



## MY REXULTI JOURNEY



### Getting Started

Your guide to understanding  
your Pr REXULTI® treatment

[myrexultijourney.ca](https://myrexultijourney.ca)

# My <sup>Pr</sup> REXULTI<sup>®</sup>

## Your guide to understanding major depressive disorder (MDD) and the addition of REXULTI to your treatment

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You are reading this brochure because your healthcare professional has prescribed you REXULTI, to use along with antidepressant medication for the management of your depression.

In this brochure, we'll review some of the basics of depression, offer tips on how to take an active role in your treatment, and help you understand how REXULTI works. It's all designed to help you start your REXULTI treatment journey, and to help you get the most out of your treatment for depression.

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## Table of contents

<b>Understanding your depression</b>	4
<b>Your treatment journey so far</b>	5
<b>Why <sup>Pr</sup> REXULTI<sup>®</sup>?</b>	6-13
How does REXULTI work?	7
How do I take REXULTI?	8-9
REXULTI warnings and cautions	10-13
<b>Taking an active role in your treatment</b>	14-15
<b>FAQs</b>	16-19
<b>Useful resources</b>	20-23
Patient associations	20-21
Online symptom tracking tools	22-23

# Understanding your depression

**Depression is more common than you may think.** It is a medical condition that affects about 10% of Canadians (15 years or older) at some point in their lives.

**Symptoms of depression** include:



Feeling sad or hopeless



Loss of interest (motivation) and enjoyment



A change in appetite or weight



Difficulty concentrating or sleeping



Feeling tired



Headaches



Unexplained aches and pain

You may also feel desperate, guilty and unable to concentrate and make decisions.

**Don't get discouraged, and remember that it's okay to ask for help!**

## Causes of depression

It is not clear exactly what causes depression, but research suggests that:

- Depression may involve a variety of different factors: genetics, hormones, your biological makeup, and certain neurological factors, including changes in the function and effect of brain chemicals (neurotransmitters).
- Other factors can include a family history of depression, physical illness (like cancer or heart disease) or high levels of stress.



## Your treatment journey so far

Your experience of depression and its treatment is unique to you.

Your healthcare professional started you down a treatment path by prescribing you an **antidepressant**.

Now, along with your antidepressant, your healthcare professional has decided to prescribe <sup>Pr</sup>REXULTI® as an **adjunct (additional or add-on) therapy** to treat your depression.

**It's important to stay patient with your treatment plan and focus on the journey ahead.**

## Why PrREXULTI®?

You have been prescribed REXULTI, along with an antidepressant, because:

- You were **diagnosed with MDD**; and
- You had an **inadequate response to your antidepressant**, meaning not all your symptoms have been resolved

REXULTI may help to manage an inadequate response to antidepressant treatment (*REXULTI is not a cure, but it can help manage symptoms in adult patients*).

REXULTI is indicated for use as an adjunct to antidepressants for the treatment of major depressive disorder (MDD) in adult patients with an inadequate response to prior antidepressant treatments during the current episode.



## How does PrREXULTI® work?

Your brain uses naturally occurring chemicals—called neurotransmitters—to allow nerve cells to talk to each other.

When you have depression, certain neurotransmitters may be out of balance. These imbalances may cause some of the symptoms you have experienced.

REXULTI, used together with an antidepressant, can affect these neurotransmitters and help you manage your depression symptoms.

Exactly how REXULTI works is unknown, but it seems that REXULTI corrects the balance of certain neurotransmitters like dopamine and serotonin in your body.

## How do I take PrREXULTI®?



The usual starting dose is  
**0.5 mg or 1 mg once a day**



The recommended target and  
maximum dose is **2 mg once a day**

### REXULTI can be taken with or without food.

Take REXULTI exactly as your healthcare professional tells you to take it.

- Your healthcare professional has decided on the best dosage for you depending on your overall health and other medications you are taking.
- Your healthcare professional may change your dose depending on how you respond.
- **Do not change your dose or stop taking REXULTI** without speaking to your healthcare professional.

Do not stop taking your antidepressant, because REXULTI is meant to be used together with antidepressants.



#### Missed dose:

- You should not miss a dose of PrREXULTI®. If you miss a dose, take the missed dose as soon as you remember.
- If you are close to your next dose, just skip the missed dose and take your next dose at your regular time.
- Do not take 2 doses of REXULTI at the same time.
- If you are not sure about your dosing, call your healthcare professional.



#### Overdose:

- If you think you have taken too much REXULTI, contact your healthcare professional, hospital emergency department or regional Poison Control Centre immediately, even if there are no symptoms.

## PrREXULTI® warnings and cautions

### Serious warnings and precautions

Medicines like REXULTI, called atypical antipsychotics, can raise the risk of death in elderly people who have dementia.

### Possible side effects with PrREXULTI®

- Diarrhea, constipation
- Indigestion, stomach pain
- Dry mouth
- Weight gain, increased appetite
- Dizziness
- Difficulty staying still or restlessness
- Shakiness (tremor)
- Back pain, muscle pain
- Sleepiness, drowsiness, fatigue, weakness, sleep disturbances (insomnia)
- Anxiety
- Headache
- Nasopharyngitis (common cold-like symptoms)
- Rash
- Sleep apnea (a sleep disorder where your breathing is interrupted during sleep)
- Sleepwalking and eating while asleep (sleep-related eating disorders)
- Bladder infection





## Pr REXULTI® warnings and cautions

### **Possible side effects with REXULTI (continued)**

These are not all the possible side effects you may feel when taking REXULTI. If you experience any side effects not listed here, contact your healthcare professional.

Although uncommon, serious side effects are possible. Please see the patient medication information leaflet regarding serious side effects and what to do about them. You can also consult your healthcare professional to learn about them.

Refer to REXULTI's patient medication information for complete information about other warnings regarding thoughts of suicide and worsening of depression or other mental illnesses, impulse behaviours, effects in newborns, falls, severe skin reactions, neuroleptic malignant syndrome, increased levels of prolactin, driving and using machines, low blood pressure, dehydrating and overheating, check-ups and testing, and medicines that may interact with REXULTI.

# How can I continue to take an active role in my treatment?

## Stay connected with yourself

You can help manage your depression by:

- Tracking your symptoms (using the symptom tracker included in this kit)
- Making healthy lifestyle choices (exercising, eating healthy foods)
- Using self-help books
- Connecting with support groups for depression across Canada



## Prepare for your next appointment

To play an active part in the conversation with your healthcare professional, you can:

- Discuss your symptoms using the symptom tracker (included with your kit)
- Ask any questions you may have thought about, such as:

*When will I feel that the treatment has started working?*

*What self-help groups and support groups are available?*

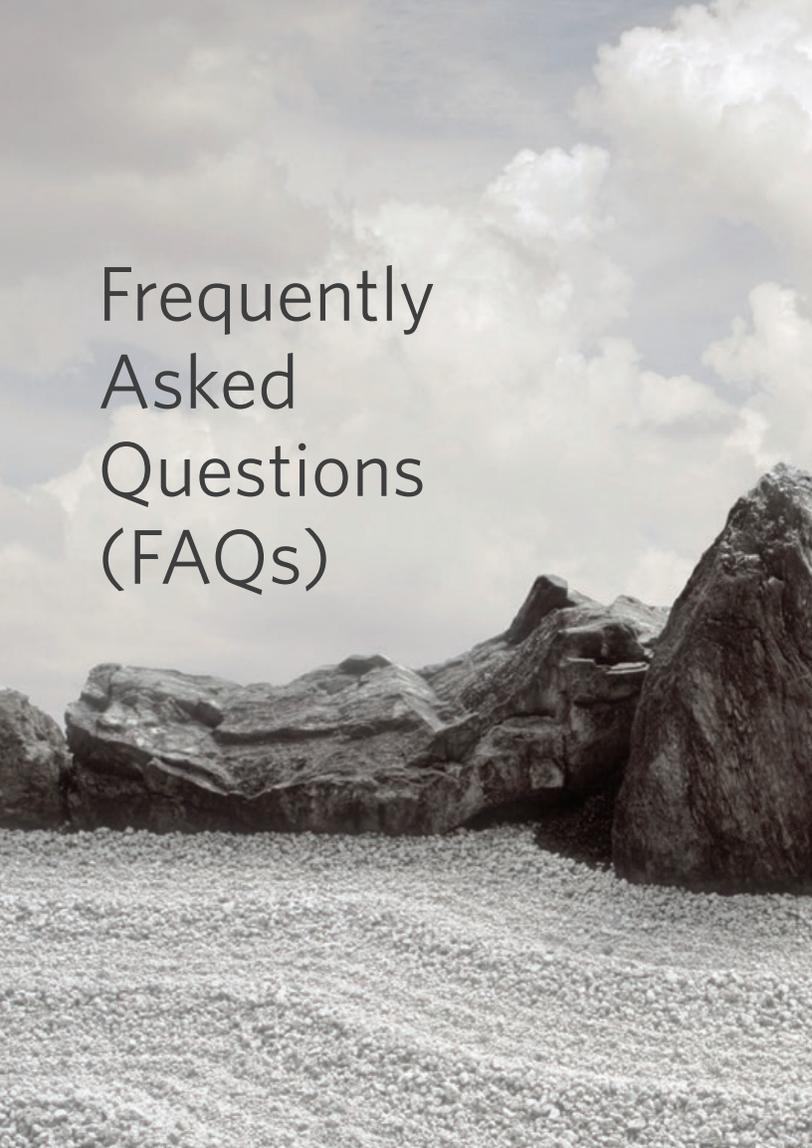
*How else can I manage my depression?*

*Should I get a blood test?*

*What if I want to become pregnant?*

*What if I need to breastfeed?*

**Taking an active role in your treatment can help you get the best care possible from your healthcare professional.**



# Frequently Asked Questions (FAQs)



## Why was I prescribed an additional medication?

You have been prescribed an additional medication (called an *adjunct*) because you have had an inadequate response to your antidepressant. This means that not all your symptoms have been resolved.

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## I learned that Pr REXULTI® belongs to a class of medication called *atypical antipsychotic*. Why was I prescribed an antipsychotic medication for my depression?

Illnesses that affect the brain, like depression, may be due to an imbalance of certain chemicals in the brain (neurotransmitters) that allow nerve cells to talk to each other. These imbalances may cause some of the symptoms you may be experiencing. Medications called antipsychotics affect the neurotransmitters that may be out of balance in depression. Exactly how REXULTI works is unknown, but it seems that REXULTI corrects the balance of certain neurotransmitters like dopamine and serotonin in your body.

Of course, speaking with your healthcare professional will also help you understand why this class of drug has been chosen for you as part of your treatment plan.



## How long can I expect to take <sup>Pr</sup>REXULTI®?

Together, you and your healthcare professional will decide on the length of your treatment, based on their evaluation of your condition. Make sure to discuss this topic with your healthcare professional.

Your healthcare professional will periodically reassess your need to continue REXULTI.

## Should I stop taking my antidepressant now that I am prescribed REXULTI?

No. You should not stop taking your medication because REXULTI is meant to be used together with antidepressants.

## Should I continue both medications (the antidepressant and REXULTI) if my symptoms have improved?

**Yes. You should never stop taking your medication on your own and you should take REXULTI exactly as your healthcare professional advises you to take it.** Your healthcare professional will reassess your treatment plan and your need to continue REXULTI at regular intervals.

## Can I stop taking <sup>Pr</sup>REXULTI® on my own?

**No. You should never stop taking your medication for depression or REXULTI on your own.** Together, you and your healthcare professional will decide on the length of your treatment, based on their evaluation of your condition.

## What can I do to help manage my depression?

You can take an active role in your treatment journey by establishing good communication with your healthcare professional, tracking your symptoms and making healthy lifestyle choices.

## Where can I find tips on exercise and healthy eating?

There are several certified Canadian websites that contain extensive information on this matter. We have listed some of them under the “Useful resources” section.

Remember to discuss any changes in your daily routine with your healthcare professional.



## Useful resources

### Patient associations



#### The Centre for Addiction and Mental Health (CAMH)

Canada's largest mental health teaching hospital and one of the world's leading research centres in its field.

[camh.ca](http://camh.ca)



#### Canadian Mental Health Association (CMHA)

Nationwide organization that promotes mental health and supports people recovering from mental illness in 330 community locations.

[cmha.ca](http://cmha.ca)



#### Canadian Network for Mood and Anxiety Treatments (CANMAT)

A network of academic and clinical experts dedicated to improving clinical care for people with mood and anxiety disorders.

[canmat.org](http://canmat.org)

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#### Mood Disorders Association of Ontario (MDAO)

A leader in group-based and one-on-one peer support for individuals living with mood disorders and their families.

[mooddisorders.ca](http://mooddisorders.ca)



Mood Disorders Society of Canada  
La Société Pour Les Troubles de L'Humeur du Canada

#### Mood Disorders Society of Canada (MDSC)

A non-governmental organization, offering various resources to patients with mood disorders and aiming to improve lives through changes in government policies and treatment access.

[mdsc.ca](http://mdsc.ca)  
[depressionhurts.ca](http://depressionhurts.ca)



#### The Lifeline Canada Foundation (TLC)

A non-profit organization committed to positive mental health by raising awareness and providing access to online resources.

[thelifelinecanada.ca](http://thelifelinecanada.ca)



#### Relief

A non-profit organization, previously known as *Revivre*, focused on supporting people living with depression, as well as their loved ones, along the journey to mental health.

[myrelief.ca](http://myrelief.ca)

## Useful resources

### Online tools to learn about and manage depression

#### Online symptom tracking tools



#### MoodFx

Provides you with simple and scientifically valid methods for monitoring symptoms and function.

*Available at [moodfx.ca](http://moodfx.ca)*

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#### Moodnotes

Allows you to note your mood and thoughts, look back at them, view your progress and learn from past mistakes.

*Download on the App Store*



#### Daylio

Uses graphics to detail your daily activities and moods to help you understand your mood better.

*Download on the App Store  
Get it on Google Play*



#### CBT Guide to Depression Self-help

Tracks your mood and provides motivational features, all based on tenets of Cognitive Behavioural Therapy.

*Get it on Google Play*





Don't forget to access  
all the online resources  
available to you at  
**[myrexultijourney.ca](https://myrexultijourney.ca)**

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QR code  
for quick  
access



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