

**Veltassa**[®]
(patiromer) for oral
suspension
8.4g | 16.8g | 25.2g

YOUR GUIDE TO TAKING VELTASSA

Keep your potassium levels under control in the **VELTASSA ZONE***

*In a clinical study, up to 95% of people taking VELTASSA reduced their potassium levels and kept them normal (3.8 to <5.1 mEq/L) over time.

VELTASSA is a prescription medication used to treat high levels of potassium in your blood (hyperkalemia). It is not known if VELTASSA is safe and effective in children.

IMPORTANT SAFETY INFORMATION

Who should not take VELTASSA?

Do not take VELTASSA if you are allergic to VELTASSA or any of its ingredients.

Please see additional Important Safety Information throughout brochure and full Prescribing Information at www.VELTASSA.com.

HIGH POTASSIUM AND VELTASSA

Your doctor has told you that you have high levels of potassium in your blood (hyperkalemia). High potassium can lead to serious and life-threatening health issues, such as irregular heartbeat and other heart problems, and can even lead to hospitalization.

VELTASSA is a sodium-free prescription medicine. Taken once daily, VELTASSA helps reduce high potassium in the blood and keeps levels lower over time.

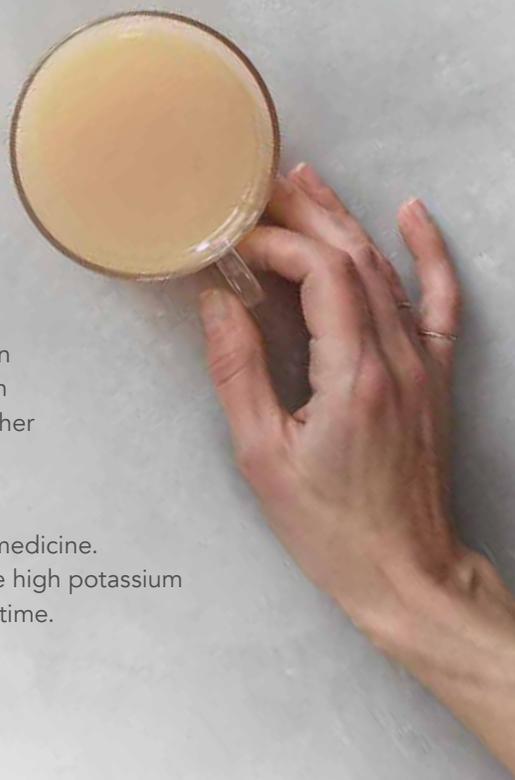
IMPORTANT SAFETY INFORMATION (continued)

What should I tell my doctor before taking VELTASSA?

Before you take VELTASSA, tell your doctor about all of your medical conditions, including if you:

- have problems having a bowel movement, including if you have severe constipation, a blockage (obstruction) in your bowel, or dry hard stool that will not pass out of your rectum (impaction)
- have problems with your bowels after bowel surgery

Know the medicines you take. Keep a list of them to show your doctor and pharmacist when you get a new medicine. **Tell your doctor about all the medicines you take**, including prescription and over-the-counter medicines, vitamins, and herbal supplements.



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About VELTASSA

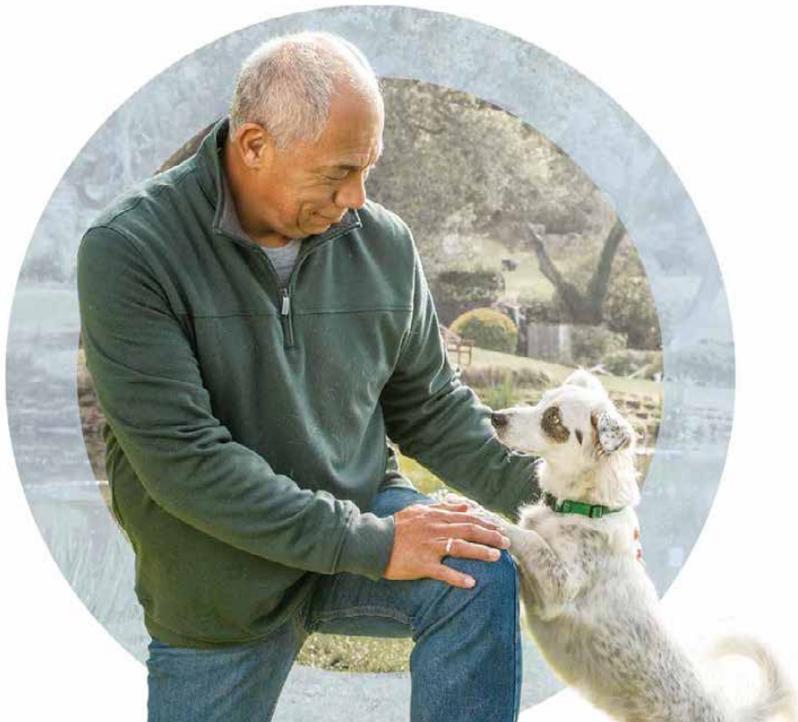
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Please see additional Important Safety Information throughout brochure and full Prescribing Information at www.VELTASSA.com.

WHAT IS HIGH POTASSIUM?

Potassium is an important nutrient that helps keep your muscles working properly and your heartbeat regular. But too much potassium in your blood can be an ongoing problem with serious health risks.

High potassium (hyperkalemia) means the potassium levels in your blood have become higher than normal. Healthy kidneys remove extra potassium from the body. But if your kidneys aren't working well, they might not be able to. If left untreated, potassium levels may become too high.



THE RISKS OF HIGH POTASSIUM

High potassium can be hard to predict, and episodes can happen more than once. For people with certain types of kidney problems (like chronic kidney disease), high potassium can be an ongoing problem.

High potassium can cause serious, life-threatening health issues

Even if you can't see them, the health risks of high potassium are still there. High potassium often goes undetected until serious health problems occur, including:



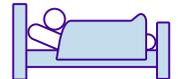
Irregular heartbeat

Also chest pain, or feeling the heart skipping beats



Heart problems

Including the risk of a heart attack



Possible hospitalization

Could result from paralysis or other issues

High potassium usually has no symptoms or only vague symptoms. And it's typically found only during blood work, so be sure to meet with your doctor regularly.

CAUSES OF HIGH POTASSIUM

There are several possible causes of high potassium. There's also a link between heart problems and kidney function.



Kidney-related conditions

- **Chronic kidney disease** (the most common cause)
- **Diabetes** (diabetic nephropathy) leading to kidney disease



Heart failure

Heart failure may reduce the flow of blood to the kidneys. Without proper blood flow, the kidneys can't work well, especially over time.



Other causes

- Trauma due to severe injuries and burns
- Addison's disease (related to the adrenal glands)



Certain medications

Some medications may increase potassium levels, including:

- **Certain types of blood pressure medicines**
- **Medications for heart problems**
- **NSAIDs** (nonsteroidal anti-inflammatory drugs) used to reduce fever, aches, and pains
- **Water pills** for some types of high blood pressure, lung disorders, or heart problems
- **Some herbal supplements and remedies**

Discuss all medicines you are taking, including supplements or natural remedies, with your healthcare provider. Do not stop taking any medication on your own. Be sure to follow your doctor's directions on which medications you should be taking.

SYMPTOMS AND WARNING SIGNS

High potassium usually has no symptoms or only vague symptoms. In fact, it's usually only found during blood work being done for other reasons. But if high potassium is not detected and levels become too high, the risks for serious health issues can increase.



Contact your doctor if you experience any of these:

- Weakness
- Fatigue
- Tingling or numbness
- Other unusual sensations



Call 911 or go to the emergency room if you experience any of these:

- Irregular heartbeat
- Difficulty breathing
- Unable to move (paralysis)
- Nausea and vomiting

Symptoms of high potassium may vary, so speak with your doctor about any symptoms that bother you.



FOLLOWING A LOW-POTASSIUM DIET

If your kidneys are having trouble removing potassium from your body, eating foods that are high in potassium may make it worse. And even when you try to avoid potassium-rich foods, it can be difficult since so many of the foods we eat contain potassium. Here's a helpful list of some high- and low-potassium foods.

⊗ High-potassium foods: Limit or avoid these in your diet



Fruits

Avocados, bananas, oranges, nectarines, kiwifruit, mangos, papayas, prunes, pomegranates



Vegetables

Brussels sprouts, potatoes, sweet potatoes, pumpkin, tomatoes and tomato products, spinach, beans and legumes, vegetable juice



Other

Milk, yogurt, granola, nuts and seeds, peanut butter, salt substitutes

✓ Low-potassium foods: Include these in your diet in moderation



Fruits

Apples, blackberries, blueberries, cherries, cranberries, grapes, pears, pineapple, raspberries, strawberries



Vegetables

Corn, cabbage, carrots, cauliflower, celery, cucumber, eggplant, kale, lettuce, onions, peas



Other

Rice, noodles, pasta, bread and bread products (not whole grain), pies (without chocolate or high-potassium fruit)

Ask your healthcare provider for guidance on which foods are best for you.

HOW VELTASSA CAN HELP

VELTASSA is a sodium-free prescription medicine that helps reduce high potassium in the blood and keeps levels lower over time.

How VELTASSA works—and keeps working

Taken once daily, VELTASSA stabilizes potassium levels within 2 days and keeps them stable over time.



VELTASSA binds to excess potassium in the colon and removes it from your body. VELTASSA is not absorbed by the body.



In a clinical study, up to 95% of people taking VELTASSA reduced their potassium levels and kept them normal (3.8 to <5.1 mEq/L) over time.



If you stop taking VELTASSA, even for a few days, your potassium levels can increase.*

*In a clinical study, patients who stopped taking VELTASSA experienced an increase in their potassium levels within 1 week.

IMPORTANT SAFETY INFORMATION (continued)

What are the possible side effects of VELTASSA?

VELTASSA may cause serious side effects, including:

- **Low levels of magnesium in your blood (hypomagnesemia).** Low levels of magnesium in the blood can happen when taking VELTASSA. Your doctor will check the magnesium levels in your blood during treatment with VELTASSA and may prescribe a magnesium supplement.

Please see additional Important Safety Information throughout brochure and full Prescribing Information at www.VELTASSA.com.

POSSIBLE SIDE EFFECTS

VELTASSA may cause serious side effects, including:

- **Low levels of magnesium in your blood (hypomagnesemia).** Low levels of magnesium in the blood can happen when taking VELTASSA. Your doctor will check the magnesium levels in your blood during treatment with VELTASSA and may prescribe a magnesium supplement.

The most common side effects of VELTASSA include: constipation (which usually resolves over the course of treatment), low levels of magnesium, diarrhea, nausea, stomach-area (abdominal) discomfort, and gas.

Tell your doctor if you have any side effect that bothers you or does not go away.

These are not all of the possible side effects of VELTASSA. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.



TAKING ONCE-DAILY VELTASSA

It's important to take VELTASSA every day with or without food, as prescribed by your doctor.

✓ DO

- Prepare each dose of VELTASSA separately
- Follow the diet that your doctor has prescribed for you
- Mix VELTASSA with water only

✗ DO NOT

- Do not take VELTASSA that has not been mixed with water
- Do not heat, microwave, or add VELTASSA to heated food or liquids
- Do not mix VELTASSA in a blender

Take VELTASSA exactly as your doctor tells you to take it. Your doctor may change your dose if needed, and will check your potassium levels during treatment.



Be sure to take VELTASSA at least 3 hours before or 3 hours after any other medicine taken by mouth.

Please see additional Important Safety Information throughout brochure and full Prescribing Information at www.VELTASSA.com.



PREPARING VELTASSA



Mix

Measure 1/3 cup of water in a measuring cup. Pour half of the water into an empty drinking glass. Pour all of the VELTASSA packet contents into the drinking glass with water.* Stir the mixture well.



The recommended **minimum** amount of water for VELTASSA dose preparation is **1/3 cup (about 3 ounces)**.†



Add

Pour the rest of the water from the measuring cup into the drinking glass containing the mixture. Stir the mixture well. The powder will not dissolve and the mixture will look cloudy. If the mixture is too thick, you can add more water.



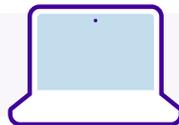
Drink

Drink the mixture right away. If any powder is left in the glass after drinking, add more water, stir the mixture, and drink the remaining mixture right away. Repeat as needed to make sure you take your entire dose of VELTASSA. **Do not take VELTASSA in its dry form.**

*You may need more than 1 packet of VELTASSA for your prescribed dose. Make sure to follow the dosing instructions prescribed by your doctor.

†The specified starting amount of water for all doses is about half of 1/3 cup. The remaining water should be added after stirring the powder in the starting amount of water.

To print a guide for taking VELTASSA or to watch a step-by-step video, visit VELTASSA.com/taking



IMPORTANT SAFETY INFORMATION (continued)

What are the possible side effects of VELTASSA? (continued)

The most common side effects of VELTASSA include: constipation, low levels of magnesium, diarrhea, nausea, stomach-area (abdominal) discomfort, and gas.

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TAKING VELTASSA WITH YOU

When you're away from home, it's easy to bring VELTASSA with you.



Easy single-use packets

VELTASSA comes as a powder in single-use packets that you mix with 1/3 of a cup of water and drink. In a small study, most people found that VELTASSA has no taste or smell.



Take it on the go

Although VELTASSA should be refrigerated, you can store it outside of the refrigerator at room temperature for up to 3 months. That means you can travel or be away from your refrigerator and still keep up with treatment.

VELTASSA is an off-white to light brown powder. The color may vary when mixed with water.

IMPORTANT SAFETY INFORMATION (continued)

What are the possible side effects of VELTASSA? (continued)

Tell your doctor if you have any side effect that bothers you or does not go away. These are not all of the possible side effects of VELTASSA. You may report side effects to FDA at 1-800-FDA-1088.



VELTASSA AS PART OF YOUR ROUTINE

Taken once daily, VELTASSA helps reduce high potassium in the blood and keeps levels lower over time. But it's important to continue taking VELTASSA as your doctor prescribes. These tips can help.

Making VELTASSA part of your daily routine



Set an alarm

Use your phone or clock as a reminder.



Create a routine

Take VELTASSA at the same time, and in the same place, every day.



Write a note

Place a reminder where you'll see it.

Refilling your prescription



Mark the calendar

Noting your refill date on a calendar can help.



Ask about automatic refills

Your pharmacist may be able to set up an automatic monthly refill.



Get help from a loved one

Friends or family can help you remember.

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STORING VELTASSA

Keep it in the refrigerator

Temperatures in the refrigerator where VELTASSA is stored should be between **36°F to 46°F** (or 2°C to 8°C).

Keep it without refrigeration for up to 3 months

VELTASSA may be stored at room temperature, between **73°F to 81°F** (23°C to 27°C), for **up to 3 months**. VELTASSA must be used within 3 months of being taken out of the refrigerator. Do not use VELTASSA after the expiration date printed on the packet.

Avoid high temperatures

Do not expose VELTASSA to heat above 104°F (40°C).

ADDITIONAL RESOURCES

For more information about high potassium and kidney problems, talk to your doctor and contact these organizations, or visit their websites:

National Kidney
Foundation
1-800-622-9010
www.kidney.org

American Kidney Fund
1-800-638-8299
www.kidneyfund.org

American Association
of Kidney Patients
1-800-749-AAKP
www.aakp.org

Relypsa, Inc. is not affiliated with these organizations. The listing of independent organizations is provided solely as a reference and is meant for informational purposes only.

Please see additional Important Safety Information throughout brochure and full Prescribing Information at www.VELTASSA.com.



Get free low-potassium recipes

Browse and print healthy recipes at
VELTASSA.com/recipes



IMPORTANT SAFETY INFORMATION (continued)

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For more information, go to VELTASSA.com
or call **1-844-870-7597**.



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