ABILIFY®
(aripiprazole)
2 mg, 5 mg Tablet

Doctor Discussion Guide

Talking about your depression and how it affects you is not always easy. So to help you and your doctor have a more productive discussion, review the questions below and take them to your next appointment.

About Your Treatment

- I've been on my antidepressant for _____ months/ years. Have I seen the improvement in my symptoms of depression that I was looking for?
- Am I still having symptoms of depression even though I've been on an antidepressant for at least 6 weeks?
- Are my unresolved depressive symptoms still affecting my overall ability to function (in work or school, my social life, and family life)?

About ABILIFY (aripiprazole)

- How might ABILIFY help treat my unresolved symptoms of depression?
- Does adding ABILIFY mean I have to change my current treatment?
- What side effects should I know about?
- If we add ABILIFY after at least 6 weeks on an antidepressant, how soon might I start to see improvement in my unresolved depressive symptoms?
- Based on my overall health and current treatment, might ABILIFY be right for me?

30-DAY FREE TRIAL

Visit **AddABILIFY.com** or call **1-800-579-7104** to learn about a free trial offer, plus $25 per co-pay per refill.*
*Conditions apply.

INDICATION:
ABILIFY is a prescription medicine used to treat depression in adults as an add-on treatment to an antidepressant when an antidepressant alone is not enough.

IMPORTANT WARNING ON SUICIDALITY AND ANTIDEPRESSANT DRUGS:
Children, adolescents, and young adults taking antidepressants for Major Depressive Disorder (MDD) and other psychiatric disorders are at an increased risk of suicidal thinking and behavior.

Please see IMPORTANT SAFETY INFORMATION on page 2 and U.S. FULL PRESCRIBING INFORMATION, including **Boxed WARNINGS**, and Medication Guide at **AddABILIFY.com**.

IMPORTANT SAFETY INFORMATION for ABILIFY® (aripiprazole)

IMPORTANT SAFETY INFORMATION:

Elderly people with psychosis related to dementia (for example, an inability to perform daily activities as a result of increased memory loss), treated with antipsychotic medicines including ABILIFY, are at an increased risk of death compared to placebo. ABILIFY is not approved for the treatment of people with dementia-related psychosis (see Boxed WARNING).

Antidepressants may increase suicidal thoughts or behaviors in some children, teenagers, and young adults, especially within the first few months of treatment or when the dose is changed. Depression and other serious mental illnesses are themselves associated with an increase in the risk of suicide. Patients on antidepressants and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Such symptoms should be reported to the patient's healthcare provider right away, especially if they are severe or occur suddenly. ABILIFY is not approved for use in pediatric patients with depression (see Boxed WARNING).

Contraindication: Patients should not use ABILIFY if they are allergic to aripiprazole or any of the ingredients in ABILIFY. Allergic reactions have ranged from rash, hives and itching to anaphylaxis, which may include difficulty breathing, tightness in the chest, and swelling of the mouth, face, lips, or tongue.

Serious side effects may include:

- An **increased risk of stroke** and ministroke have been reported in clinical studies of elderly people with dementia-related psychosis
- High fever, stiff muscles, confusion, sweating, changes in pulse, heart rate and blood pressure may be signs of a condition called **neuroleptic malignant syndrome (NMS)**, a rare and serious condition that can lead to death
- **Increases in blood sugar levels (hyperglycemia)** can happen in some people who take ABILIFY. Extremely high blood sugar can lead to coma or death. If you have **diabetes**, or risk factors (for example, obesity, family history of diabetes), or have the following symptoms: increases in thirst, urination, or hunger, feel weak or tired, sick to your stomach, or confused (or breath smells fruity), your blood sugar should be monitored
- **Changes in cholesterol** and **triglyceride (fat, also called lipids)** levels in the blood have been seen in patients taking medicines like ABILIFY
- **Weight gain** has been reported in patients taking medicines like ABILIFY so your weight should be checked regularly
- ABILIFY and medicines like it have been associated with **difficulty swallowing** which may lead to aspiration or choking
- Uncontrollable movements of face, tongue, or other parts of body, as these may be signs of a serious condition called **tardive dyskinesia (TD)**. TD may not go away, even if you stop taking ABILIFY. TD may also start after you stop taking ABILIFY
- **Orthostatic hypotension (decreased blood pressure)** or lightheadedness or fainting when rising too quickly from a sitting or lying position has been reported with ABILIFY
- Decreases in white blood cells (WBC; infection fighting cells) have been reported in some patients taking ABILIFY. Patients with a history of a significant decrease in WBC count or who have experienced a low WBC count due to drug therapy should have their blood tested and monitored during the first few months of therapy
- **Seizures (convulsions)** have been reported with ABILIFY. Tell your healthcare provider if you have a history of or are at risk for seizures
- ABILIFY and medicines like it can affect your judgment, thinking, or motor skills. You should not drive or operate hazardous machinery until you know how ABILIFY affects you
- Medicines like ABILIFY can impact your body's ability to reduce body temperature; you should avoid overheating and dehydration
- Tell your healthcare provider if you are pregnant or intend to become pregnant. Also tell your healthcare provider about any other medical conditions you have and about all prescription and non-prescription medicines you are taking or plan to take since there are some risks for drug interactions

While taking ABILIFY, avoid:

- Drinking alcohol
- Breast-feeding an infant

Most common side effects (≥10%) from all clinical trials involving adults:

- Nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety, insomnia, and restlessness

IMPORTANT SAFETY INFORMATION and INDICATION continued on next page.

IMPORTANT SAFETY INFORMATION (continued) and INDICATION for ABILIFY® (aripiprazole)

It is important to contact your healthcare provider if you experience prolonged, abnormal muscle spasms or contractions, which may be signs of a condition called dystonia.

For patients who must limit their sugar intake, ABILIFY Oral Solution contains sugar.

For patients with phenylketonuria or PKU, ABILIFY DISCMELT® (aripiprazole) contains phenylalanine.

INDICATION: ABILIFY is indicated for:

- Use as an add-on treatment to an antidepressant for adults with Major Depressive Disorder who have had an inadequate response to antidepressant therapy

If you have any questions about your health or medicines, talk to your healthcare provider.

Please see U.S. FULL PRESCRIBING INFORMATION, including **Boxed WARNINGS**, and Medication Guide at **AddABILIFY.com**.

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