

# TALKING WITH YOUR DOCTOR

## ABOUT ATRIAL FIBRILLATION (AFIB)

IF YOU'RE WORRIED ABOUT AFIB EPISODES, YOU'RE NOT ALONE. TALK TO YOUR DOCTOR ABOUT ANY SYMPTOMS.

AFib happens when irregular or extra electrical signals disrupt the heart's normal rhythm.

### MEET JAMES



I'm **James**, and I've been diagnosed with AFib. **I am on a blood thinner...but I still worry about future episodes, and have questions about my symptoms.**

### MEET DR. ROSS

I'm James's cardiologist. As a chronic disease, AFib can lead to more frequent episodes if left unchecked. **That's why I was glad that James told me about his symptoms.**



Have questions about how your AFib might be affecting you? **Use this discussion guide** to prepare for conversations with your doctor.



To hear that my symptoms were **important information to my doctor reinforced that I made the right choice** in starting a dialogue.

## KEEP TRACK OF YOUR AFIB SYMPTOMS

Everyone's AFib is different, and while not every person with AFib experiences symptoms, you should **talk to your doctor** about any symptoms that you experience.

**Use this checklist to record any of the symptoms you have had, and share it with your doctor.**



WHAT YOU FELT	DATE THAT IT HAPPENED	HOW LONG IT LASTED/ NOTES
<input type="radio"/> Racing heartbeat		
<input type="radio"/> Fluttering heartbeat		
<input type="radio"/> Irregular-feeling heartbeat		
<input type="radio"/> Pounding heartbeat		
<input type="radio"/> Lightheadedness		
<input type="radio"/> Extreme fatigue		
<input type="radio"/> Shortness of breath		
<input type="radio"/> Chest pain		
<input type="radio"/> Anxiety		

James was worried about seeming like he was complaining. **But the truth is, I encourage all my patients with AFib to speak up when they notice symptoms.**



# YOUR DOCTOR MAY ASK QUESTIONS ABOUT YOUR PHYSICAL ACTIVITY LEVEL



Information on symptoms and activity level are all important for me when I medically assess AFib. I ask my patients many questions, **including about their activity level.**

Some of the questions your doctor may ask include:



## QUESTION

## NOTES

Is there anything that you were doing 3-6 months ago, physically, that you can't do now?

Have your friends and family noticed a change in your normal activity level?

Do you notice any changes in symptoms during exercise or other activities?

When James came in, we talked about his symptoms, as well as **his treatment plan.**



# ASK YOUR DOCTOR ABOUT THE DIFFERENT TYPES OF AFIB MEDICATIONS

3 types of medication are commonly used to treat AFib, and are sometimes prescribed together:

①



**Blood thinners (anticoagulants)** are used to help prevent blood clots

②



**Heart rate medicines (rate control)** help slow down your heart rate

③



**Heart rhythm (antiarrhythmic) medications**, that help keep your heart beating in a normal rhythm



## QUESTION

## NOTES

What type of AFib do I have, and why is that important?

Does my AFib require more than 1 type of medication?

Am I a suitable candidate for heart rhythm medication?

Should I be concerned about the side effects of heart rhythm medications?



# HOW CAN MULTAQ® HELP?

MULTAQ is a prescription medicine used to lower the chance you would need to go into the hospital for an irregular heart rhythm called atrial fibrillation (AFib). It is meant for people who have had certain types of atrial fibrillation (paroxysmal or persistent AFib) in the past but are now in normal heart rhythm. It is not known if MULTAQ is safe and effective in children younger than 18 years old.



**MULTAQ is an FDA-approved pill that your doctor could prescribe to help keep the heart beating in normal rhythm, which may help patients have more days without AFib episodes.**

As you talk with your doctor about how MULTAQ® can help, consider asking them the following:



QUESTION	NOTES
How is MULTAQ different from other AFib medications that I'm taking?	
What is the right way to take MULTAQ?	
What can I expect from taking MULTAQ?	
What are the serious risks associated with MULTAQ that I should know about?	

Dr. Ross and I talked about my overall AFib treatment plan, using my discussion guide for assistance. **Now that my heart is back in rhythm, we both decided on adding MULTAQ** to my treatment plan.



Tell your doctor about all the medicines you take.

## IMPORTANT SAFETY INFORMATION

**What is the most important safety information I should know about MULTAQ? Do not take MULTAQ if you have symptoms of heart failure that recently worsened and you were hospitalized, or if you have severe heart failure. MULTAQ doubles your risk of dying if you have these conditions.**

Please see additional Important Safety Information on following pages. For full Prescribing Information, including boxed WARNING, please click [here](#) or visit [MULTAQ.com](http://MULTAQ.com).



## IMPORTANT SAFETY INFORMATION (CONTINUED)

**Do not take MULTAQ if you have a type of atrial fibrillation (AFib) called permanent AFib.** You should not take MULTAQ if you are in AFib and your doctor is not planning to change you back into normal rhythm. People with permanent AFib who take MULTAQ have a higher risk of death, stroke, and needing to be treated in a hospital for heart failure. MULTAQ may cause liver problems, including life-threatening liver failure. Call your doctor right away if you are taking MULTAQ and develop any of these signs and symptoms of liver problems: loss of appetite; nausea; vomiting; fever; feeling unwell; unusual tiredness; itching; yellowing of the skin or the whites of the eyes; unusual darkening of the urine; right upper stomach area pain or discomfort.

### **When should I call the doctor?**

Call your doctor right away if you're taking MULTAQ and have any signs and symptoms of heart failure. These may include shortness of breath or wheezing at rest; wheezing, chest tightness, or coughing up frothy sputum at rest, nighttime, or after minor exercise; trouble sleeping or waking up at night or using more pillows to prop yourself at night because of breathing problems; weight gain; or foot or leg swelling.

Call your doctor right away if you notice that your heartbeat or pulse is irregular. This is a sign that you are in AFib.

Call your doctor if you develop shortness of breath or a dry cough during treatment with MULTAQ.

Call your doctor if you experience an allergic reaction, such as itchy rash, low blood pressure, or rapid swelling of the throat or skin, especially around the lips or eyes.

### **Who else shouldn't take MULTAQ?**

You should not take MULTAQ if you are allergic to dronedarone or any of the other ingredients in MULTAQ.

You should not take MULTAQ if you have severe liver problems or if you had liver or lung problems after using amiodarone.

You should not take MULTAQ if you have a certain type of heart problem called heart block, and you do not have an implanted pacemaker.

You should not take MULTAQ if you are breastfeeding, pregnant, or plan to become pregnant as it is not known if it may pass to or harm your baby. Women who may become pregnant should use effective birth control while taking MULTAQ. Talk to your doctor about the best birth control methods for you.

### **Are there any medications I should avoid while taking MULTAQ?**

MULTAQ can interact with certain medications. Do not use the following medications with MULTAQ:

- Nefazodone
- Voriconazole
- Ritonavir
- Telithromycin
- Ketoconazole
- Clarithromycin
- Itraconazole
- Cyclosporine

### **Are there other medicines that would be harmful when taken with MULTAQ?**

The following medicines can lead to a dangerous abnormal heart rhythm if taken with MULTAQ:

- Phenothiazines
- Tricyclic antidepressants
- Certain antibiotics
- Certain medicines used to treat an abnormal heart rhythm or fast heartbeat

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# IMPORTANT SAFETY INFORMATION (CONTINUED)

## What are possible serious side effects from taking MULTAQ?

MULTAQ may cause serious side effects including slowed heartbeat, inflammation of the lungs (including scarring and thickening), low potassium and magnesium levels in your blood, and changes in kidney function blood tests.

## What are the most common side effects?

The most common side effects when taking MULTAQ include stomach problems such as diarrhea, nausea, vomiting, stomach area pain, and indigestion; feeling tired and weak; skin problems such as redness, rash, and itching. Tell your doctor about any side effect that bothers you or that does not go away.

## Are there other things I should avoid while taking MULTAQ?

Do not drink grapefruit juice while taking MULTAQ, as this can increase the likelihood that you will have a side effect of MULTAQ.

## What else should I tell my doctor?

Tell your doctor about all medications, vitamins, and herbal remedies (including St. John's Wort) you take to help avoid serious drug interactions.

## Is it OK to take a diuretic ("water pill") while on MULTAQ?

Your potassium levels should be within the normal range prior to and while taking MULTAQ. Tell your doctor about any diuretic medications ("water pills") you are taking as some can lower the level of potassium or magnesium in your blood.

## Will I need any tests while I'm on MULTAQ?

Your doctor will monitor your heart rhythm regularly to make sure your heartbeat keeps a normal rhythm. Your doctor may perform certain tests, such as heart exams and blood tests, while you're taking MULTAQ.

[Click here for full Prescribing Information, including boxed WARNING.](#)

[Click here for the MULTAQ Medication Guide \(English\).](#)

[Click here to learn more about Sanofi's commitment to fighting counterfeit drugs.](#)

**Remember, your doctor is the single best source of information regarding your health. Please consult your doctor if you have any questions about your health or your medicine.**

If you are a patient experiencing problems with a Sanofi U.S. product, please contact Sanofi U.S. at 1-800-633-1610.

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