

DISCUSSING
BIPOLAR DISORDER
WITH YOUR HEALTHCARE PROFESSIONAL



TABLETS and ORAL SOLUTION 1 mg/mL
VISIT ABILIFY.COM

ABILIFY is used to treat manic and mixed episodes associated with Bipolar I Disorder in adults and in pediatric patients 10 to 17 years of age.

[Click here](#) for IMPORTANT SAFETY INFORMATION on pages 2 and 3 and [here](#) for FULL PRESCRIBING INFORMATION, including **Boxed WARNINGS**, and Medication Guide.

When treating Bipolar Disorder, it's important to work closely with your healthcare professional. These tools are designed to help you and your healthcare professional understand where you are in your Bipolar Disorder treatment plan.

Current Medications

If you have Bipolar Disorder, you may need more than one prescription to help control your symptoms. You may be on medications for chronic conditions, so it's important that your healthcare professional knows about all your current prescriptions, especially those prescribed by another physician. Use the space below to record whatever prescription and over-the-counter medications, vitamins, or food supplements you are currently taking.

Medication: _____ Dose/Frequency: _____

Medication: _____ Dose/Frequency: _____

Medication: _____ Dose/Frequency: _____

Medication: _____ Dose/Frequency: _____

Medication: _____ Dose/Frequency: _____

Medication: _____ Dose/Frequency: _____

Medication: _____ Dose/Frequency: _____

Important Warning about Suicidal Thoughts or Actions

Antidepressants may increase suicidal thoughts or actions in some children, teenagers, and young adults, especially within the initial first few months of treatment or when the dose is changed. Pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings, and call your healthcare provider right away if they are new, worse, or worry you.

Click here for IMPORTANT SAFETY INFORMATION, including **Boxed WARNINGS**, on pages 2 and 3.



IMPORTANT SAFETY INFORMATION AND INDICATION FOR ABILIFY® (ARIPIPRAZOLE)

IMPORTANT SAFETY INFORMATION:

Elderly people with psychosis related to dementia (for example, an inability to perform daily activities as a result of increased memory loss), treated with antipsychotic medicines including ABILIFY (aripiprazole), are at an increased risk of death compared to placebo. ABILIFY is not approved for the treatment of people with dementia-related psychosis (see Boxed WARNING).

Antidepressants may increase suicidal thoughts or behaviors in some children, teenagers, and young adults, especially within the first few months of treatment or when the dose is changed. Depression and other serious mental illnesses are themselves associated with an increase in the risk of suicide. Patients on antidepressants and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Such symptoms should be reported to the patient's healthcare professional right away, especially if they are severe or occur suddenly. ABILIFY is not approved for use in pediatric patients with depression (see Boxed WARNING).

Contraindication: Patients should not use ABILIFY if they are allergic to aripiprazole or any of the ingredients in ABILIFY. Allergic reactions have ranged from rash, hives and itching to anaphylaxis, which may include difficulty breathing, tightness in the chest, swelling of the mouth, face, lips, or tongue.

Serious side effects may include:

- An **increased risk of stroke** and ministroke have been reported in clinical studies of elderly people with dementia-related psychosis
- Very high fever, rigid muscles, shaking, confusion, sweating, or increased heart rate and blood pressure. These may be signs of a condition called **neuroleptic malignant syndrome (NMS)**, a rare but serious side effect which could be fatal
- Abnormal or uncontrollable movements of face, tongue, or other parts of body. These may be signs of a serious condition called **tardive dyskinesia (TD)**, which could become permanent
- If you have **diabetes**, or risk factors for diabetes (for example, obesity, family history of diabetes), or unexpected increases in thirst, urination, or hunger, your blood sugar should be monitored. **Increases in blood sugar levels** (hyperglycemia), in some cases serious and associated with coma or death, have been reported in patients taking ABILIFY and medicines like it

Lightheadedness or faintness caused by a sudden change in heart rate and blood pressure when rising quickly from a sitting or lying position (orthostatic hypotension) has been reported with ABILIFY.

Decreases in white blood cells (infection fighting cells) have been reported in some patients taking antipsychotic agents, including ABILIFY. Patients with a history of a significant decrease in white blood cell (WBC) count or who have experienced a low WBC count due to drug therapy should have their blood tested and monitored during the first few months of therapy.

continued on next page

Click here for FULL PRESCRIBING INFORMATION, including Boxed WARNINGS, and Medication Guide, for ABILIFY.

IMPORTANT SAFETY INFORMATION AND INDICATION FOR ABILIFY® (ARIPIPRAZOLE) *(continued)*

ABILIFY® (aripiprazole) and medicines like it can affect your judgment, thinking, or motor skills. You should not drive or operate hazardous machinery until you know how ABILIFY affects you.

Medicines like ABILIFY can impact your body's ability to reduce body temperature; you should avoid overheating and dehydration.

ABILIFY and medicines like it have been associated with swallowing problems (dysphagia). If you had or have swallowing problems, you should tell your healthcare professional.

Tell your healthcare professional if you have a history of or are at risk for seizures, or are pregnant or intend to become pregnant, and about all prescription and non-prescription medicines you are taking or plan to take, since there are some risks for drug interactions.

While taking ABILIFY, avoid:

- Drinking alcohol
- Breast-feeding an infant

Most common side effects (≥10%) from all clinical trials involving adults or pediatric patients include:

- **ADULTS:** Nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety, insomnia, and restlessness
- **PEDIATRIC PATIENTS (6 to 17 years):** Sleepiness, headache, vomiting, extrapyramidal disorder (for example, uncontrolled movement disorders or muscle disturbances such as restlessness, tremors and muscle stiffness), tiredness, increased appetite, insomnia, nausea, stuffy nose/sore throat, and increased weight

It is important to contact your healthcare professional if you experience prolonged, abnormal muscle spasm or contraction which may be signs of a condition called dystonia.

For patients who must limit their sugar intake, ABILIFY Oral Solution contains sugar. For patients with phenylketonuria or PKU, ABILIFY DISCMELT® (aripiprazole) contains phenylalanine.

INDICATION: ABILIFY is indicated for:

- Treatment of manic and mixed episodes associated with Bipolar I Disorder in adults and in pediatric patients 10 to 17 years of age

Special Considerations for Pediatric Uses:

- Discuss the risks and benefits of treatment with your child's healthcare provider. Treatment should be started only after a thorough diagnostic evaluation and as part of a total treatment program

If you have any questions about your health or medicines, talk to your healthcare professional.

Mood Tracker

Fill in the circle that most appropriately describes your mood each day. Take a minute at the end of each day to jot down your notes. Review the mood tracker with your healthcare professional, and visit www.ABILIFY.com to print out more copies of this tool.

Name _____

Month/Year _____

Rate Your Mood			Day																																
			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
Manic	Severe: I feel out of control; family and friends insist I get medical help.																																		
	High moderate: I can't focus; others get angry or frustrated with me.																																		
	Moderate: I start things but don't finish; I have more energy and need less sleep.																																		
	Mild: I am more social and talkative; I feel more productive.																																		
Stable Mood: I am not feeling manic or depressed.																																			
Depression	Mild: I feel a little sluggish and sad; I continue to function well.																																		
	Moderate: I am not interested in things; it takes extra effort to function.																																		
	High moderate: I am withdrawn; I miss a lot of work/school.																																		
	Severe: I can't function or I may have suicidal thoughts; family and friends insist I get medical help.																																		
Was There An Important Event That Day?*																																			

Did You Take Your Medications?			Day																																	
Medication Name	Daily Dose	# of Pills per Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			
Number of Hours You Slept Last Night:																																				
For Women: Menstrual Period Today?																																				

Adapted from: Leverich GS, Post RM: NIMH-LCM Self/PROSPECTIVE Ratings: The LCM-S/P™ LCM-SP Version 2-02.

ABILIFY (aripiprazole) is used to treat manic and mixed episodes associated with Bipolar I Disorder in adults and in pediatric patients 10 to 17 years of age.

Discuss the risks and benefits of treatment with your child's healthcare provider. Treatment should be started only after a thorough diagnostic evaluation and as part of a total treatment program.

*Visit ABILIFY.com to print out more copies of the mood tracker, and to print out and complete your important events of the day tool.

[Click here for IMPORTANT SAFETY INFORMATION, including Boxed WARNINGS, on pages 2 and 3.](#)



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Topics to Discuss

If you and your healthcare professional decide that ABILIFY® (aripiprazole) is right for you, here are some questions you may want to ask:

- How can ABILIFY help me?
- How can I expect to feel in the first few weeks of taking ABILIFY?
- What are the side effects of ABILIFY?
- Are there other important safety considerations for ABILIFY that I should know about?
- How long will it take for ABILIFY to start working?
- How should I be taking ABILIFY?
- How might I be affected if I miss a dose or don't take my medicine as directed?
- What can I do to help this transition go more smoothly?

Other Questions

Your healthcare professional is a key source of information and support for helping you manage your Bipolar Disorder. Use this space to write down any questions or concerns not covered in this guide, and bring it to your healthcare professional.

Click here for **IMPORTANT SAFETY INFORMATION**, including **Boxed WARNINGS**, on pages 2 and 3.



Side Effects Checklist

Each person responds to medication differently. Below are some of the common side effects of medications prescribed for Bipolar Disorder. In the past 2 weeks have you experienced:

General

- Blurry vision
- Problems with sexual function
- Change in breasts
- Changes in menstrual periods
- Headache
- Lightheadedness, dizziness
- Swelling of the hands or feet
- High blood pressure
- Lost weight
- Gained weight

Gastrointestinal (GI)

- Mouth feels too dry
- Drooling or too much saliva
- Constipation
- Nausea
- Pain in the upper middle of the stomach

Renal and urinary

- Unexpected increases in urination, thirst, and/or hunger
- Trouble urinating
- Urinating frequently

Sleep/fatigue

- Sleepiness, sleeping a lot
- Trouble getting to sleep or staying asleep

Muscles and movement

- Feeling restless or jittery, cannot sit still
- Slowness, trouble getting moving
- Muscles feel stiff
- Shaking or muscle trembling
- Tremor
- Muscle pain
- Lack of bodily strength

Mental function

- Memory problems, forgetful
- Low energy, easily tired
- Finding it hard to concentrate
- No motivation, loss of interest in usual things
- Anxiety
- Agitation

- Other – Please describe for your healthcare professional below:

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Partnership for
Prescription Assistance

If you do not have prescription drug assistance and need help paying for your medication, visit the Partnership for Prescription Assistance Program at www.pparx.org or call 1-888-4PPA-NOW.



Bristol-Myers Squibb



Otsuka Otsuka America Pharmaceutical, Inc.

Tablets manufactured by Otsuka Pharmaceutical Co., Ltd,
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This information is intended for residents of the 50 United States
and the District of Columbia, who are 18 years of age or older.

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