

Getting started with XYWAV®

The first and only FDA-approved low-sodium* oxybate treatment for cataplexy or excessive daytime sleepiness in people 7 years of age or older with narcolepsy and for Idiopathic Hypersomnia (IH) in adults.

*XYWAV contains 131 mg of sodium at the maximum recommended nightly dose.

XYWAV® (calcium, magnesium, potassium, and sodium oxybates) oral solution, 0.5 g/mL total salts (equivalent to 0.413 g/mL of oxybate) is a prescription medicine used to treat:

- the following symptoms in people 7 years of age or older with narcolepsy:
 - sudden onset of weak or paralyzed muscles (cataplexy)
 - excessive daytime sleepiness (EDS)
- idiopathic hypersomnia (IH) in adults

Important Safety Information

WARNING: Taking XYWAV with other central nervous system (CNS) depressants such as medicines used to make you or your child fall asleep, including opioid analgesics, benzodiazepines, sedating antidepressants, antipsychotics, sedating anti-epileptic medicines, general anesthetics, muscle relaxants, alcohol, or street drugs, may cause serious medical problems, including trouble breathing (respiratory depression), low blood pressure (hypotension), changes in alertness (drowsiness), fainting (syncope), and death.

The active ingredient of XYWAV is a form of gamma-hydroxybutyrate (GHB). Abuse or misuse of illegal GHB alone or with other drugs that cause changes in alertness (or consciousness) has caused serious side effects. These effects include seizures, trouble breathing (respiratory depression), changes in alertness (drowsiness), coma, and death. Call your doctor right away if you or your child has any of these serious side effects.

Because of these risks, you have to go through the XYWAV and XYREM REMS to have your or your child's prescription for XYWAV filled.

Please see additional Important Safety Information throughout and full [Prescribing Information](#), including **BOXED Warning**, and [Medication Guide](#).

xywav® 
(calcium, magnesium, potassium,
and sodium oxybates) oral solution 

Congratulations on taking this important step in your treatment journey!

We understand there's a lot to take in when starting on XYWAV, and we're here to help. In this brochure, you can learn more about XYWAV, what to do next, and who to contact for support. Let's get started!

About XYWAV

XYWAV is the first and only low-sodium* oxybate treatment for adults with IH and patients 7 and older with cataplexy or EDS in narcolepsy. It is also the only FDA-approved treatment for adults with IH. Unlike stimulants and wake-promoting agents that are taken during the day, XYWAV is different—it's taken at night.

Your next steps

If you're reading this, you've already made progress. Next, you can focus on getting ready for 2 important phone calls and signing the Patient Consent Form.



Connect with your Nurse Navigator

Your JazzCares® Nurse Navigator will call to welcome you and offer considerations for taking XYWAV and navigating your condition.



Speak with the Certified Pharmacy and arrange your shipment

Because of the risks of CNS depression, abuse, and misuse, XYWAV is available by prescription only and filled through the Certified Pharmacy with the XYWAV and XYREM Risk Evaluation and Mitigation Strategy (REMS). A pharmacist will call to counsel you on XYWAV and arrange for XYWAV to be delivered right to your door.



Enroll in JazzCares®

Scan or click the QR code to sign the JazzCares® Patient Consent Form to unlock a personalized support team of nurses, pharmacists, and financial experts to assist you along your treatment journey.



You must take the Certified Pharmacy Call to receive your XYWAV shipment

If you miss it, you can call back 24/7 at **1-866-997-3688**



Scan or click the QR code to save this number

*XYWAV contains 131 mg of sodium at the maximum recommended nightly dose.

Important Safety Information (continued)

Do not take XYWAV if you take or your child takes other sleep medicines or sedatives (medicines that cause sleepiness), drinks alcohol, or has a rare problem called succinic semialdehyde dehydrogenase deficiency.

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Your resources for support

Have questions about costs, insurance coverage, the Certified Pharmacy, or taking your medication? JazzCares® can help with the following resources:



Support from a JazzCares® Nurse Educator

Your Nurse Educator can meet with you in person or virtually to provide information on what to expect when starting XYWAV, work with you to set personalized goals, and help you stay on track with treatment. Call **1-888-376-3917** Monday-Friday, 8AM-9PM ET for questions and concerns.



Perspective from someone who's been there

The XYWAV Mentor Program can connect you to a XYWAV Mentor with firsthand experience taking XYWAV. Call **1-866-539-3946** Monday-Friday, 9AM-9PM ET to register.



Prescription coverage help from the JazzCares® team

We know that understanding your prescription covered is important to you. The JazzCares® team will help you navigate the insurance process to help you start XYWAV. JazzCares® for XYWAV also offers several programs to help patients with the cost of treatment—a Nurse Navigator can help discuss the different programs available.

You could pay as little as **[\$0] for XYWAV, if eligible,* using the XYWAV Coupon Program.**

*Terms and conditions apply. Patient must be eligible, commercially insured, and enrolled in the XYWAV and XYREM REMS.

myWAV: Your 24/7 personalized tool

Scan or click the QR code to download the myWAV app so you can:



- Sign the JazzCares® Patient Consent Form to unlock more support
- Reschedule your consultation with the Certified Pharmacy if it's not a convenient time
- Help track your symptoms and measure your progress

Important Safety Information (continued)

Keep XYWAV in a safe place to prevent abuse and misuse. Selling or giving away XYWAV may harm others, and is against the law. Tell your doctor if you have ever abused or been dependent on alcohol, prescription medicines, or street drugs.

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Getting started with XYWAV

It's normal to be nervous when starting a new treatment. Luckily, your medication will arrive with the XYWAV and XYREM REMS Patient Quick Start Guide, which includes detailed preparation and dosing instructions. XYWAV is only available through the REMS program, which is designed to ensure the medication is used safely and appropriately. As part of REMS, you'll receive ongoing support throughout your treatment journey.

Here's a reminder of some of the things you've discussed with your healthcare provider:



Wait at least 2 hours after eating before you take your first dose.



Take XYWAV while in bed and lie down immediately.



Take your second dose in bed 2.5 to 4 hours after the first.



Take XYWAV exactly as your healthcare provider instructed.

When you start taking XYWAV:

- **Your healthcare provider may adjust or titrate your dosage each week** until you reach a dose that works best for you
- **During this time, it's not uncommon to experience some side effects.** Talk to your healthcare provider about your experience. Your dose may be adjusted as needed

Stay informed

Read the Instructions for Use in the Medication Guide for details on preparing and taking XYWAV.

Important Safety Information (continued)

Anyone who takes XYWAV should not do anything that requires them to be fully awake or is dangerous, including driving a car, using heavy machinery, or flying an airplane, for at least 6 hours after taking XYWAV. Those activities should not be done until you know how XYWAV affects you or your child.

XYWAV can cause serious side effects, including the following:

- **Breathing problems, including** slower breathing, trouble breathing, and/or short periods of not breathing while sleeping (sleep apnea). People who already have breathing or lung problems have a higher chance of having breathing problems when they use XYWAV.

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Things to keep in mind before taking XYWAV

Before taking XYWAV, tell your healthcare provider about all medical conditions, including if you or your child:

- Have a history of drug abuse
- Have short periods of not breathing while sleeping (sleep apnea)
- Have lung problems or breathing problems when taking XYWAV
- Have or had depression or have tried to harm yourself or themselves
- Have or had behavior or other psychiatric problems, such as anxiety, paranoia, acting aggressive, hallucinations, psychosis, agitation
- Have liver problems
- Are pregnant or plan to become pregnant. It is not known if XYWAV can harm your unborn baby
- Are breastfeeding or plan to breastfeed. XYWAV passes into breast milk. You and your healthcare provider should decide if you will take XYWAV or breastfeed

“I was nervous about starting a new treatment; how it would fit in my schedule, what possible side effects I could have, and whether I’d be able to take it since I was still taking a stimulant. But I’m so happy I talked through my concerns with my doctor and decided to take the leap.”

— **Grace**, XYWAV Ambassador*

*Real patient compensated for her time. Individual results may vary.



Important Safety Information (continued)

XYWAV can cause serious side effects, including the following (continued):

- **Mental health problems, including** confusion, seeing or hearing things that are not real (hallucinations), unusual or disturbing thoughts (abnormal thinking), feeling anxious or upset, depression, thoughts of killing yourself or trying to kill yourself, increased tiredness, feelings of guilt or worthlessness, or difficulty concentrating. Tell your doctor if you or your child have or had depression or have tried to harm yourself or themselves. **Call your doctor right away if you or your child has symptoms of mental health problems or a change in weight or appetite.**
- **Sleepwalking.** XYWAV can cause sleepwalking, which can cause injuries. Call your doctor if this occurs.

The most common side effects of XYWAV in adults include nausea, headache, dizziness, anxiety, insomnia, decreased appetite, excessive sweating (hyperhidrosis), vomiting, diarrhea, dry mouth, parasomnia (a sleep disorder that can include abnormal dreams, abnormal rapid eye movement (REM) sleep, sleep paralysis, sleep talking, sleep terror, sleep-related eating disorder, sleepwalking, and other abnormal sleep-related events), somnolence, fatigue, and tremor.

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Common side effects for XYWAV

It's not uncommon to experience some side effects, especially when first starting XYWAV.

The most common side effects of XYWAV in adults with IH or narcolepsy include:

- Nausea
- Headache
- Dizziness
- Anxiety
- Insomnia
- Decreased appetite
- Excessive sweating (hyperhidrosis)
- Vomiting
- Diarrhea
- Dry mouth
- Parasomnia
- Somnolence (sleepiness)
- Fatigue
- Tremor

The safety of XYWAV was evaluated in 2 clinical trials of more than 350 people living with IH or narcolepsy (154 people aged 19 to 75 in the IH trial and 201 people aged 18 to 70 in the narcolepsy trial).

The most common side effects of XYREM (which contains oxybate like XYWAV) in children with narcolepsy include:

- Nausea
- Bedwetting
- Vomiting
- Headache
- Weight decrease
- Decreased appetite
- Dizziness
- Sleepwalking

The safety and effectiveness of XYWAV for the treatment of IH in pediatric patients has not been established.

The overall adverse reaction profile of XYREM in the pediatric clinical trial was similar to that seen in the adult clinical trial program. The safety profile in pediatric patients with XYWAV is expected to be similar to that of adult patients treated with XYWAV and to that of pediatric patients treated with XYREM.

These are not all the possible side effects of XYWAV.

XYWAV can cause serious side effects, including breathing problems, mental health problems, and sleepwalking. Be sure to talk to your doctor about all the possible side effects with XYWAV.

In adults who remained on treatment, side effects tended to occur early and diminish over time.

Important Safety Information (continued)

The most common side effects of XYREM (which also contains oxybate like XYWAV) in children include nausea, bedwetting, vomiting, headache, weight decrease, decreased appetite, dizziness, and sleepwalking.

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Avoid these situations during treatment with XYWAV

If you're taking XYWAV, you should not do anything that requires you to be fully awake or is dangerous, including driving a car, using heavy machinery, or flying an airplane, for at least 6 hours after taking XYWAV. Those activities should not be done until you know how XYWAV affects you. Do not take XYWAV if you drink alcohol or take other sleep medicines or sedatives (medicines that cause sleepiness), or have a rare problem called succinic semialdehyde dehydrogenase deficiency.

For at least 6 hours after taking XYWAV...



No driving



No heavy machinery



No dangerous activities

While taking XYWAV...



No alcohol



Do not take other sleep medicines or sedatives (medicines that cause sleepiness)

Keep your family informed

A little help from family and loved ones can be a big source of support. Keep them in the loop about your experience with XYWAV as you adjust to any changes along the way.

Important Safety Information (continued)

XYWAV can cause physical dependence and craving for the medicine when it is not taken as directed. These are not all the possible side effects of XYWAV.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

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You're on your way with XYWAV

Now you understand more about XYWAV, how to get it, and the support that's available. **Hold on to this brochure for reference when you need it.**

Get started on these next steps: Your checklist

- ☐ Take the call from the Certified Pharmacy **(1-866-997-3688)**
 - *This call is required to receive your XYWAV prescription*
- ☐ Take the call from your Nurse Navigator **(1-888-376-3917)**
- ☐ Enroll in JazzCares® by signing the Patient Consent Form
- ☐ Download the myWAV app

Any questions? Call a Nurse Navigator

Call 1-888-376-3917 for questions, concerns, and more
Nurse Navigators are available Monday-Friday, 8AM-9PM ET

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