN)
SUNDAY						
C/L Dose mg						
Time:						
1	2	3				
4	5	6				
MONDAY						
C/L Dose mg						
Time:						
1	2	3				
4	5	6				
TUESDAY						
C/L Dose mg						
Time:						
1	2	3				
4	5	6				
WEDNESDAY						
C/L Dose mg						
Time:						
1	2	3				
4	5	6				
THURSDAY						
C/L Dose mg						
Time:						
1	2	3				
4	5	6				
FRIDAY						
C/L Dose mg						
Time:						
1	2	3				
4	5	6				
SATURDAY						
C/L Dose mg						
Time:						
1	2	3				
4	5	6				

Please see additional Important Safety Information on the next page and click to see full [Patient Information](#).



Important Safety Information (continued)

What are the possible side effects of NOURIANZ?

NOURIANZ may cause serious side effects, including:

- **uncontrolled sudden movements (dyskinesia).**

Uncontrolled sudden movements is one of the most common side effects.

- **hallucinations and other symptoms of psychosis.**

NOURIANZ can cause abnormal thinking and behavior, including:

- being overly suspicious or feeling people want to harm you (paranoid ideation)
- believing things that are not real (delusions)
- seeing or hearing things that are not real (hallucinations)
- confusion
- increased activity or talking (mania)
- disorientation
- aggressive behavior
- agitation
- delirium (decreased awareness of things around you)

- **unusual urges (impulse control or compulsive behaviors).** Some people taking NOURIANZ get urges to behave in a way unusual for them. Examples of this are unusual urges to gamble, increased sexual urges, strong urges to spend money, binge eating, and the inability to control these urges.

If you notice or your family notices that you are developing any new or unusual symptoms or behaviors, talk to your healthcare provider.

The most common side effects of NOURIANZ include uncontrolled movements (dyskinesia), dizziness, constipation, nausea, hallucinations, and problems sleeping (insomnia).

These are not all the possible side effects of NOURIANZ.

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

Please see additional Important Safety Information throughout, and click to see full [Patient Information](#).

Bring this guide to your next appointment and talk to your doctor to learn more about NOURIANZ.



NOURIANZ works with your current carbidopa/levodopa regimen and helps to reduce "off" episodes in adult patients with PD.

KYOWA KIRIN

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