

OCREVUS[®] (ocrelizumab) MS & Me

Your guide to multiple sclerosis (MS)
and starting treatment with OCREVUS[®]*



*For patients with relapsing multiple sclerosis (RMS) or primary progressive multiple sclerosis (PPMS)



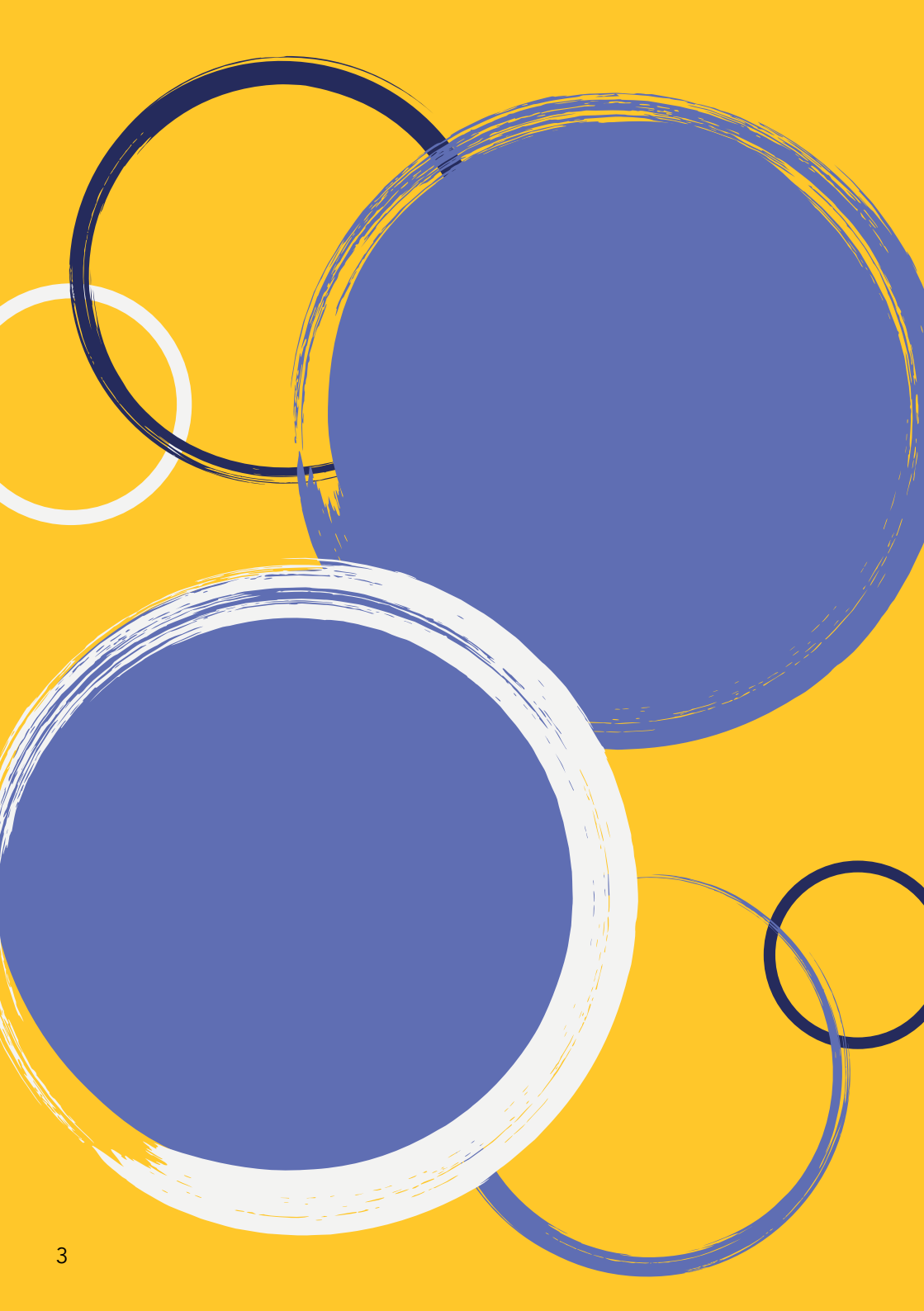
OCREVUS[®]
ocrelizumab
Subcutaneous injection



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1.

Welcome to your OCREVUS® treatment guide!

A step-by-step guide to help you get ready for treatment

Receiving a diagnosis of MS can be a shock but talking with your MS doctor or nurse, and understanding your treatment, can help you feel more in control of your life and your future.

This booklet is designed to support you if you have been diagnosed with relapsing forms of multiple sclerosis (RMS) or primary progressive multiple sclerosis (PPMS), and OCREVUS® (ocrelizumab) has been identified as a suitable treatment.

In this guide, you'll find:

- A brief overview of what MS is
- Important information about your OCREVUS® treatment
- What to expect during OCREVUS® treatment
- Suggestions on how to make your treatment more manageable

You'll also find tips and quotes from healthcare professionals and other MS patients who have been using OCREVUS®.* You may want to use these as ideas for discussions with your doctor or MS nurse.



Read this guide with your patient leaflet

Be sure to read this guide along with your OCREVUS® patient leaflet, which contains information about:

- What OCREVUS® is
- What you need to know before you are given OCREVUS®
- How OCREVUS® will be given and its possible side effects

Please ask your MS care team for a copy of the patient leaflet



We hope this booklet, along with your patient leaflet, will help you to feel confident on your MS treatment decision.



If you have any questions about anything in this booklet, please ask your MS team for further details



2. What is Multiple Sclerosis (MS)?

Multiple sclerosis is a disease that affects the brain, spinal cord and optic nerves, which make up the central nervous system (CNS).¹

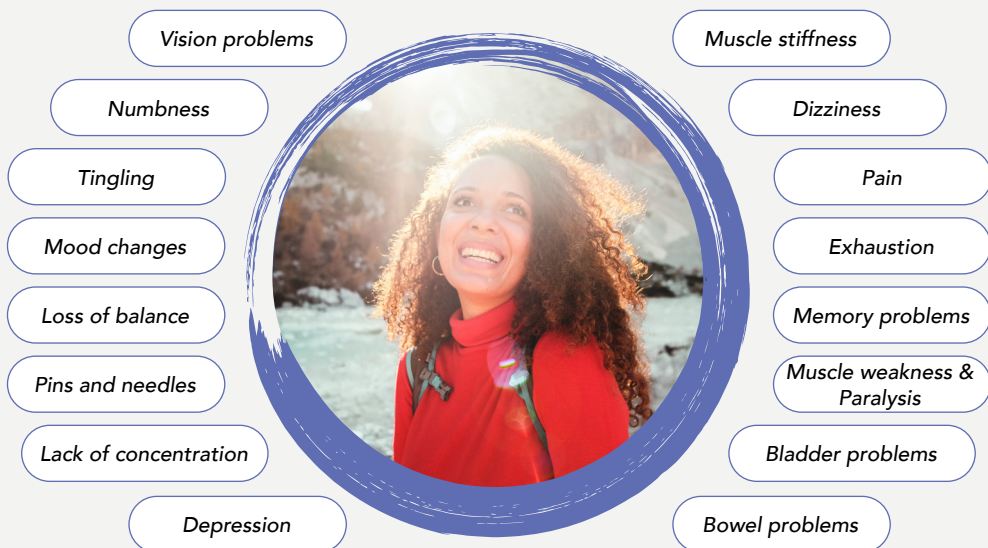
What causes MS?

The exact cause of MS is unknown, but we do know that something triggers the body's immune system to attack the CNS. This damage to the protective layer of insulating, nerve fibres (called myelin) disrupts signals to and from the brain. This interruption causes unpredictable symptoms.¹

Symptoms of MS

Everyone's MS is different since MS can attack different parts of the CNS. So you may find it useful to be aware of the possible signs and symptoms of MS. These may be temporary or long lasting.

Tell your doctor or nurse straight away if you think your MS is getting worse or if you notice any new symptoms. Some things to look out for include:¹



3. About OCREVUS®

OCREVUS® (ocrelizumab) is a manufactured protein that acts like the natural antibodies that are produced by your immune system (called humanised monoclonal antibody).



OCREVUS® is approved for the treatment of relapsing Multiple Sclerosis (RMS) and primary progressive Multiple Sclerosis (PPMS)



OCREVUS® is a well-established medicine. More than 300,000 people with MS have been treated globally with OCREVUS® over the last 10 years

A disease-modifying therapy

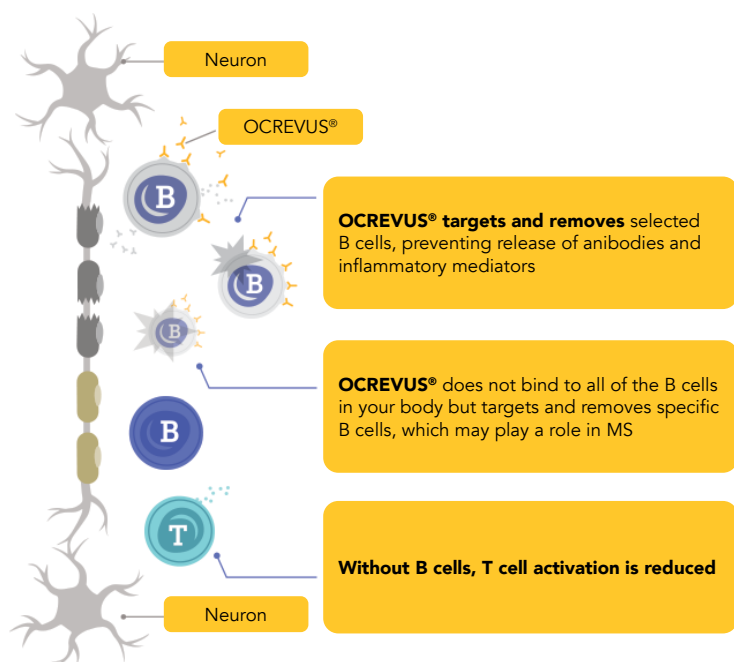
- OCREVUS® is referred to as a “disease-modifying therapy” because it can modify the progression of MS. It helps to prevent lesions – the areas of damage or scarring in your brain and spinal cord.
- In RMS, OCREVUS® helps to prevent or lessen the number of relapses and can stop damage from occurring.
- OCREVUS® SC also contains an additional ingredient: an enzyme called recombinant human hyaluronidase. It helps OCREVUS® to be absorbed into the body when it is injected under the skin.

4. How does OCREVUS® work?

Your immune system is made up of lots of different cells that usually all work together to protect your body from possible infections.

In MS, where the immune system attacks the CNS by mistake, there is particular involvement from two types of immune cells called B cells and T cells, which often work together in an immune response.

OCREVUS® works on your immune system by targeting and removing specific B cells that play a role in MS. When targeted B cells are removed by OCREVUS®, inflammation is reduced, and the risk of other nerve cells becoming infected is also reduced.



5. What is the OCREVUS® treatment journey?

This part of the booklet gives you some details about what your treatment journey with OCREVUS® will look like. It includes what happens before your treatment, during your treatment administration, right after the treatment, and the time between your doses.

Before starting treatment with OCREVUS®

Before starting treatment with OCREVUS®, your MS team will assess your overall health and wellbeing to check that giving you OCREVUS® is safe.

- You may need to have a blood test
- You may need to have a pregnancy test (if applicable)
- You may need to get vaccinations

You should NOT receive OCREVUS® if:

- You have an active infection
- You are or think that you might be pregnant
- You have previously had a hypersensitive reaction to OCREVUS®
- You have an active hepatitis B virus (HBV) infection
- You have active medical malignancies
- You are in a severely immunocompromised state



Women of childbearing age should use contraception while receiving OCREVUS®, for 12 months (EMA) or 6 months (FDA) after their last treatment.



A — Things to remember before your OCREVUS® treatment

Allow yourself enough time



- On the day of your OCREVUS treatment, your MS care team may want to carry out some extra checks on your health and wellbeing, before they give you OCREVUS
- So ask your MS nurse when you should arrive for your treatment, to allow yourself time for these checks
- Allowing yourself enough time - before, during and after your appointment - can help reduce any stress you may be having about your treatment

Take your pre-medication*



- Before you receive OCREVUS®, you will be given some other medicines (called pre-medications) to control possible side effects or reactions to OCREVUS®
- If you are due to receive IV OCREVUS®, your nurse will administer the pre-medication before the treatment
- If you are due to receive SC OCREVUS®, you may be asked to take the pre-medication as pills at home

 **Please talk to your MS team, who can advise you when to take your pre-medication**

Plan your journey



- The pre-medication pills you take at home before your SC OCREVUS® treatment might make you feel sleepy
- You may want to ask someone to drive you to your OCREVUS® appointment or book a taxi in advance



Tell your MS team about your health



- Before each OCREVUS® treatment, tell your MS team if you are taking any new medication, if you may be pregnant, or if you are feeling unwell
- They will advise you on how to manage these conditions, and may reschedule your OCREVUS® clinical appointment, if needed

Eat and drink, as normal



- You can eat as usual before your OCREVUS® treatment administration
- Make sure you stay hydrated before your OCREVUS® treatment administration, by drinking plenty of water
- This can also help boost your overall wellbeing
- There are no known interactions between OCREVUS® and alcohol. However, drinking alcohol before OCREVUS® administration is not recommended as alcohol dehydrates your body

Keep up your daily activities



- Besides taking off time for OCREVUS® treatment administration, you can engage in your daily activities, physical activities, and exercise as normal

What to bring with you



- Make sure you wear loose clothes to your appointment, so your MS team can easily reach your arm or abdomen to give you your OCREVUS®
- Ask your MS team what they recommend you should wear if you are receiving OCREVUS intravenous (IV) or subcutaneous (SC)



- It can take as little as 10 minutes for you to receive OCREVUS® treatment, if you are receiving the subcutaneous injection
- Or if you are taking the OCREVUS® IV infusion, this administration can take around 2 to 3.5 hours, depending on what your MS team recommends
- Once OCREVUS® administration is finished, you might be asked to stay for another hour for observation.
- So you might want to bring some things to help you feel comfortable and to pass the time

6. How is OCREVUS® administered?

OCREVUS® treatment will be administered to you every 6 months and it can be given in two ways:

- As an intravenous infusion into the vein (OCREVUS® IV treatment)
- As a subcutaneous injection under the skin of the abdomen (OCREVUS® SC treatment)

You will have discussed and decided with your MS team what the best OCREVUS® treatment option is for you. In both cases, OCREVUS® needs to be administered by someone from your MS team.

Dosing schedules for OCREVUS® intravenous

Different ways of administering OCREVUS®		
TREATMENT TYPE	OCREVUS® IV INFUSION: 	OCREVUS® SC INJECTION: 
Doses per year	2 doses per year The first dose is split into two 250 mL treatment infusions, 2 weeks apart Further doses are administered as one 500 mL infusion, every 6 months	2 doses per year One single 23 mL dose

Administration method	An intravenous infusion, into a vein in your arm	A subcutaneous injection under the skin, in your abdomen area
Treatment administration time	Around 2 to 3.5 hours Depending on how you respond to the first dose or subsequent doses, your doctor may recommend a shorter or longer infusion time	Around 10 minutes
Given by	A healthcare professional	A healthcare professional

What happens at an OCREVUS® IV administration appointment?

TREATMENT STAGES	FOR OCREVUS® IV INFUSION
Check-in	A nurse will run through a checklist with you to make sure everything is OK before the infusion
Pre-medication	You will be given pre-medication 30-60 minutes before starting your OCREVUS® IV treatment, usually as part of that IV infusion
Administration time	The IV infusion itself will take around 2 to 3.5 hours: • The first dose will be given as two 250 mL treatment infusions, 2 weeks apart • Each of these infusions will take around 2.5 hours • Depending on how you respond to the first dose or subsequent doses, your doctor may recommend a shorter or longer infusion time

Starting the injection	• Once you are set to receive OCREVUS® IV treatment, you will be assigned to an infusion chair, where you will sit during the treatment • A thin needle will be inserted into your arm to start the infusion • An automatic pump will also be set up to ensure that you receive the exact amount of OCREVUS® treatment
Monitoring after treatment	• Once your IV infusion is finished, you will be asked to stay for another hour for observation • This will allow your healthcare team to watch out for any side effects related to the injection • You will also be asked to watch out for any signs of side effects up to 24 hours after treatment (<i>See the side effects table for OCREVUS® treatment on page 19</i>)
Discharge	• Before leaving, you will receive contact details for your clinic, in case you need to get in touch with your MS team • Your MS team will also schedule your next OCREVUS® administration appointment

“

The nurse usually asks me how I'm feeling before my infusion to check that I don't have any signs of an infection.

”

What happens at an OCREVUS® SC administration appointment?

TREATMENT STAGES	FOR OCREVUS® SC INJECTION
Check-in	A nurse will run through a checklist with you to make sure everything is OK before the infusion
Pre-medication	- You will take pre-medication shortly before starting your OCREVUS® SC treatment, usually as pills you will swallow - Your doctor may give you the option to take your pre-medication at home before arriving at your OCREVUS® clinical treatment appointment
Injection time	Around 10 minutes
Starting the injection	- You will be asked to sit or lay down, and a thin needle will be inserted under the skin, in your abdomen area. This needle will be connected to the prepared syringe containing OCREVUS® SC - The nurse will either inject OCREVUS® manually, or will use an automatic pump to do this
Monitoring after treatment	- Once your SC injection is finished, you might be asked to stay for another hour for observation - This will allow your healthcare team to watch out for any side effects related to the injection - You will also be asked to watch out for any signs of side effects up to 24 hours after treatment (<i>See the side effects table for OCREVUS® treatment on page 18</i>)
Discharge	- Before leaving, you will receive contact details for your clinic, in case you need to get in touch with your MS team - Your MS team will also schedule your next OCREVUS® administration appointment

How much total time will my OCREVUS® appointment take?

For OCREVUS® IV treatment:

In total, your OCREVUS® IV administration appointment may take from around 4 to 5.5 hours. This will include:

- 10 minutes check-in and 30-60 minutes for pre-medication
- 2 hours or 3.5 hours for the IV infusions (the first 2 infusions will each last 2.5 hours)
- At least 1 hour of monitoring by your MS team after your infusion

For OCREVUS® SC treatment:

Your OCREVUS® SC administration appointment may take from around 20 minutes to 2.5 hours

Allow around 2.5 hours for your first visit. This will include:

- If you are given pre-medication at the clinic, you will receive them shortly before your injection. (If you take pre-medication at home, you will not need this time at the clinic)
- 10-15 minutes for check-in and the injection administration
- At least 1 hour of monitoring by your MS team to watch out for any reactions after your first injection

During subsequent visits, your total OCREVUS® SC appointment time may be just **10-15 minutes**, if you have had no reactions to your first injection.

What are the possible side effects of OCREVUS® treatment?

Like all medicines, OCREVUS® can cause side effects, although not everybody gets them. The most common side effects are infusion-related reactions.

These are normally mild or moderate allergy-like symptoms, such as itching, skin redness or rashes. Please see the full list of side effects in the table below.

You will be monitored during your IV and SC injection administration, and for at least 1 hour afterwards, to manage any reactions that you might have.

For the IV OCREVUS® infusion, treatment reactions are more common during the first infusion and usually decrease over time.

OCREVUS® treatment: Possible side effects

- | | |
|---|--|
| <ul style="list-style-type: none">• Itchy skin• Rash• Hives• Redness of the skin• Throat irritation or pain• Shortness of breath• Swelling of the throat• Flushing | <ul style="list-style-type: none">• Low blood pressure• Fever• Feeling tired• Headache• Feeling dizzy• Feeling sick (nausea)• Fast heartbeat |
|---|--|

Managing side effects

Your MS team is well trained to manage any side effects, which can usually be resolved quickly. Depending on the severity and the type of side effect, your doctor or nurse will decide which actions to take. Those can be:

- Slowing down treatment administration
- Interrupting treatment administration
- Stopping treatment administration
- Giving you other medicines to treat the symptoms of the side effect

Scheduling an appointment for your next dose



OCREVUS® is administered every 6 months. It is important to stick **to this dosing schedule** to ensure that OCREVUS® is safe and effective.

Your MS care team will usually schedule an appointment for your next OCREVUS® administration, after you receive each OCREVUS® treatment dose.

If you are not aware of the details of your next dose, reach out to your MS team to schedule an appointment for this.

Managing your MS treatment

Remember that OCREVUS® treatment administration is just one part of your MS management.

Your doctor or other members of the MS team might ask you to come in regularly for check-ups or scans.

These will help them to assess your MS, and if see your treatment is working effectively and safely.



7. Frequently-asked questions

Can I go on holiday while I'm on OCREVUS®?

Yes, you can fully enjoy a holiday away from home. But please ensure that you consider your OCREVUS® administration schedule.

If you have a specific time of the year where you are always on holiday or have other fixed plans, your treatment schedule can be planned around this period. Ask your MS nurse to consider this when planning your next OCREVUS® dose.



Remember though, if you need travel vaccines for your holiday, you should arrange to have these **at least 6 weeks** before you start your next treatment with OCREVUS®.

While you are being treated with OCREVUS®, you **should NOT** be given live or live attenuated vaccines. Always check with your MS team before arranging any travel or seasonal vaccines.

Can I do sports when I'm on OCREVUS®?

Yes! There is no reason why you shouldn't do sports while receiving OCREVUS®. In fact, exercise has mental and physical health benefits for everyone.

As well as improving overall fitness, exercise can improve muscle strength, balance, and tiredness, and can generally make you feel better.

What happens if I miss a dose?

Please do not make any decisions on changing your treatment plan without consulting your MS team first. If you are not able to take your treatment for personal reasons, please inform your MS team. They are there to advise you on how to proceed in these situations.



If you have missed an appointment, please reach out to your MS team to schedule an alternative appointment **as soon as possible – do not wait** until the next planned dose.

It is important to stick to OCREVUS®, as prescribed by your doctor, to ensure your MS is controlled in the best way.

OCREVUS® should be administered every 6 months (with a minimum interval of 5 months between each dose).

How do I know that OCREVUS® is working?

OCREVUS® probably won't make you feel 'better'. Its aim is to reduce the level of activity of your MS, including the likelihood of a relapse, and to slow down the progression of your MS.

OCREVUS® does not directly treat your MS symptoms (like fatigue). Your doctor will regularly assess if your treatment is working by checking:

- If and how many relapses you have had
- How severe the relapses were
- The number of lesions seen on your medical scans
- Changes in your physical and mental abilities

8. Appointment diary

Some people with MS use a diary to note down their next treatment appointment details, and to record any healthcare changes they may notice between their appointments.

Visit 1

Date: _____

Time: _____

Visit 2

Date: _____

Time: _____

Visit 3

Date: _____

Time: _____



Visit 4

Date: _____

Time: _____

Visit 5

Date: _____

Time: _____

Visit 6

Date: _____

Time: _____



9.

[illegible]

10. Your clinic's contact details

You or your MS team can fill in these important contact details, so you can keep them handy.

Clinic Name: _____

Nurse/Doctor Name: _____

Clinic Address: _____

Clinic Email/Telephone: _____

“

I usually feel positive after my infusion because it reminds me that I'm being proactive in keeping my MS under control.

”

[Different countries to add their own specific MS URL contact details]



11. Glossary

- **Antibody:** A protein produced by certain cells of the immune system. It is produced in response to bacteria, viruses, and other types of foreign antigens.
- **B cell:** A type of lymphocyte (white blood cell) made in the bone marrow that makes antibodies.
- **CNS:** Central Nervous System, which consists of the brain and spinal cord. The CNS controls thought, movement, and emotion.
- **Immune system:** A complex network of glands, tissues, circulating cells, and processes that protect the body by identifying abnormal or foreign substances and neutralising them.
- **Intravenous therapy (IV):** a medical technique that administers fluids, medications and nutrients directly into a person's vein.
- **Neuron:** The basic nerve cell of the nervous system.
- **PPMS:** Primary progressive multiple sclerosis, where symptoms gradually worsen and accumulate over several years.
- **RMS:** Relapsing forms of multiple sclerosis, which include episodes of new or worsening symptoms, known as relapses.
- **Subcutaneous (SC):** The insertion of medications beneath the skin either by injection or infusion.
- **T cell:** A lymphocyte (white blood cell) that develops in the bone marrow, matures in the thymus, and works as part of the immune system in the body.