



TRYING TO MANAGE HIGH POTASSIUM WITH DIET ALONE?

Inside:

- The health risks of high potassium
- Common causes
- A treatment that can help

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 this brochure and full Prescribing Information at www.VELTASSA.com.

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

UNDERSTANDING HIGH POTASSIUM

Potassium is an important nutrient that helps keep your muscles working properly and your heartbeat regular. In people with healthy kidneys, extra potassium is removed from the body.

But if your kidneys aren't working well, the potassium levels in your blood can become higher than normal. This condition is called high potassium (or hyperkalemia), and it can lead to serious health issues.

So what can you do about it? Managing the amount of potassium in your diet is important. But diet alone may not always be enough.



HIGH POTASSIUM COMES WITH HIGH RISKS

High potassium can cause life-threatening health issues, including:



Irregular heartbeat

Also chest pain, or feeling the heart skipping beats



Possible hospitalization

Could result from paralysis or other issues



Heart problems

Including the risk of a heart attack

The health issues that come from high potassium can happen more than once—and it's hard to know when. But the good news is there's a treatment that helps control potassium levels. **(You can learn more about it on page 7).**

THE CAUSES OF HIGH POTASSIUM

There are many possible causes of high potassium, and it can be linked to 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

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



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 CAN GO UNNOTICED

High potassium usually has no symptoms or only vague symptoms. It is often found during bloodwork that is being done for other reasons. If high potassium is not detected and levels become too high, the risks for serious health issues can increase.



Talk to your doctor about the risks of high potassium—and possible treatment options.



A LOW-POTASSIUM DIET IS A GREAT START

Eating high-potassium foods may make your condition worse. Be sure to ask your doctor which foods are best for you—and how much of each you should eat.

⊗ High-potassium foods (limit 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 juices

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

✓ Low-potassium foods (include these in your diet)

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

Vegetables: Corn, cabbage (cooked), carrots (cooked), cauliflower, celery, cucumber, eggplant, kale, lettuce, onions, peas

Other: Rice, noodles, pasta, bread and bread products (no whole grains), pies (without chocolate or high-potassium fruit)



Get free low-potassium recipes
Visit VELTASSA.com/recipes

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

VELTASSA HELPS KEEP POTASSIUM LEVELS UNDER CONTROL

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

*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.

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



Keep potassium levels under control in the VELTASSA ZONE*

VELTASSA FACTS



VELTASSA stabilizes potassium levels within 2 days and keeps them stable over time.



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.

And VELTASSA is sodium-free, so you can take it if your doctor recommends that you eat a low-sodium diet.

IMPORTANT SAFETY INFORMATION (continued)

What should I tell my doctor before taking VELTASSA? (continued)

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.



Talk to your doctor to find out if VELTASSA may be right for you.

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

TAKING VELTASSA

VELTASSA helps reduce high potassium in the blood and keeps levels lower over time. If you start taking VELTASSA, it's important to take it every day as prescribed by your doctor. 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.



How VELTASSA works

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



Single-use packets for daily use

VELTASSA comes in single-use packets that you mix with 1/3 of a cup of water and drink.



You can take it with you

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 taking VELTASSA.

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.



READY TO TALK TO YOUR DOCTOR? START HERE.

The first step toward finding out if VELTASSA may be right for you is to talk with your doctor. Here are some questions to ask.

- 1 What are the health risks of high potassium?
- 2 Will I always have high potassium?
- 3 What can I do if watching my diet isn't enough to manage my potassium levels?
- 4 Is VELTASSA an option for treating my high potassium?
- 5 What are some of the common side effects of VELTASSA?

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.

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.

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

NOTES

Before speaking with your doctor, it may be helpful to list the medications you're currently taking. You can also use this space to write down additional questions you have, or important information that your doctor shares with you.

IMPORTANT SAFETY INFORMATION (continued)

The risk information provided here is not comprehensive and does not take the place of talking with your doctor about your medical condition or treatment. To learn more about VELTASSA, talk with your healthcare provider or pharmacist. Please see full Prescribing Information in pocket.





Talk to your doctor about VELTASSA today
To learn more, visit VELTASSA.com