



Treatment Diary

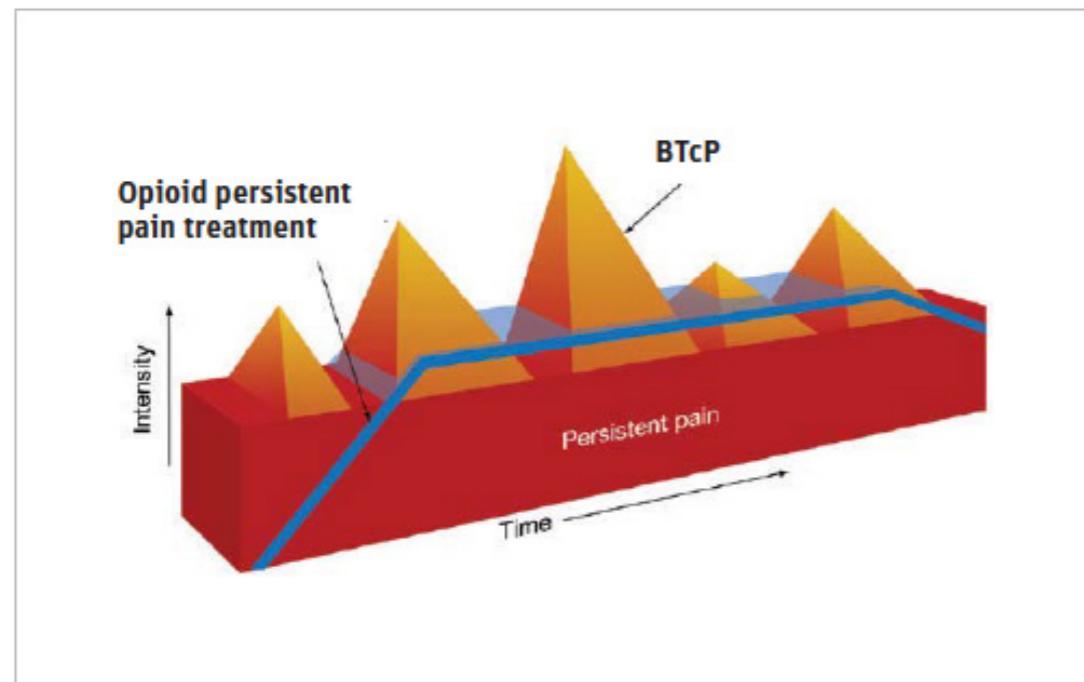


You have been prescribed Effentora® (fentanyl buccal tablet) for Breakthrough Cancer Pain (BTcP)

What is BTcP?

Persistent cancer pain is pain related to your cancer that lasts throughout the day. Your doctor has given you an opioid medicine that should relieve this pain for the entire day.

Even if your opioid medicine controls your persistent cancer pain most of the time, you can still experience sudden flares or spikes of moderate to severe pain. This is **BTcP** – pain that ‘breaks through’ the pain relief provided by your opioid medicine.



Effentora®

What is Effentora®?

Effentora® is a pain-relieving medicine, belonging to a class of drugs called opioids, which is used to treat BTcP in adult patients with cancer who are already taking other pain treatment for their persistent cancer pain. Effentora® is a prescription medicine that contains the medicine fentanyl.

How does Effentora® work?

Effentora® buccal tablets need to be placed between the cheek and the gum, where they dissolve and the medicine, fentanyl, is absorbed through the lining of your mouth into the blood system. Taking the medicine this way allows it to be absorbed quickly to relieve your BTcP. As an alternative, Effentora® can be placed under the tongue. As soon as fentanyl enters the bloodstream, it is carried throughout your body. It travels to your central nervous system – the brain and spinal cord – where it works to relieve your pain.

How is Effentora® different from the medicine I already take for my persistent pain?

The medicine you already take for your persistent pain is an opioid medicine that works all day long. Effentora® is a treatment specifically for your BTcP (an additional, sudden pain episode that rises above the persistent pain). You must continue to take your opioid treatment for persistent pain while you are using Effentora®.

Please read the Patient Information Leaflet that comes with Effentora® before you start taking it, and each time you get a new prescription, as it may contain new information. Please share this important information with members of your household. If you have any concerns about Effentora®, any other treatment you are having, or your medical condition, you should discuss these with your doctor.

Using Effentora®

How do I take Effentora®?

1. Peel it

- Open the blister only when you are ready to use the tablet. The tablet must be used immediately once removed from the blister
- Separate one of the blister units from the blister card by tearing apart at the perforations
- Bend the blister unit along the line where indicated
- Peel the blister backing to expose the tablet. **Do not** attempt to push the tablet through the blister because this can damage the tablet

2. Place it

- Remove the tablet from the blister unit and **immediately** place the entire tablet between the cheek and gum, near an upper or lower molar. Do not attempt to crush or split the tablet
- Alternatively, if preferred, the tablet may be placed under the tongue
- Do not bite, suck, chew, or swallow the tablet, as this will result in less pain relief than when taken as directed

3. Feel it

- The tablet should be left between the cheek and gum until dissolved, which usually takes approximately 14 to 25 minutes
- You may feel a gentle bubbling sensation between your cheek and gum as the tablet dissolves
- In case of irritation, you may change the placement of the tablet on the gum
- After 30 minutes, if pieces of the tablet remain, they may be swallowed with a glass of water

Why a Treatment Diary?

This Treatment Diary is designed to help you monitor your experience with Effentora®. It will give you and your doctor a valuable insight into your progress and ensure you are receiving the correct level of treatment.

Recording your pain score

It is important for your doctor to see how you respond to treatment, and whether you are experiencing any side effects.

We would be grateful if you could keep track of your BTcP levels as you progress through your treatment. The information you provide will help your doctor to evaluate the performance of Effentora® and find the best dosage to suit you. Information on how to record your pain score can be found on page 7.

Your Details

Name:

DoB:

Address:

Telephone number:

Hospital name:

Hospital number:

Contacts

Doctor:

Day time phone number:

Out of hours office phone number:

Emergency medical care phone number:

Other healthcare team members

Name:

Phone:

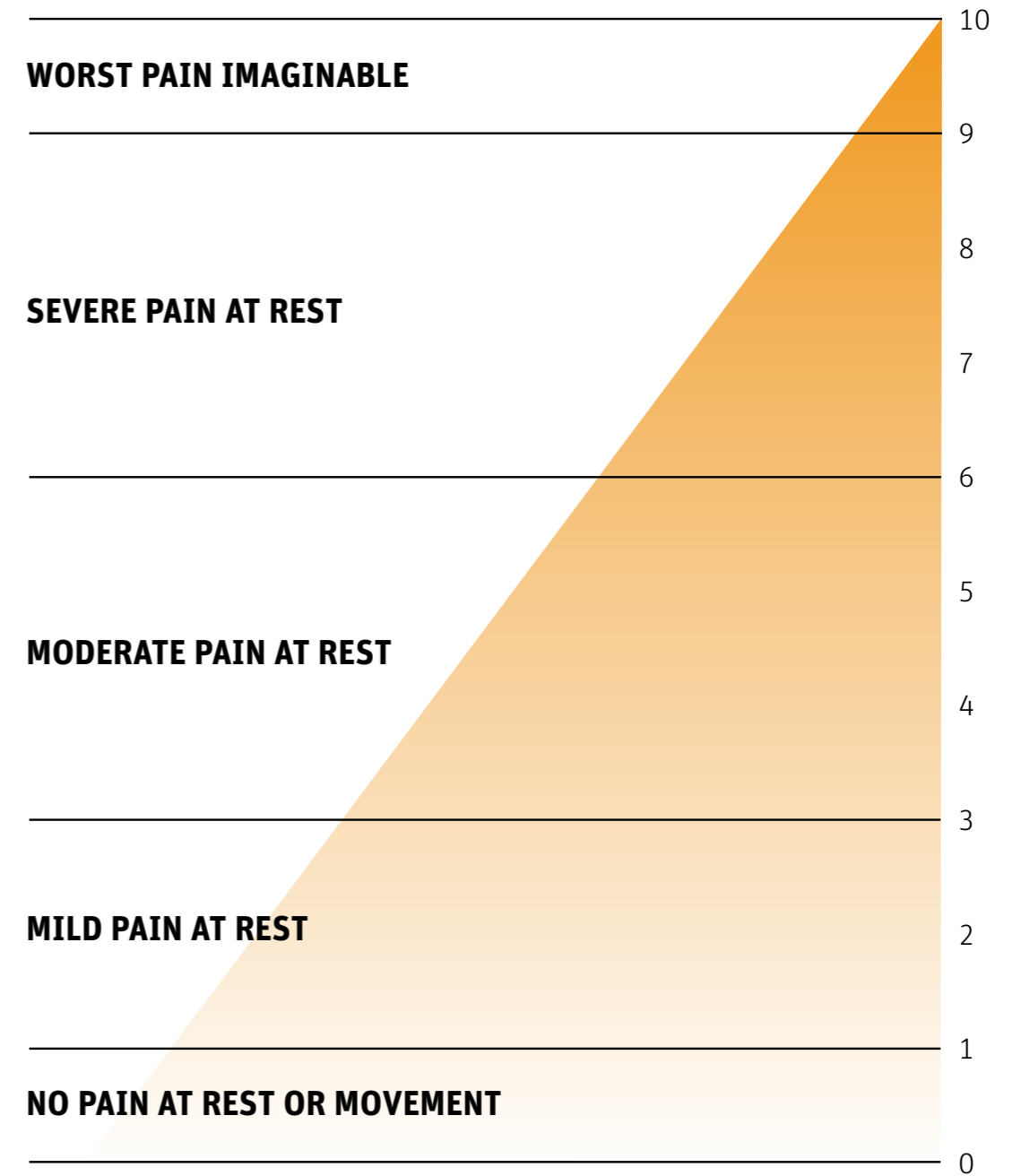
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How Severe is Your Pain?



Grade and record (0–10) the BTcP you experience on a regular basis in order to assess your pain score over time.

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Pain score (0 to 10):

Where you are feeling the pain and how it feels (e.g. ache, sharp throbbing, shooting *etc.*)

What you were doing when the pain started

Name of medicines and amount taken:

If you experience any unwanted effects, contact your healthcare professional. Do not stop taking your medicine.

How long the pain lasted:

Other notes:

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Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly *via* the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard.

By reporting side effects you can help provide more information on the safety of this medicine.

Further information

For further information regarding your treatment and prescription with Effentora® please contact your doctor.