

SAVE THIS JOURNAL



YOUR ^{Pr} NEXTSTELLIS[®] JOURNAL

Your go-to place for logging your journey with NEXTSTELLIS!

NEXTSTELLIS is used to prevent pregnancy in women who:

- ◆ Are 16 to 50 years of age, and
- ◆ Have had their first menstrual period (menarche).

It's important to listen to your body and keep track of all the symptoms you experience while on NEXTSTELLIS. This will help both you and your healthcare professional in case you ever want to discuss anything specific with them.

This journal was designed to help you navigate through your journey with NEXTSTELLIS. Use it to keep track of all your symptoms and make note of anything you'd like to discuss with your healthcare professional!



Be sure to save your NEXTSTELLIS Journal on your phone or desktop so you can come back to it at any point while taking NEXTSTELLIS.

What to keep in mind...

In order to keep track of your symptoms, you first need to know what to look out for. Below you'll find some of the side effects associated with NEXTSTELLIS.

SERIOUS WARNINGS AND PRECAUTIONS

- Cigarette smoking increases the risk of serious adverse effects on the heart and blood vessels. The risk increases with age, particularly in women over 35 years of age. The risk also increases with the number of cigarettes smoked. For this reason, women who smoke and are over 35 years of age should not use NEXTSTELLIS.
- Birth control pills **DO NOT PROTECT** against sexually transmitted infections (STIs), including HIV/AIDS. For protection against STIs, it is advisable to use latex or polyurethane condoms **AND** take your birth control pills.

On the next page, keep track of the symptoms you may be experiencing while on NEXTSTELLIS, such as:

- Headache
- Acne
- Skin colour changes, red skin lumps
- Burning, prickling skin feeling
- Excess hair on face, chest, abdomen or legs
- Breast colour change, pain, swelling or tenderness
- Decreased libido
- Weight change
- Nausea and vomiting
- Abdominal or back pain
- Sleep disorder like insomnia or somnolence
- Dizziness
- Hot flush
- Constipation
- Diarrhea
- Black or bloody stools
- Heart burn
- Urinary tract infection
- Flu-like symptoms
- Respiratory tract infections including bronchitis, runny nose, stuffy nose, sore throat
- Dry eyes
- Hair loss
- Bruising
- Bladder spasm
- High or low blood pressure

DISCLAIMER: This is not a complete list of side effects. For any unexpected side effects, talk to your healthcare professional. **Please refer to the Patient Medication Information section of the NEXTSTELLIS Product Monograph for more information.**



Keeping track while you navigate through your journey with NEXTSTELLIS!

It's always important to take care of yourself – no matter what. NEXTSTELLIS can cause side effects, so don't forget to log these below to discuss with your healthcare professional at your next appointment.

My next appointment: _____

Please use the example in the first row to help you log your symptoms.

| Symptoms I'm experiencing | Date (DD/MM/YYYY) |
|---------------------------|-------------------|
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Keeping track while you navigate through your journey with NEXTSTELLIS!

Part of taking care of your health includes knowing when to reach out to your healthcare professional. If there's anything of note here that you'd like to discuss with your healthcare professional, save this page and bring it to your next appointment to allow for more productive conversations about your current treatment with NEXTSTELLIS!

Questions/notes for my healthcare professional

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Remember, if you miss pink pills, you could get pregnant. The more pills you miss, the more likely you are to get pregnant. This is especially true if you miss taking the first few or the last few pink pills in a pack. Missing pills can cause you to have some spotting or light bleeding, even if you take the missed pills. Need some help remembering? Set a reminder on your phone!

Missed a pill and not sure what to do? We've got you covered! Download your **[NEXTSTELLIS Missed Dose Leaflet](#)** on [NEXTSTELLIS.ca](#) for instructions on what to do next. **You can also refer to the Patient Medication Information section of the NEXTSTELLIS Product Monograph for more information.**



Searchlight Pharma Inc.
1600 Notre Dame St. West, Suite 312
Montréal, Québec H3J 1M1
www.searchlightpharma.com

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