

QUTENZA may be different from other treatments you've tried for your painful diabetic nerve pain of the feet. That's why the more prepared you are, the better your treatment experience can be.

## Before your treatment

- You'll show your healthcare provider where you're experiencing pain
- Your feet will be washed, dried, and examined to make sure your skin is free from any cuts or open wounds
- If needed, a numbing agent will be applied

Scan or [click here](#) to learn more about what to expect from your QUTENZA treatments.



## During your 30-minute treatment

- QUTENZA will be applied to the painful areas of your feet and rolled gauze or a self-adhesive bandage will be used to ensure QUTENZA stays in contact with your skin
- Your blood pressure will be checked during the application
- It's normal to feel a slow warming or burning sensation. You may ask your healthcare provider to apply an ice pack to make you more comfortable
- After 30 minutes, QUTENZA will be removed and the post-application Cleansing Gel will be applied and left on for 1 minute to remove any residue
- Your feet will be gently washed and dried. You can now put your socks and shoes back on
- Make sure to schedule your next QUTENZA appointments before you leave

## The QUTENZA cycle of relief

01

### The cycle of diabetic nerve pain relief

Damaged nerves send too many pain signals to your brain, resulting in pain in your feet.

04

### Nerve regrowth

Over time, the nerves in your feet regain the ability to send out pain signals, causing pain to return.



02

### Targeted prescription-strength patch

During a 30-minute application, the medicine travels to the damaged nerves in your feet.

03

### Reduces pain signals

QUTENZA reaches these damaged nerves and helps reduce the number of pain signals sent to your brain.

**Due to the chronic nature of diabetic nerve pain of the feet, ongoing treatments with QUTENZA every 3 months\* may be necessary to achieve optimal benefit.**

\*QUTENZA may not be repeated more frequently than every 3 months.

## INDICATION

QUTENZA<sup>®</sup> (capsaicin) 8% topical system is indicated in adults for the treatment of neuropathic pain associated with postherpetic neuralgia (PHN) and for neuropathic pain associated with diabetic peripheral neuropathy (DPN) of the feet.

## IMPORTANT SAFETY INFORMATION

- Treatment with QUTENZA must be performed only by a healthcare provider. You should never apply or remove QUTENZA yourself.

Please see additional [Important Safety Information](#) on next page.

## After your treatment

- Once you're home, wash your feet again and put on clean socks
- Your feet may be sensitive to heat for a few days following your treatment – this is normal. To help, avoid hot showers or baths, direct sunlight, and vigorous exercise
- If you have any discomfort, apply ice packs or take an over-the-counter pain medication

UP TO **3** MONTHS OF PAIN RELIEF | JUST **4** TREATMENTS EACH YEAR

QUTENZA may not be repeated more frequently than every 3 months.

## Diabetic nerve pain of the feet is different for everyone

While some people may have relief after one treatment, most people may need multiple treatments to achieve optimal benefit. Before starting QUTENZA, talk to your healthcare provider about what to expect over the first few treatments.

**Tip: Use the QUTENZA Progress Tracker to measure your pain levels and help identify your progress over the next few treatments.**



Ask your doctor for a Progress Tracker today, or scan or [click here](#) to download the digital version.

## IMPORTANT SAFETY INFORMATION (cont)

- Do not touch QUTENZA or items exposed to capsaicin. Touching QUTENZA and then accidentally touching other areas of your body can cause severe irritation of eyes, mucous membranes, respiratory tract, and skin.
- Do not touch your eyes or other unintended target areas during the QUTENZA application. QUTENZA is not for use near eyes or mucous membranes. Do not sniff or inhale near QUTENZA as this may cause you to cough or sneeze. If irritation of eyes or airways occurs or any side effects become severe, notify your doctor immediately.
- The treated area may be sensitive to heat (e.g., hot showers/bath, direct sunlight, vigorous exercise) for a few days following treatment.
- You may experience substantial pain during the treatment. Tell your healthcare provider if you are experiencing pain; a cool compress or medicine for the pain can be provided to help lessen your discomfort.
- QUTENZA can cause serious side effects, including pain and increases in blood pressure during or right after treatment. Your healthcare provider should check your blood pressure during treatment with QUTENZA. If you have high blood pressure that is not well controlled by medicine, or have had recent heart problems, stroke, or other vascular problems, you may be at increased risk and should discuss with your doctor whether QUTENZA is right for you.
- Tell your doctor if you have reduced sensation in the feet. You may notice that you have less feeling for hot or sharp pain where QUTENZA was applied, but this is usually minor and temporary.

The most common side effects of QUTENZA are redness, pain, or itching where QUTENZA was applied. You should tell your doctor if any side effects bother you or do not go away.

To report suspected adverse reactions, contact Averitas Pharma, Inc. at 1-877-900-6479 (Option 1) or FDA at 1-800-FDA-1088 or [www.fda.gov/medwatch](http://www.fda.gov/medwatch).

For more information, ask your healthcare provider or pharmacist.

**Please see Brief Summary of Full Prescribing Information on next page.**

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## GET MORE INFORMATION

- This is only a brief summary of important information about QUTENZA and does not replace talking to your healthcare provider about your condition and treatment.
- Visit QUTENZA.com, or call 1-877-900-6479.

## ABOUT QUTENZA

QUTENZA is a prescription treatment indicated for adults with neuropathic pain associated with:

- Postherpetic neuralgia (PHN), also known as post-shingles nerve pain
- Diabetic peripheral neuropathy (DPN) of the feet, also known as diabetic nerve pain of the feet

**Treatment with QUTENZA must only be performed by a healthcare provider.** You should never apply or remove QUTENZA yourself. You should not touch QUTENZA. If you accidentally touch QUTENZA, it may cause a burning or stinging sensation. Also, you should avoid taking deep breaths immediately next to QUTENZA, as this can irritate the chest and cause temporary coughing or sneezing.

## BEFORE USING QUTENZA

Tell your healthcare provider about all your medical conditions, including if you:

- Have heart problems, including high blood pressure
- Are pregnant or breastfeeding, or planning to become pregnant or breastfeed

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

## IMPORTANT FACTS

This is only a brief summary of important information about QUTENZA and does not replace talking to your healthcare provider about your condition and treatment.

## POSSIBLE SIDE EFFECTS OF QUTENZA

**QUTENZA may cause serious side effects, including:**

- **Severe Irritation with Unintended Capsaicin Exposure:** QUTENZA can cause severe irritation to the eyes, mucosa, lungs, nose, throat, and skin. Accidental exposure to the eyes and mucosa can occur from touching QUTENZA or items exposed to capsaicin and then touching the eyes and mucosa. If this happens, notify your healthcare provider immediately. You may need to be moved away from the proximity of QUTENZA and your eyes and mucosa may need to be flushed with cool water. Inhalation of airborne capsaicin can cause coughing or sneezing. Tell your healthcare provider if shortness of breath develops.
- **Application Associated Pain:** QUTENZA can cause substantial procedural pain. Your healthcare provider can treat your pain during and following the application procedure with local cooling (such as an ice pack) and/or pain medication.
- **Increase in Blood Pressure:** As a result of treatment-related increases in pain, your blood pressure may increase during and shortly after treatment. Your blood pressure will be monitored during the treatment procedure. Tell your healthcare provider if you have had heart problems in the past or recently experienced any heart problems.
- **Sensation Function:** After using QUTENZA, some people may notice a slight decrease in their ability to feel things. This change is usually minor and doesn't last for long, but it can affect how they sense things like temperature or pain. Tell your healthcare provider if you notice a loss of sensation.

**The most common side effects of QUTENZA** are redness, pain, or itching where QUTENZA was applied. The treated area may be sensitive to heat (e.g., hot showers/bath, direct sunlight, vigorous exercise) for a few days following treatment.

These are not all the possible side effects of QUTENZA. **If your eyes or lungs become irritated, or if any side effects become severe, notify your healthcare provider immediately.** Tell your healthcare provider right away if you have any new symptoms while using QUTENZA.

