



DYSKINESIA SYMPTOM TRACKER

FOR PEOPLE WITH PARKINSON'S
DISEASE (PD)

GOCOVRI™ (amantadine) extended release capsules is the first and only FDA-approved prescription medication indicated to treat dyskinesia (sudden, uncontrolled movements) in people with PD who are treated with levodopa, with or without other medicines that increase the effects of dopamine in the brain.

Please see Important Safety Information throughout and accompanying Important Facts about GOCOVRI.

ONCE DAILY AT BEDTIME
GOCOVRI™
(amantadine) extended release capsules
68.5 mg | 137 mg

HOW IS DYSKINESIA AFFECTING YOU?

Use this tracker to document your dyskinesia and see the impact it has on your daily activities



In addition to tracking symptoms, you may want to take videos of your movements. This can help you have a good discussion with your doctor about what you are experiencing.



If you're a care partner, you should also consider using this tool. Tracking symptoms along with your loved one may help them capture more details about their dyskinesia.

IMPORTANT SAFETY INFORMATION

BEFORE TAKING GOCOVRI, TELL YOUR DOCTOR ABOUT ALL MEDICAL CONDITIONS, INCLUDING IF YOU:

- have kidney problems; unexpected sleepiness; take medicine to help you sleep or that makes you drowsy; have mental problems, such as suicidal thoughts, depression, or hallucinations; unusual urges including gambling, increased sex drive, compulsive eating, or shopping; or if you drink alcoholic beverages

TERMS TO KNOW

Dyskinesia: Uncontrolled, jerky movements. Feels and looks like fidgeting, head bobbing, or like the body is rocking back and forth. It can affect the arms, legs, or torso and can occur in one part of your body or throughout. Dyskinesia can occur during periods of “ON” time.

“ON” time: Your PD medicines are working. You are moving but not always with good control.

“OFF” time: Your PD medicines are not working well or at all. PD symptoms—feeling like you're walking through mud (rigid), involuntary shaking (tremor), or being completely frozen—are in full effect.

Functional Time: “ON” time without troublesome dyskinesia. This is time when your PD symptoms are well controlled and you're not experiencing dyskinesia.

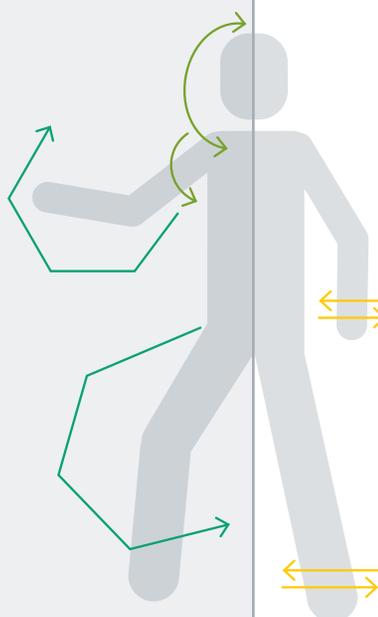
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WHAT IS THE DIFFERENCE BETWEEN DYSKINESIA AND TREMORS?

Before you start tracking symptoms, let's review the differences between dyskinesia and tremors

DYSKINESIA	TREMOR
<p>Dyskinesia is an uncontrolled, jerky movement. It often feels and looks like fidgeting, head bobbing, writhing or wiggling, or like the body is rocking back and forth.</p> <p>Dyskinesia can be very noticeable and affect the neck/face, arms, legs, or torso. It can occur in one part of your body or throughout.</p> <p>Dyskinesia is a complication of disease progression and long-term use of levodopa at higher doses. Levodopa is used to treat PD symptoms like tremors.</p>	<p>Tremors are a common symptom of PD. Tremors are usually felt in the hand or foot, and appear when a person's muscles are relaxed or at rest. Tremors may start on one side of the body but can include the entire body.</p> <p>During a tremor, the affected body part trembles or shakes when performing actions like resting or walking.</p>



IMPORTANT SAFETY INFORMATION

BEFORE TAKING GOCOVRI, TELL YOUR DOCTOR ABOUT ALL MEDICAL CONDITIONS, INCLUDING IF YOU (CONT'D):

- are pregnant or plan to become pregnant or are breastfeeding or plan to breastfeed. GOCOVRI may harm your unborn baby and can pass into your breastmilk

Tell your doctor about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. **Especially tell your doctor if you** take medicines like sodium bicarbonate.

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DAILY LOG

DATE _____

Print as many pages as you need to capture all the days you want to track

① Estimate the total number of hours during the day that you experienced dyskinesia

- Less than 1 hour 3-5 hours
 1-3 hours 5+ hours

② Estimate the total number of hours during the day that you experienced "OFF" time

- Less than 1 hour 3-5 hours
 1-3 hours 5+ hours

③ What time(s) of day was your dyskinesia most troublesome?

- Morning Early evening
 Midday Night

④ How did dyskinesia affect your daily activities?

- Dyskinesia was present but did not interfere with what I was doing
 It caused some problems and things took a little longer than usual, but I was still able to perform most things by myself
 I wasn't able to participate in activities fully
 I needed help with normal daily activities from another person when I had dyskinesia

⑤ At what time(s) did you take your PD medication(s) today?

⑥ Where did you experience your dyskinesia?



⑦ What types of activities of daily living did your dyskinesia impact?

- Getting dressed and undressed Working
 Eating/Drinking Participating in social activities and hobbies
 Walking
 Exercising Achieving other treatment goals
 Washing/Bathing/Shaving

⑧ At any point, did your dyskinesia make you feel anxious or embarrassed?

- A little All day
 A lot Not at all

REMEMBER, TAKING VIDEOS OF YOUR MOVEMENTS WILL HELP YOUR DOCTOR BETTER UNDERSTAND WHAT YOU ARE EXPERIENCING

WEEKLY LOG

DATE _____

Print as many pages as you need to capture all the weeks you want to track

① Over the past week, when dyskinesia interfered with your daily activities, how did it make you feel?

- Frustrated Isolated
 Embarrassed Like losing independence
 Other _____

② On a scale from 1 to 5, how does dyskinesia impact your daily routines and activities?

- 1 - No impact 4 - Noticeable impact
 2 - Minimal impact 5 - High impact
 3 - Some impact

③ Looking back on this week, would you say you preferred being dyskinetic or "OFF"?

- I preferred being dyskinetic
 I preferred being "OFF"

④ How many hours did you spend making adjustments because of dyskinesia this week?

⑤ Where did you experience your dyskinesia?



If your dyskinesia is troublesome, you may want to talk to your doctor about GOCOVRI and your treatment goals. Write your goals down below:

IMPORTANT SAFETY INFORMATION

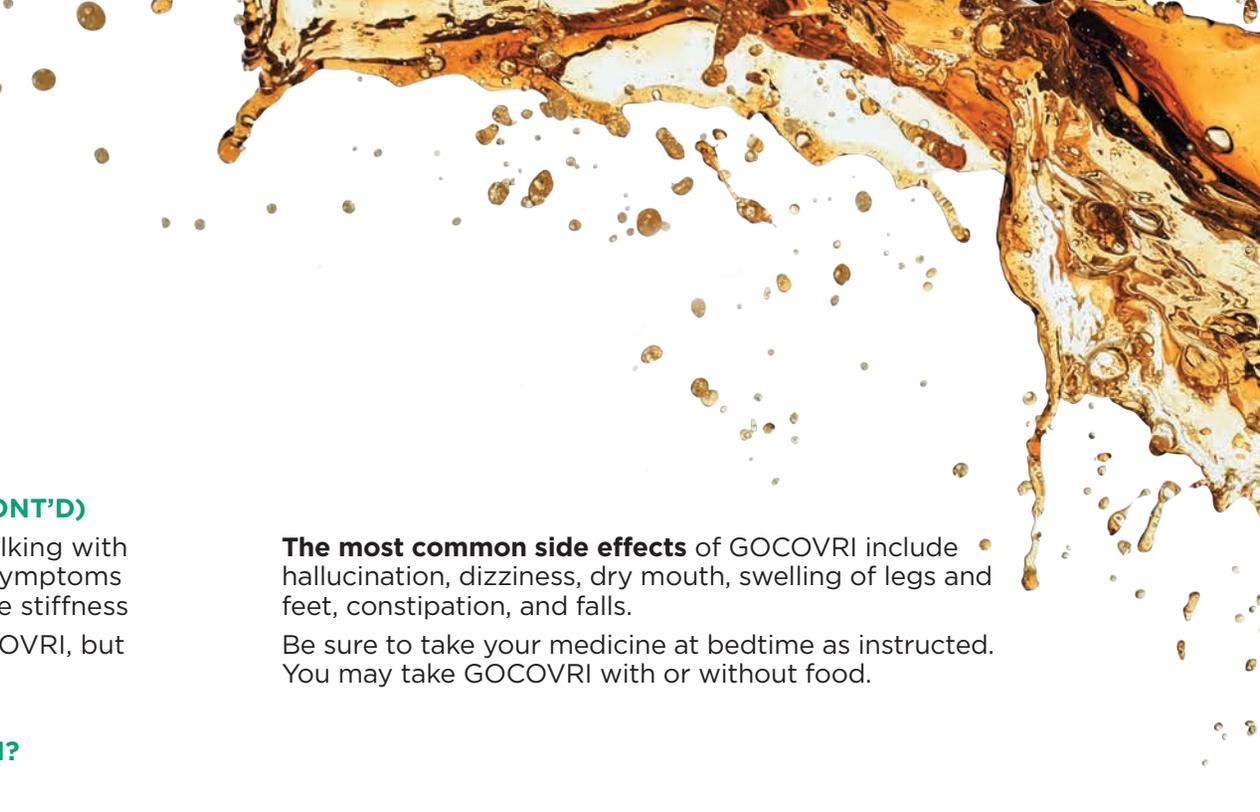
WHAT SHOULD I AVOID WHILE TAKING GOCOVRI?

- **Do not** take GOCOVRI if you have severe kidney problems
- **Do not** drive, operate machinery, or do other dangerous activities until you know how GOCOVRI affects you

- **Do not** drink alcohol while taking GOCOVRI as it can increase your chances of serious side effects

Please see Important Safety Information throughout and accompanying Important Facts about GOCOVRI.

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IMPORTANT SAFETY INFORMATION

WHAT SHOULD I AVOID WHILE TAKING GOCOVRI? (CONT'D)

- **Do not** stop or change the dose of GOCOVRI before talking with your doctor. Call your healthcare provider if you have symptoms of withdrawal such as fever, confusion, or severe muscle stiffness
- **Do not** take a flu nasal spray vaccine while taking GOCOVRI, but you can receive a flu shot

WHAT ARE THE POSSIBLE SIDE EFFECTS OF GOCOVRI?

GOCOVRI may cause serious side effects, including:

- **falling asleep during normal activities**, such as driving, talking, or eating, while taking GOCOVRI. You may fall asleep without being drowsy or warning. The risk is greater if you take GOCOVRI with medicines that cause drowsiness
- **suicidal thoughts or actions and depression**
- **occurrence or worsening of hallucinations** (seeing or hearing things that are not real)
- **feeling dizzy, faint or light headed**, especially when you stand up too quickly, when first starting GOCOVRI, or if your dose has been increased
- **unusual urges** including gambling, sexual, spending money, binge eating, and the inability to control them

If you or your family notices that you are developing any new, unusual or sudden changes in behavior or related symptoms, tell your healthcare provider right away.

The most common side effects of GOCOVRI include hallucination, dizziness, dry mouth, swelling of legs and feet, constipation, and falls.

Be sure to take your medicine at bedtime as instructed. You may take GOCOVRI with or without food.

Please see Important Safety Information throughout and accompanying Important Facts about GOCOVRI.

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IMPORTANT FACTS

This is only a brief summary of important information about GOCOVRI and does not replace talking to your doctor about your condition and your treatment.

ABOUT GOCOVRI (goh-KUV-ree)

GOCOVRI is a prescription medicine used for treating dyskinesia (sudden uncontrolled movements) in Parkinson's disease patients treated with levodopa therapy, with or without other medicines that increase the effects of dopamine in the brain.

It is not known if GOCOVRI is safe and effective in children.

Do not take GOCOVRI if you have severe kidney problems.

WHAT TO AVOID WHILE TAKING GOCOVRI

- **Do not** drive, operate machinery, or do other dangerous activities until you know how GOCOVRI affects you
- **Do not** drink alcohol while taking GOCOVRI. It can increase your chances of getting serious side effects

BEFORE TAKING GOCOVRI

Tell your doctor about all of your medical conditions, including if you

- have kidney problems
- have daytime or unpredictable sleepiness, or take a medicine to help you sleep or that makes you drowsy
- have mental problems, such as suicidal thoughts, depression, or hallucinations
- have unusual urges including gambling, increased sex drive, compulsive eating, or compulsive shopping
- drink alcohol

Tell your doctor about all the medicines you take.

Keep a list that includes all prescription and over-the-counter medicines, vitamins, and herbal supplements you take and show it to your doctor.

Especially tell your doctor if you

- take medicines like sodium bicarbonate
- have had or are planning to have a live flu (influenza) vaccination (nasal spray). You can receive the flu shot but **should not** get a live flu nasal spray vaccination while taking GOCOVRI

HOW TO TAKE GOCOVRI

- Take GOCOVRI exactly as your doctor tells you to
- Start GOCOVRI with 1 capsule at bedtime. Your doctor may change your dose if needed. If your doctor tells you to take 2 capsules, take them together at bedtime
- **Do not** stop or change GOCOVRI before talking with your doctor. Call your doctor if you have symptoms of withdrawal such as fever, confusion, or severe muscle stiffness
- GOCOVRI may be taken with food or without food
- Swallow GOCOVRI capsules whole. **Do not** crush, chew, or divide
- GOCOVRI capsules may be opened and sprinkled on applesauce before swallowing. Take all of it right away
- If you miss a dose of GOCOVRI, do not take an extra dose. Take your usual dose of GOCOVRI on the next day at bedtime
- If you have forgotten to take GOCOVRI for several days, contact your doctor
- If you take too much GOCOVRI, call your doctor or go to the nearest hospital emergency room right away

POSSIBLE SIDE EFFECTS OF GOCOVRI

GOCOVRI may cause serious side effects, including

- **falling asleep during normal activities.** You may fall asleep while doing normal activities such as driving a car, talking, or eating while taking GOCOVRI or other medicines that treat Parkinson's disease. You may fall asleep without being drowsy or without warning. This may result in having accidents. Your chances of falling asleep while doing normal activities while taking GOCOVRI are greater if you take other medicines that cause drowsiness
- **suicidal thoughts or actions and depression.** Some people taking GOCOVRI have had suicidal thoughts, attempted suicide, or depression
- **hallucinations.** GOCOVRI can cause or worsen hallucinations (seeing or hearing things that are not real) or psychotic behavior

POSSIBLE SIDE EFFECTS OF GOCOVRI (CONTINUED)

- **feeling dizzy, faint or light headed, especially when you stand up (orthostatic hypotension).** Light headedness or fainting may happen when getting up too quickly from a sitting or lying position, especially after long periods of time, when first starting GOCOVRI, or if your dose has been increased
- **unusual urges.** Some people taking GOCOVRI get urges to behave in a way unusual for them, which may include an unusual urge to gamble, increased sexual urges, strong urges to spend money, binge eating, and the inability to control these urges

Contact your doctor right away if you experience any of these side effects.

The most common side effects of GOCOVRI include hallucination, dizziness, dry mouth, swelling of legs and feet, constipation, and falls. These are not all the possible side effects of GOCOVRI.

Tell your doctor if you have any new symptoms while taking GOCOVRI.

GET MORE INFORMATION

This is only a brief summary of important information about GOCOVRI. Talk to your doctor or pharmacist to learn more.

- For more information about GOCOVRI, go to [GOCOVRI.com/Facts](https://www.gocovri.com/Facts) or call **1-844-GOCOVRI**
- To learn about potential savings, visit [GocovriOnboard.com](https://www.gocovrionboard.com) or call **1-844-GOCOVRI**

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