

Here's what to know about overactive bladder (OAB) symptoms of:



Urgency



Frequency



Leakage

Myrbetriq[®]
(mirabegron)
extended-release tablets
25 mg, 50 mg

MYRBETRIQ IS THE PRESCRIBED BRANDED OAB MEDICATION.*

Marie is a real Myrbetriq patient who has been compensated by Astellas for sharing her story.

* Based on 24-month TRxshares for all branded OAB medications, IMS Health National Prescription Audit, March 2018–February 2020. THIS INFORMATION DOES NOT IMPLY SAFETY OR EFFICACY OF ANY PRODUCT; NO COMPARISONS SHOULD BE MADE.

Start taking charge of your OAB symptoms. Use this guide to help you understand your OAB symptoms and start the conversation with your doctor.

USE OF MYRBETRIQ (mirabegron)

Myrbetriq[®] (mirabegron) is a prescription medicine for adults used to treat overactive bladder (OAB) with symptoms of urgency, frequency and leakage.

IMPORTANT SAFETY INFORMATION

Myrbetriq is not for everyone. Do not take Myrbetriq if you have an allergy to mirabegron or any ingredients in Myrbetriq. Myrbetriq may cause your blood pressure to increase or make your blood pressure worse if you have a history of high blood pressure. It is recommended that your doctor check your blood pressure while you are taking Myrbetriq.

Please see complete Important Safety Information on page 12. For further information, please talk to your healthcare professional. Please click here for [Patient Product Information](#) and complete [Prescribing Information](#) for Myrbetriq[®] (mirabegron).

Is your bladder always disrupting your day?

Do you find yourself needing to go to the bathroom more often than usual? More urgently? Having more accidents?

If you answered “yes,” you may want to talk to your doctor about a condition called **Overactive Bladder**, or **OAB**, today.

This guide is divided into 4 sections to help you understand what OAB is. It can also help you begin the conversation with your doctor about Myrbetriq[®]:

1 IDENTIFY

Recognize the common symptoms of OAB.

2 DISCUSS

Find out how to start the conversation with your doctor.

3 LEARN

See how Myrbetriq is used to treat symptoms of urgency, frequency, and leakage of OAB, and how Myrbetriq *Mylestones* can help.

4 SUPPORT

Find programs and services to help support you through treatment.



“You live with something like this and you think that it’s normal... it doesn’t have to be.” –Angie

Angie is a real Myrbetriq patient and was compensated by Astellas to share her story.

OAB is a real medical condition. Common symptoms of OAB include:



Urgency

Urgency is when you feel a strong need to urinate that is hard to control.



Frequency

Frequency is urinating 8 or more times in 24 hours.



Leakage

Leakage is also known as “accidentally urinating” after a sudden urge.

OAB is not “just a part of aging,” but an actual medical condition that may be managed with appropriate treatment.

IMPORTANT SAFETY INFORMATION (continued)

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Myrbetriq may cause allergic reactions that may be serious. If you experience swelling of the face, lips, throat or tongue, with or without difficulty breathing, stop taking Myrbetriq and tell your doctor right away.

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How are you coping with symptoms?



Check off the methods you're currently using to cope with symptoms and talk to your doctor about what you may be experiencing.

Be sure to follow your doctor's recommendations for managing your symptoms.

 I make **frequent trips** to the bathroom

 I **look for bathrooms** whenever I enter a new location


 I wear **dark clothes** most of the time


 I do **Kegel exercises**

 I plan **activities around bathrooms**

 I **limit how much I drink** throughout the day

 I carry **extra clothes** (just in case)

 I try to **lose weight**

 I avoid eating and drinking **things that irritate my bladder**

 I **wear pads** and other absorbent products

How should you talk to your doctor about frequent urges and leaks due to OAB?

A key part to managing your symptoms is having an **open and honest talk with your doctor**. Bring up the subject early in your visit so you have time to discuss treatment options.

My Symptom Summary

Starting the OAB conversation with your doctor is the first step to getting help.

Click the answer that best describes your symptoms of urgency, frequency, and leakage.



“It’s very important to work with your doctor and not to be afraid to ask questions.” –Marie

- !** Do you have to rush to the toilet to urinate?
- Never Occasionally Sometimes
- Most of the time All the time

How much does this bother you?

- 1 (not at all) 2 3 4 (a lot)

- ↻** How many times do you urinate during the day?
- 1 to 7 times 8 to 12 times 13 or more

How much does this bother you?

- 1 (not at all) 2 3 4 (a lot)

- 💧** Does urine leak before you can get to the toilet?
- Never Occasionally Sometimes
- Most of the time All the time

How much does this bother you?

- 1 (not at all) 2 3 4 (a lot)

4. Type other concerns you may want to share:

Share your responses with your doctor today.

IMPORTANT SAFETY INFORMATION (continued)

Tell your doctor about all the medicines you take including medications for overactive bladder or other medicines such as thioridazine (Mellaril™ and Mellaril-S™), flecainide (Tambocor®), propafenone (Rythmol®), digoxin (Lanoxin®) or solifenacin succinate (VESIcare®). Myrbetriq may affect the way other medicines work, and other medicines may affect how Myrbetriq works.

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What is Myrbetriq®?

Myrbetriq (meer-BEH-trick) is the **#1 prescribed branded OAB medication**. It is used to treat OAB with symptoms of urgency, frequency, and leakage in adults.

In the 12-week clinical trials, Myrbetriq was shown to be effective in treating OAB symptoms within 4-8 weeks.

People taking Myrbetriq made fewer trips to the bathroom and had fewer leaks than those not taking Myrbetriq. Your results may vary.

FEWER TRIPS



FEWER LEAKS



While not a cure, Myrbetriq has been shown to help relieve the symptoms of OAB.

IMPORTANT SAFETY INFORMATION (continued)

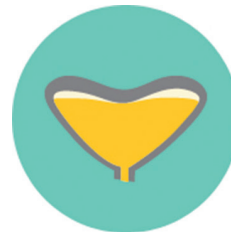
Before taking Myrbetriq, tell your doctor if you have liver or kidney problems. The most common side effects of Myrbetriq include increased blood pressure, common cold symptoms (nasopharyngitis), dry mouth, flu symptoms, urinary tract infection, back pain, dizziness, joint pain, headache, constipation, sinus irritation, and inflammation of the bladder (cystitis).

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Myrbetriq is an OAB treatment option that takes another approach to **targeting the source** of your symptoms. Myrbetriq is not an antimuscarinic.

To better understand how Myrbetriq works, it may help to understand what's happening inside the body:

Healthy Bladder



In a healthy bladder, the **bladder relaxes as it gradually fills with urine**. Once full, it tells the brain that it is time to go to the bathroom.

Overactive Bladder



OAB happens when the **bladder muscles contract before they should**. This can cause a sudden urge to urinate that you sometimes can't control.

How Myrbetriq Works

Myrbetriq can help relax the smooth muscle that surrounds the bladder and increase the bladder's ability to store urine.



"I thought that it was something I just had to live with." –Marilyn

Marilyn is a real Myrbetriq patient and was compensated by Astellas to share her story.

To learn more, watch "How Myrbetriq Works" at [Myrbetriq.com/how-does-myrbetriq-work](https://www.myrbetriq.com/how-does-myrbetriq-work)

What should you expect while taking Myrbetriq[®]?

Myrbetriq[®] Mylestones can help.

Treating OAB takes time, which means it takes patience. To help you get started, we've created **4 easy-to-remember steps**, or *Mylestones*:

Talk to your doctor about your treatment goals and what to expect when starting treatment. Keep in mind that **it may take 4-8 weeks** to start seeing an improvement in your OAB symptoms.



You may begin noticing the effects of Myrbetriq now. See the progress you're making by **tracking your OAB symptoms** and sharing them with your doctor.



Talk with your doctor. Remember, the key to continued success may be **staying persistent**, so be sure to stay in touch with your doctor to see how your treatment plan is working for you.



For some people taking Myrbetriq, further improvements may be seen within 12 weeks. Your results may vary. Consider scheduling a **follow-up visit** with your doctor at about the 12-week *Milestone* to discuss how Myrbetriq is working for you.



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Just starting Myrbetriq?

Type your *Mylestones* dates now while they're fresh in your mind.

Start Date: _____

Day 30 Date: _____

Day 60 Date: _____

Day 90 Date: _____

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Tell your doctor about all the medicines you take including medications for overactive bladder or other medicines such as thioridazine (Mellaril[™] and Mellaril-S[™]), flecainide (Tambocor[®]), propafenone (Rythmol[®]), digoxin (Lanoxin[®]) or solifenacin succinate (VESicare[®]). Myrbetriq may affect the way other medicines work, and other medicines may affect how Myrbetriq works.

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You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call [1-800-FDA-1088](tel:1-800-FDA-1088).

Where can you find support to help stay on track?

Managing OAB is more than just treatment.

That's why the *Momentum* Program and other services were designed to help those taking Myrbetriq[®] start strong and keep going strong.



The *Momentum* Program

Get helpful tips and tools, recipes, and exercises to help you manage your OAB symptoms—delivered right to your inbox or mailbox.



Myrbetriq Facebook Page

Discover an **online community to help you find OAB information**, tips and tools, success stories, and more, right where you already are.

Find more resources and support at:
myrbetriq.com/savings-and-support

IMPORTANT SAFETY INFORMATION (continued)

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How can you get Myrbetriq[®] at little or no cost?

Get your first prescription at no cost!*

Plus, save up to \$70 every month for a full year.†

With the *Momentum* Savings Card, new patients may be able to receive their first month's prescription at no cost.* Plus, cardholders may save a total maximum of \$840 for 12 uses on their Myrbetriq prescription.†

*No-cost offer applies to one-month prescription only.
Not available to patients paying cash.

†Subject to eligibility. Restrictions may apply.



Mobile Savings Offer

Text to Save! Get your first script for \$0.

Text **MSAVENOW** to **26789** to get your first Myrbetriq prescription for \$0.

You are responsible for the first \$20 plus any differential over \$90 for each individual prescription. Find out today if you are eligible. Please read the eligibility restrictions, terms, and conditions below.

Eligibility Restrictions, Terms, and Conditions

This offer is not valid for patients whose prescription claims are reimbursed, in whole or in part, by any state or federal government program, including, but not limited to, Medicaid, Medicare, Medigap, Department of Defense (DoD), Veterans Affairs (VA), TRICARE, CHAMPUS, Puerto Rico Government Health Insurance, or any State Patient or Pharmaceutical Assistance Program. This offer is void where prohibited by law. Certain rules and restrictions apply.

Myrbetriq Support SolutionsSM offers assistance for uninsured patients.

The Astellas Patient Support Program* provides Myrbetriq[®] (mirabegron) extended-release tablets at no cost to patients who meet the program eligibility requirements.

*Subject to meeting eligibility requirements. Void where prohibited by law.

To learn more, visit
[Myrbetriq.com/patient-assistance](https://www.myrbetriq.com/patient-assistance)
or call **1-800-477-6472**

(Monday – Friday, 9 AM to 8 PM ET)



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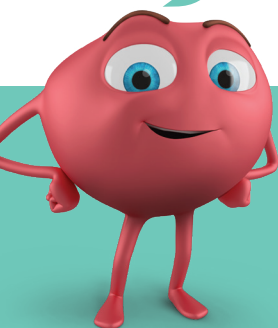
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If you're ready to talk to your doctor, try one of these conversation starters.

"I'm doing what I can to manage, but it's not enough. What are my other options?"

"I have sudden, uncontrollable urges to urinate."

"I have to go so quickly that I sometimes leak urine."



Visit myrbetriq.com to learn more about OAB and Myrbetriq[®].

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Myrbetriq[®] is a registered trademark of Astellas Pharma Inc. All other trademarks or registered trademarks are the property of their respective owners.



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