

# INTERESTED IN THE FIRST-AND-ONLY *needle-free epinephrine?*



Answering the questions in this discussion guide can help you have a productive conversation with your doctor about serious allergic reactions and why **neffy** might be a good option for you or your child who weighs 66 lbs or more.

*Check all that apply.*

## Have you or your child been diagnosed with a serious allergic reaction?

Yes No

## What interests you or your child the most about **neffy**?

Needle-free Portable  
Nasal spray Expires in 30 months  
Size

## What is the primary reason for filling your or your child's epinephrine prescription?

New prescription Need replacement  
Expired

## How often do you or your child carry an epinephrine needle-injector?

At all times Sometimes  
Most times Rarely

## How comfortable are you when using a needle-injector on yourself or your child?

Very comfortable Comfortable  
Uncomfortable\*

### *\*If needle-injectors make you uncomfortable, why?*

The risk of injury Unsure how to use it  
A fear of needles Hesitant to use—  
expensive to replace  
Worried it won't work correctly Need to seek immediate  
medical or hospital care

## Questions for your doctor



1. How is **neffy** different from my current or other epinephrine treatments?
2. Is **neffy** an appropriate treatment option for me?
3. How can I get **neffy**?
4. Are there any savings or cost assistance programs for **neffy**?

## WHAT IS **neffy**?

**neffy** 2 mg is a nasal spray used to treat life-threatening, allergic emergencies including anaphylaxis, in adults and children who weigh 66 lbs or more (30 kg or more), who are at risk for or have a history of serious allergic emergencies.

## IMPORTANT SAFETY INFORMATION

### What is the most important information that I should know about **neffy**?

**neffy** contains epinephrine, a medicine used to treat allergic emergencies (anaphylaxis). Anaphylaxis can be life-threatening, can happen in minutes, and can be caused by stinging and biting insects, allergy injections, foods, medicines, exercise, or other unknown causes.

Always carry two **neffy** nasal sprays with you because you may not know when anaphylaxis may happen and because you may need a second dose of **neffy** if symptoms continue or come back. **neffy** is for use in the nose only.

Use **neffy** right away, as soon as you notice symptoms of an allergic reaction. If symptoms continue or get worse after the first dose of **neffy**, a second dose is needed. If needed, administer a second dose using a new **neffy** in the same nostril *starting 5 minutes after the first dose*. Get emergency medical help for further treatment of the allergic emergency (anaphylaxis), if needed after using **neffy**.

Tell your healthcare provider if you have underlying structural or anatomical nasal conditions, all the medicines you take, and about all your medical conditions, especially if you have heart problems, kidney problems, low potassium in your blood, Parkinson's disease, thyroid problems, high blood pressure, diabetes, are pregnant or plan to become pregnant, or plan to breastfeed.

Tell your healthcare provider if you take or use other nasal sprays or water pills (diuretics) or if you take medicines to treat depression, abnormal heart beats, Parkinson's disease, heart disease, thyroid disease, medicines used in labor, and medicines to treat allergies. **neffy** and other medications may affect each other, causing side effects. **neffy** may affect the way other medicines work, and other medicines may affect how **neffy** works.

Please see additional Important Safety Information on next page. Please see full [Prescribing Information](#).



Not Actual Size.

## IMPORTANT SAFETY INFORMATION (cont.)

### What are the side effects of neffy?

**neffy may cause serious side effects. If you have certain medical conditions or take certain medicines, your condition may get worse, or you may have more or longer lasting side effects when you use neffy.**

Side effects of **neffy** may include throat irritation, tingling nose, headache, nasal discomfort, feeling over excitement, nervousness or anxiety, tingling sensation, fatigue, shakiness, runny nose, itchy nose, sneezing, stomach pain, pain in gums of teeth, numbness in the mouth, nasal congestion, dizziness, nausea, and vomiting.

**Tell your healthcare provider if you have any side effects that bother you or that do not go away after using neffy.**

These are not all of the possible side effects of **neffy**. Call your healthcare provider for medical advice about side effects. To report side effects, contact ARS Pharmaceuticals Operations, Inc. at [1-877-MY-NEFFY \(877-696-3339\)](tel:1-877-MY-NEFFY) or the FDA at [1-800-FDA-1088](tel:1-800-FDA-1088) or [www.fda.gov/medwatch](http://www.fda.gov/medwatch).

**Please see the full [Prescribing Information](#) and [Patient Information](#) for neffy.**

**PATIENT INFORMATION**  
**NEFFY® (ne'fee)**  
**(epinephrine nasal spray)**  
**For allergic emergencies (anaphylaxis)**

Read this Patient Information leaflet carefully before you start using neffy and each time you get a refill. There may be new information. You, your caregiver, or others who may be in a position to administer neffy should know how to use it before you have an allergic emergency. This information does not take the place of talking with your healthcare provider about your medical condition or your treatment.

**1. What is the most important information I should know about neffy?**

Neffy contains epinephrine, a medicine used to treat allergic emergencies (anaphylaxis). Anaphylaxis can be life-threatening, can happen in minutes, and can be caused by stinging and biting insects, allergy injections, foods, medicines, exercise, or other unknown causes.

Symptoms of anaphylaxis may include:

- trouble breathing
- wheezing
- hoarseness (changes in the way your voice sounds)
- hives (raised reddened rash that may itch)
- severe itching
- swelling of your face, lips, mouth, or tongue
- skin rash, redness, or swelling
- fast heartbeat
- weak pulse
- feeling very anxious
- confusion
- stomach pain
- losing control of urine or bowel movements (incontinence)
- diarrhea or stomach cramps
- dizziness, fainting, or "passing out" (unconsciousness)

**2. Always carry neffy with you because you may not know when anaphylaxis may happen.** It is recommended that you carry 2 neffy devices because you may need a second dose of neffy if symptoms continue or come back. Talk to your healthcare provider if you need additional devices to keep at work, school, or other locations. Tell your family members, caregivers, and others where you keep your neffy device and how to use it before you need it. You may be unable to speak in an allergic emergency.

**3. When you have an allergic emergency (anaphylaxis)**

- **Use neffy right away.**
- **Get emergency medical help for further treatment of the allergic emergency (anaphylaxis), if needed after using neffy.** Before you receive neffy, your healthcare provider should talk to you about when to get emergency help.

**What is neffy?**

- Neffy is a nasal spray used to treat life-threatening, allergic emergencies including anaphylaxis in adults and children who weigh 66 pounds or more (30 kilograms or more), who are at risk for or have a history of serious allergic emergencies. Each neffy contains a single dose of epinephrine.
- Neffy is for immediate self (or caregiver) administration in an allergic emergency.
- Neffy is for people who have been prescribed this medicine by their healthcare provider.
- It is not known if neffy is safe and effective in children who weigh less than 66 pounds (30 kilograms).

**Before using neffy, tell your healthcare provider about all your medical conditions, especially if you:**

- have nasal problems including nasal polyps, history of injury such as a broken nose, or any past nasal surgery.
- have heart problems.
- have kidney problems.
- have low potassium levels in your blood.
- have Parkinson's disease.
- have thyroid problems.
- have high blood pressure.
- have diabetes.
- are pregnant or plan to become pregnant. It is not known if epinephrine will harm your unborn baby.
- are breastfeeding or plan to breastfeed. It is not known if epinephrine passes into your breastmilk.

**Tell your healthcare provider about all the medicines you take**, including prescription and over-the-counter medicines, vitamins and herbal supplements. Tell your healthcare provider of all known allergies.

**Especially tell your healthcare provider if you take or use:**

- other nasal sprays
- water pills (diuretics)
- medicines to treat depression such as tricyclic antidepressants or monoamine oxidase inhibitors (MAO inhibitors)
- medicines to treat abnormal heart beats (arrhythmias) such as cardiac glycosides
- medicines to treat Parkinson's disease such as catechol-O-methyl-transferase inhibitors (COMT inhibitors) and ergot alkaloids

- medicines for heart disease including alpha blockers (such as phentolamine) and beta blockers (such as propranolol)
- medicines for thyroid disease such as levothyroxine sodium
- medicines used in labor
- medicines to treat allergies such as diphenhydramine, triprolidine or chlorpheniramine (antihistamines)

Neffy and other medicines may affect each other, causing side effects. Neffy may affect the way other medicines work, and other medicines may affect how neffy works.

Know the medicines you take. Keep a list of them to show your healthcare provider and pharmacist when you get a new medicine.

Use neffy for the treatment of anaphylaxis as prescribed by your healthcare provider, regardless of your medical conditions or medicine you take.

### How should I use neffy?

- Read the Instructions for Use that come with neffy for detailed information about the right way to use the device.
- Use neffy exactly as your healthcare provider tells you to use it. Talk to your healthcare provider or pharmacist if you have questions about the use of neffy.
- **Neffy is for use in the nose only.** Do not spray in the eyes or mouth.
- Each neffy has 1 dose of medicine and cannot be reused. Do not test or prime (pre-spray) the device.
- Your neffy comes in a carton with 2 devices. You may need to use a second neffy if symptoms continue or get worse.
- You should always carry 2 neffy devices with you.
- Neffy is given as a single dose in either nostril. If a second dose of neffy is needed, it should be given in the **same nostril**, starting 5 minutes after the first dose.
- **Do not** sniff during or after receiving a dose of neffy.
- If any liquid drips out of the nose, you may not receive the full dose of medicine. If your symptoms continue or get worse, give a second dose of neffy in the same nostril, starting 5 minutes after the first dose.
- Important: If symptoms continue or get worse after the first dose of neffy, a second dose is needed, **even if you did not see liquid drip out of the nose.** Give the second dose in the same nostril, starting 5 minutes after the first dose.
- Get emergency help for further treatment of the anaphylactic episode, if needed, after using neffy. Before you receive neffy, your healthcare provider should talk to you about when to get emergency help.
- For more information and video instructions on the use of neffy, go to [www.neffy.com](http://www.neffy.com) or call 1-877-MY-NEFFY (1-877-696-3339).

### What are the possible side effects of neffy?

**Neffy may cause serious side effects.**

**If you have certain medical conditions, or take certain medicines, your condition may get worse or you may have more or longer lasting side effects when you use neffy.** Talk to your healthcare provider about all your medical conditions.

Common side effects of neffy include:

- |  |                         |
|--|-------------------------|
| • throat irritation                                | • itchy nose            |
| • tingling nose                                    | • sneezing              |
| • headache   | • stomach pain          |
| • nasal discomfort                                 | • pain in gums of teeth |
| • feeling over excitement, nervousness, or anxiety | • numbness in the mouth |
| • tingling sensation                               | • nasal congestion      |
| • fatigue  | • dizziness             |
| • shakiness  | • nausea                |
| • runny nose                                       | • vomiting              |

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

These are not all the possible side effects of neffy. For more information, ask your healthcare provider or pharmacist.

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

### How should I store neffy?

- Store neffy at room temperature between 68°F to 77°F (20°C to 25°C).
- **Do not freeze. If neffy freezes, the device will not spray.**
- **Storage of neffy at high temperatures up to 122°F (50°C) is allowed for a few days.**
- Your neffy has an expiration date. Replace neffy before the expiration date.

**Keep neffy and all medicines out of the reach of children.**

### General information about the safe and effective use of neffy.

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use neffy for a condition for which it was not prescribed. Do not give neffy to other people, even if they have the same

symptoms that you have. It may harm them. You can ask your pharmacist or healthcare provider for information about neffy that is written for health professionals.

**What are the ingredients in neffy?**

**Active Ingredient:** epinephrine

**Inactive Ingredients:** benzalkonium chloride, disodium edetate, n-dodecyl beta-D-maltoside, sodium chloride, sodium metabisulfite, and hydrochloric acid or sodium hydroxide to adjust pH, in water for injection.