

# Things for you to fill in\*

\*This booklet is intended for patients who have been prescribed Xolair (omalizumab) for severe allergic asthma.

This medicine is used to prevent asthma from getting worse by controlling symptoms of severe allergic asthma in adults, adolescents and children (6 years of age and older) who are already receiving asthma medicine, but whose asthma symptoms are not well controlled by medicines such as high-dose steroid inhalers and beta-agonist inhalers.

This guide is not intended to take the place of your Xolair leaflet. Please read your Xolair package leaflet carefully before you start using this medicine, as it contains important information for you, such as a full list of possible side effects. If you have any further questions, speak to your doctor, pharmacist or nurse.

Adverse event reporting information can be found on the final page of this guide.

 **NOVARTIS**

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## Asthma symptom tracker

Keeping track of your symptoms will help you and your doctor or nurse check that Xolair (omalizumab) is working for you.

The **Asthma Control Test (ACT)** is a simple test for patients aged 12 years and older that gives you a numerical score to tell you if your asthma is well controlled or not.

The scores range from 5 (poor asthma control) to 25 (complete asthma control). A score of 19 or more indicates well-controlled asthma.

Even if your symptoms are not well controlled, keep taking Xolair as prescribed – always speak to your doctor or nurse before changing your medication regimen.



## ACT

For each question, select the response that best describes your answer.

Each response has a point value from 1 to 5 next to it – to score the ACT, add up the points value for each response to all five questions.

### **If you score between 16 and 18:**

Your asthma is not as well controlled as it could be – make an appointment with your doctor or asthma nurse to discuss your results.

### **If you score 15 or less:**

Your asthma may be very poorly controlled – contact your doctor or nurse straight away to discuss your results.

**Do not make any changes to your medication without speaking to your doctor or nurse first, and do not worry if you don't see an improvement straight away. It can take up to 16 weeks for Xolair to see an effect.**

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During the last 4 weeks, how much of the time has your asthma kept you from getting as much done at work, school or home?

- (1)** All of the time                      **(4)** A little of the time  
**(2)** Most of the time                    **(5)** None of the time  
**(3)** Some of the time

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During the last 4 weeks, how often have you had shortness of breath?

- (1)** More than once a day              **(4)** Once or twice a week  
**(2)** Once a day                            **(5)** Not at all  
**(3)** 3 to 6 times a week

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During the last 4 weeks, how often have your asthma symptoms (wheezing, coughing, shortness of breath, chest tightness or pain) woken you up at night or earlier than usual in the morning?

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During the last 4 weeks, how often have you used your rescue inhaler or nebuliser medication (such as salbutamol)?

- (1)** 3 or more times per day          **(4)** Once a week or less  
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# Possible side effects

The patient information leaflet included in the box with your injection lists all the side effects that might occur, so make sure to read that in addition to this booklet.

## Look out for signs of allergic reactions and other serious side effects

Xolair can potentially cause serious side effects. Seek medical attention immediately if you notice any signs of a serious side effect, as described within the Xolair patient information leaflet.

Symptoms of serious allergic reactions: rash, itching/hives, swelling of the face, lips, tongue, voice box, windpipe or other parts of the body, fast heartbeat, blue skin or lips, losing consciousness.

Other serious side effects: swelling, pain or rash around blood or lymph vessels, worsening problems with breathing, nasal congestion, heart problems, pain, numbness, tingling in arms and legs, bleeding or bruising more easily than normal, joint pain with or without swelling or stiffness, rash, fever, swollen lymph nodes and muscle pain.

**For a full list of side effects, please refer to the Xolair patient information leaflet.**

## Do not use Xolair if you are allergic to omalizumab or any of the other ingredients of this medicine

If you think you may be allergic to any of the ingredients, then tell your doctor, as you should not use Xolair.

Talk to your doctor about any other medical conditions you may have that might affect whether you can take Xolair, or if you are travelling to a region where infections caused by parasites are common, as Xolair may weaken your resistance to such infections. **For a full list of considerations, please refer to the Xolair patient information leaflet.**

## Reporting side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed on the package leaflet. You can also report side effects directly via the Yellow Card Scheme at <https://yellowcard.mhra.gov.uk/>. By reporting side effects you can help to provide more information on the safety of this medicine.

**For full details about Xolair, please refer to the patient information leaflet.**

## Source:

Schatz M et al. J Allergy Clin Immunol 2006; 117: 549–556.

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