Spravato® (esketamine) CIII
28 mg nasal spray

For adults:

If you struggle with treatment-resistant depression, there's **a different choice to turn to.**

What is SPRAVATO®?

SPRAVATO® is a prescription medicine, used along with an antidepressant taken by mouth to treat:

- Adults with treatment-resistant depression (TRD)

SPRAVATO® is not for use as a medicine to prevent or relieve pain (anesthetic). It is not known if SPRAVATO® is safe or effective as an anesthetic medicine.

It is not known if SPRAVATO® is safe and effective for use in preventing suicide or in reducing suicidal thoughts or actions. SPRAVATO® is not for use in place of hospitalization if your healthcare provider determines that hospitalization is needed, even if improvement is experienced after the first dose of SPRAVATO®.

It is not known if SPRAVATO® is safe and effective in children.

Please see Important Safety Information in this brochure. Please see full Prescribing Information, including Boxed WARNINGS, and Medication Guide for SPRAVATO® and discuss any questions you may have with your healthcare provider.

IMPORTANT SAFETY INFORMATION

Spravato® (esketamine) CII
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What is the most important information I should know about SPRAVATO®?

SPRAVATO® can cause serious side effects, including:

- **Sedation and dissociation.** SPRAVATO® may cause sleepiness (sedation), fainting, dizziness, spinning sensation, anxiety, or feeling disconnected from yourself, your thoughts, feelings, space and time (dissociation).
  - Tell your healthcare provider right away if you feel like you cannot stay awake or if you feel like you are going to pass out.
  - Your healthcare provider must monitor you for serious side effects for at least 2 hours after taking SPRAVATO®. Your healthcare provider will decide when you are ready to leave the healthcare setting.
- **Abuse and misuse.** There is a risk for abuse and physical and psychological dependence with SPRAVATO® treatment. Your healthcare provider should check you for signs of abuse and dependence before and during treatment with SPRAVATO®.
  - Tell your healthcare provider if you have ever abused or been dependent on alcohol, prescription medicines, or street drugs.
  - Your healthcare provider can tell you more about the differences between physical and psychological dependence and drug addiction.
- **SPRAVATO® Risk Evaluation and Mitigation Strategy (REMS).** Because of the risks for sedation, dissociation, and abuse and misuse, SPRAVATO® is only available through a restricted program called the SPRAVATO® Risk Evaluation and Mitigation Strategy (REMS) Program. SPRAVATO® can only be administered at healthcare settings certified in the SPRAVATO® REMS Program. Patients treated in outpatient healthcare settings (e.g., medical offices and clinics) must be enrolled in the program.

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IMPORTANT SAFETY INFORMATION (CONTINUED)

Spravato® (esketamine) CII
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- **Increased risk of suicidal thoughts and actions.** Antidepressant medicines may increase suicidal thoughts and actions in some people 24 years of age and younger, **especially within the first few months of treatment or when the dose is changed. SPRAVATO® is not for use in children**
  - Depression and other serious mental illnesses are the most important causes of suicidal thoughts and actions. Some people may have a higher risk of having suicidal thoughts or actions. These include people who have (or have a family history of) depression or a history of suicidal thoughts or actions.
- **How can I watch for and try to prevent suicidal thoughts and actions in myself or a family member?**
  - Pay close attention to any changes, especially sudden changes, in mood, behavior, thoughts, or feelings, or if you develop suicidal thoughts or actions.
  - Tell your healthcare provider right away if you have any new or sudden changes in mood, behavior, thoughts, or feelings.
  - Keep all follow-up visits with your healthcare provider as scheduled. Call your healthcare provider between visits as needed, especially if you have concerns about symptoms.
- **Tell your healthcare provider right away if you or your family member have any of the following symptoms, especially if they are new, worse, or worry you:**
  - suicide attempts
  - worsening depression
  - thoughts about suicide or dying
  - other unusual changes in behavior or mood

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Discover SPRAVATO®. It's the first FDA-approved nasal spray specifically for adults with treatment-resistant depression.

If you've tried two or more antidepressants* and are still struggling with depressive symptoms, talk to your healthcare provider to see if you may have treatment-resistant depression.

*Of adequate dose and duration during your current episode.

Ask your healthcare provider if SPRAVATO® may be right for you.

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It is not known if SPRAVATO® is safe and effective for use in preventing suicide or in reducing suicidal thoughts or actions. SPRAVATO® is not for use in place of hospitalization if your healthcare provider determines that hospitalization is needed, even if improvement is experienced after the first dose of SPRAVATO®.

It is not known if SPRAVATO® is safe and effective in children.

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SPRAVATO® works differently than other medications for treatment-resistant depression.

Today's most commonly used oral antidepressants are thought to treat depression by increasing levels of neurotransmitters (serotonin, norepinephrine and dopamine) in areas of the brain that affect mood.

SPRAVATO® targets the N-methyl-D-aspartate (NMDA) receptor and is believed to work differently than currently available oral antidepressants. The exact way that SPRAVATO® works is unknown. SPRAVATO® is taken with an oral antidepressant.

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SPRAVATO® was proven effective for adults with treatment-resistant depression when taken with an oral antidepressant.

In a short-term clinical study of adults with treatment-resistant depression,* those who took SPRAVATO® and an oral antidepressant experienced a greater reduction of depression symptoms at four weeks† (compared to those who received a placebo and an oral antidepressant).

In a long-term study after 16 weeks of therapy, patients who stayed on SPRAVATO®‡ were less likely to experience a return of depressive symptoms than those who stopped therapy.

Ask your healthcare provider if SPRAVATO® is right for you.

*Adults with major depressive disorder who have not responded sufficiently to at least two different antidepressants of adequate dose and duration in the current episode.

†Based on an overall score on a standardized rating scale.

‡Along with an oral antidepressant.

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SPRAVATO® Side Effects

Serious side effects of SPRAVATO® include feeling sleepy (sedation); feeling disconnected from yourself, your thoughts, feelings and things around you (dissociation); abuse and misuse; increased risk of suicidal thoughts and behavior; increased blood pressure; problems with thinking clearly; and bladder problems.

For additional information on these serious side effects, please see **Important Safety Information** in this brochure.

Most Common Side Effects

- Dissociation
- Dizziness
- Nausea
- Feeling sleepy (sedation)
- Spinning sensation
- Decreased feeling of sensitivity (numbness)
- Feeling anxious
- Lack of energy
- Increased blood pressure
- Vomiting
- Feeling drunk
- Feeling very happy or excited

If these common side effects occur, they usually happen right after taking SPRAVATO® and go away the same day.

These are not all the possible side effects of SPRAVATO®. Please see the SPRAVATO® **Medication Guide** for the complete safety information.

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What to Expect

SPRAVATO® (esketamine) CIII nasal spray can only be administered under the supervision of a healthcare provider at a treatment center that is certified in the SPRAVATO® Risk Evaluation and Mitigation Strategy (REMS) Program. This could be a different location than your doctor's office.

As part of the REMS, a healthcare provider will discuss the risks of sedation, dissociation, and abuse and misuse with you before starting SPRAVATO®. You and a healthcare provider must complete a Patient Enrollment Form for you to receive SPRAVATO® in a certified treatment center. For more information about the REMS, visit **SPRAVATOrems.com/patients**

You and your healthcare provider can locate certified SPRAVATO® treatment centers near you by entering your ZIP code at **SPRAVATO.com/find-a-center**

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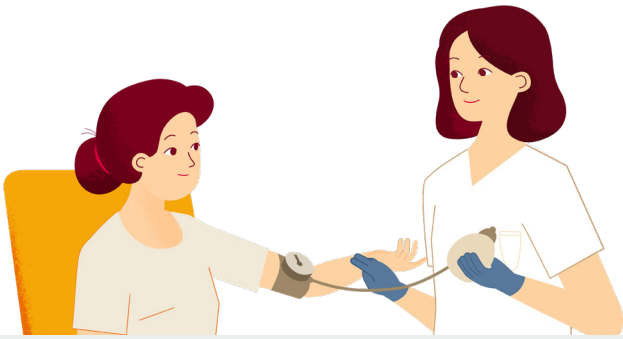

Discuss with Your Healthcare Provider Before Taking SPRAVATO®:

SPRAVATO® is not for everyone. Talk to your healthcare provider about your full medical history, including if you:

- have a history of abusing or being dependent on prescription or street drugs
- have a problem with alcohol
- are pregnant or planning to become pregnant
- are breastfeeding or planning to breastfeed
- take prescription or over-the-counter medicines
- take vitamins or herbal supplements

After starting SPRAVATO® treatment, make sure your healthcare provider has access to your medical information from the treatment center so that they are aware of how your treatment plan is progressing. Please read the **Medication Guide** for additional topics for discussion with your healthcare provider.

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Your First Treatment Center Visit

Your healthcare provider will continue to be involved with your care during SPRAVATO® treatment and will be available to answer questions or address concerns as you undergo treatment. Your first visit to the certified SPRAVATO® treatment center will be a consultation. The treatment center will:

- receive your medical information from your healthcare provider
- conduct its own assessment to determine if SPRAVATO® may be right for you
- verify your insurance information as part of the eligibility confirmation

If SPRAVATO® is recommended, the treatment center will build a treatment plan with you and enroll you in the SPRAVATO® REMS Program.

Remember: Make sure to follow up with your healthcare provider after your treatment plan is built.

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Preparing for Treatment

You may start treatment as soon as your second visit to the SPRAVATO® treatment center.

Plan for rides to and from the treatment center. You won't be able to drive, operate machinery, or do anything where you need to be completely alert until the day after a treatment session, following a restful sleep.

Bring a form of entertainment, like a book or playlist, for the session. A healthcare provider at the treatment center will monitor you for at least two hours after treatment.

Avoid eating two hours before, and drinking liquids 30 minutes before, the treatment session. Some patients taking SPRAVATO® may experience nausea or vomiting.

If you take a nasal corticosteroid or nasal decongestant medicine, take these medicines at least one hour before taking SPRAVATO®.

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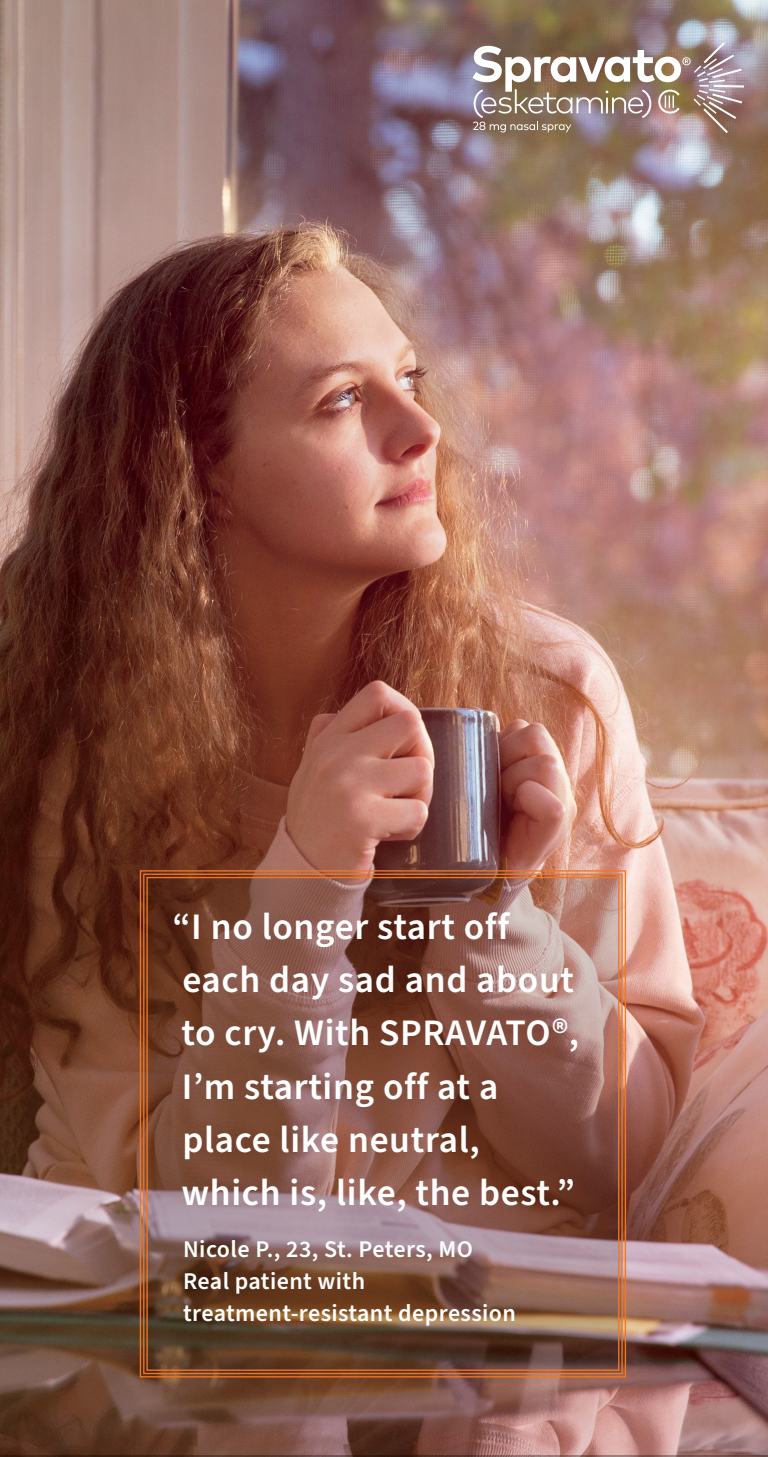

Individual results may vary. Testimonial shared in 2018. Nicole is a real patient with treatment-resistant depression and has been compensated for her time by Janssen Pharmaceuticals, Inc.

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Once you and your doctor have decided SPRAVATO® is right for you

Ask your doctor about enrolling in SPRAVATO withMe—the support program that helps make starting and staying on track as simple as possible, with dedicated, on-demand support

Within 24 hours of your enrollment, you'll be paired with a dedicated SPRAVATO withMe Care Navigator—a mental health professional who is committed to giving you the informational, emotional, and affordability support you need, how you want it. Care Navigators do not provide medical advice. Please ask your doctor any questions you might have about your disease and treatment.

Once you're enrolled, a Care Navigator will help you and/or your caregiver understand what to expect with your treatment. They'll also walk you through your insurance coverage, share ways to help you save on SPRAVATO®, and give you encouragement along the way.

Talk to your doctor about enrolling in SPRAVATO withMe.

SPRAVATO withMe is limited to education about SPRAVATO®, its administration, and/or the condition it treats. It is not intended to provide medical advice, replace a treatment plan you receive from your doctor or nurse, or serve as a reason for you to start or stay on treatment.

Spravato withMe

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If you're eligible, you can pay as little as $10 for your SPRAVATO® medication with the SPRAVATO withMe Savings Program

If you're eligible and commercially insured, our Savings Program may help you pay as little as $10 per treatment for SPRAVATO® medication costs. There are quantity limits and savings limits each year. Savings may apply to your co-pay, co-insurance, or deductible. Program does not cover the cost of treatment observation. Participate without sharing your income information. See program requirements at **SPRAVATO.com/SavingsRequirements**

SPRAVATO withMe is limited to education about SPRAVATO®, its administration, and/or the condition it treats. It is not intended to provide medical advice, replace a treatment plan you receive from your doctor or nurse, or serve as a reason for you to start or stay on treatment.

Eligible patients may speak with a Care Navigator to learn more and enroll.

Call 1-844-4S-WITHME (1-844-479-4846), Monday through Friday, from 8:00 AM to 8:00 PM ET.

Spravato withMe

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IMPORTANT SAFETY INFORMATION

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Do not take SPRAVATO® if you:

- have blood vessel (aneurysmal vascular) disease (including in the brain, chest, abdominal aorta, arms and legs)
- have an abnormal connection between your veins and arteries (arteriovenous malformation)
- have a history of bleeding in the brain
- are allergic to esketamine, ketamine, or any of the other ingredients in SPRAVATO®.

If you are not sure if you have any of the above conditions, talk to your healthcare provider before taking SPRAVATO®.

Before you take SPRAVATO®, tell your healthcare provider about all of your medical conditions, including if you:

- have heart or brain problems, including:
  - high blood pressure (hypertension)
  - slow or fast heartbeats that cause shortness of breath, chest pain, lightheadedness, or fainting
  - history of heart attack
  - history of stroke
  - heart valve disease or heart failure
  - history of brain injury or any condition where there is increased pressure in the brain
- have liver problems
- have ever had a condition called “psychosis” (see, feel, or hear things that are not there, or believe in things that are not true).
- are pregnant or plan to become pregnant. SPRAVATO® may harm your baby. You should not take SPRAVATO® if you are pregnant.
  - Tell your healthcare provider right away if you become pregnant during treatment with SPRAVATO®.
  - If you are able to become pregnant, talk to your healthcare provider about methods to prevent pregnancy during treatment with SPRAVATO®.

Please see additional Important Safety Information in this brochure. Please see full Prescribing Information, including Boxed WARNINGS, and Medication Guide for SPRAVATO® and discuss any questions you may have with your healthcare provider.

- There is a pregnancy registry for women who are exposed to SPRAVATO® during pregnancy. The purpose of the registry is to collect information about the health of women exposed to SPRAVATO® and their baby. If you become pregnant during treatment with SPRAVATO®, talk to your healthcare provider about registering with the National Pregnancy Registry for Antidepressants at 1-844-405-6185 or online at https://womensmentalhealth.org/clinical-and-research-programs/pregnancyregistry/antidepressants/.

- are breastfeeding or plan to breastfeed. You should not breastfeed during treatment with SPRAVATO®.

Tell your healthcare provider about all the medicines that you take, including prescription and over-the-counter medicines, vitamins and herbal supplements. Taking SPRAVATO® with certain medicine may cause side effects.

Especially tell your healthcare provider if you take central nervous system (CNS) depressants, psychostimulants, or monoamine oxidase inhibitors (MAOIs) medicines. Keep a list of them to show to your healthcare provider and pharmacist when you get a new medicine.

How will I take SPRAVATO®?

- You will take SPRAVATO® nasal spray yourself, under the supervision of a healthcare provider in a healthcare setting. Your healthcare provider will show you how to use the SPRAVATO® nasal spray device.
- Your healthcare provider will tell you how much SPRAVATO® you will take and when you will take it.
- Follow your SPRAVATO® treatment schedule exactly as your healthcare provider tells you to.
- During and after each use of the SPRAVATO® nasal spray device, you will be checked by a healthcare provider who will decide when you are ready to leave the healthcare setting.
- You will need to plan for a caregiver or family member to drive you home after taking SPRAVATO®.

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IMPORTANT SAFETY INFORMATION (CONTINUED)

Spravato® (esketamine) CII
28 mg nasal spray

- If you miss a SPRAVATO® treatment, your healthcare provider may change your dose and treatment schedule.
- Some people taking SPRAVATO® get nausea and vomiting. You should not eat for at least 2 hours before taking SPRAVATO® and not drink liquids at least 30 minutes before taking SPRAVATO®.
- If you take a nasal corticosteroid or nasal decongestant medicine take these medicines at least 1 hour before taking SPRAVATO®.

What should I avoid while taking SPRAVATO®?

Do not drive, operate machinery, or do anything where you need to be completely alert after taking SPRAVATO®. **Do not** take part in these activities until the next day following a restful sleep. See **"What is the most important information I should know about SPRAVATO®?"**

What are the possible side effects of SPRAVATO®?

SPRAVATO® may cause serious side effects including:

- See **"What is the most important information I should know about SPRAVATO®?"**
- **Increased blood pressure.** SPRAVATO® can cause a temporary increase in your blood pressure that may last for about 4 hours after taking a dose. Your healthcare provider will check your blood pressure before taking SPRAVATO® and for at least 2 hours after you take SPRAVATO®. Tell your healthcare provider right away if you get chest pain, shortness of breath, sudden severe headache, change in vision, or seizures after taking SPRAVATO®.
- **Problems with thinking clearly.** Tell your healthcare provider if you have problems thinking or remembering.
- **Bladder problems.** Tell your healthcare provider if you develop trouble urinating, such as a frequent or urgent need to urinate, pain when urinating, or urinating frequently at night.

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IMPORTANT SAFETY INFORMATION (CONTINUED)

Spravato® (esketamine) CIII
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The most common side effects of SPRAVATO® when used along with an antidepressant taken by mouth include:

- feeling disconnected from yourself, your thoughts, feelings and things around you
- dizziness
- nausea
- feeling sleepy
- spinning sensation
- decreased feeling of sensitivity (numbness)
- feeling anxious
- lack of energy
- increased blood pressure
- vomiting
- feeling drunk
- feeling very happy or excited

If these common side effects occur, they usually happen right after taking SPRAVATO® and go away the same day.

These are not all the possible side effects of SPRAVATO®.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

Please see full Prescribing Information, including Boxed WARNINGS, and Medication Guide for SPRAVATO® and discuss any questions you may have with your healthcare provider.

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Ask your healthcare provider if SPRAVATO® should be part of your treatment plan.

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