

Is "off" time in Parkinson's disease keeping you from moving the way you want?

Here's a guide to help you discuss "off" time with your doctor

You know about your Parkinson's disease (PD), but there may be some things you don't know about "off" time

"Off" time may occur as your PD progresses and your levodopa/carbidopa starts to wear off, which may occur after 3 years.

Here's the reality of "off" time:

- "Off" time symptoms can be a treatable part of your journey with PD
- Although there are common symptoms, each patient's experience will be different
- Determining what your "off" episodes look like will help you and your doctor assess the effects of PD in order to seek a solution

Identifying "off" time

As your levodopa/carbidopa begins to wear off, the symptoms you'll experience during "off" time may be the same as your most common PD symptoms. For instance, if you take your medicine in the morning, you may notice these symptoms return before your next dose, which may be a sign that you're having an "off" episode.

NOURIANZ® (istradefylline) is a treatment option for your "off" time.

Hypothetical profile

For example, let's look at Benjamin, a 65-year-old patient with PD.

Before his treatment started, his main symptoms were tremors and difficulty walking. Benjamin is taking levodopa/carbidopa (usually at 9 AM) to treat his PD, but sometimes he still gets symptoms in between doses (usually at 4 PM). He knows that when his tremors and walking difficulty reappear, he's likely having an "off" episode.



What is NOURIANZ?

NOURIANZ is a prescription medicine used with levodopa and carbidopa to treat adults with Parkinson's disease (PD) who are having "off" episodes. It is not known if NOURIANZ is safe and effective in children.

Important Safety Information

Before you take NOURIANZ, tell your healthcare provider about all your medical conditions, including if you:

- have a history of abnormal movement (dyskinesia)
- have a history of psychotic thinking or behavior
- have reduced liver function
- smoke cigarettes or use other tobacco products
- are pregnant or plan to become pregnant. NOURIANZ may harm your unborn baby
- are breastfeeding or plan to breastfeed

Please see additional Important Safety Information on the next page, and click to see full [Patient Information](#).

NOURIANZ®
(istradefylline) tablets
20 mg | 40 mg



There are many signs of “off” time in Parkinson’s disease, which may return gradually in between doses of therapy, including the following:



TREMORS

This can be any shaking that may occur throughout your body, which makes writing, driving, and visiting loved ones challenging.



DIFFICULTY WALKING

Rigid muscles make it harder to take normal steps, which is an obstacle to many tasks—from taking the dog out to running multiple errands.



SLOWNESS

One of PD’s main symptoms—taking longer to do everyday tasks such as brushing your teeth, dressing, and eating.



STIFFNESS

Another main symptom is stiff or inflexible muscles. This can make bathing and exercise particularly difficult.



PARTIAL OR TOTAL INABILITY TO MOVE

“Freezing” or any involuntary inability to move can occur at any time, making it tough to work a variety of jobs or even drink a glass of water.

These are not all possible symptoms of “off” time—you may be experiencing others. You may want to discuss other symptoms with your doctor.

Take the initiative to address “off” time by tracking and recording the symptoms. Please be sure to report all of them to your doctor, so the two of you can make treatment choices that can help you experience more “on” time.



Answer the questions below to help start a discussion with your doctor about whether **NOURIANZ® (istradefylline)** is an appropriate treatment option for you.

Important Safety Information (continued)

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

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

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Answer the questions below and share the results with your doctor

1

Which PD symptoms do you experience during "off" time?

Tremors

Difficulty walking

Slowness

Stiffness

Partial or total inability to move

Other:

2

Has your doctor ever increased the dose or frequency of your levodopa/carbidopa?

Yes

No

3

While on levodopa/carbidopa, if/when your PD symptoms reappear, how long do they generally last?

Answer:

4

After taking levodopa/carbidopa, how long does it take for your PD symptoms to reappear?

Answer:

5

Do "off" episodes interfere with your daily activities?

If so, please list here:

Important Safety Information (continued)

What are the possible side effects of NOURIANZ?

NOURIANZ may cause serious side effects, including:

- **uncontrolled sudden movements (dyskinesia).** Uncontrolled sudden movements is one of the most common side effects.

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Tracking your symptoms can help in your discussions with your doctor about "off" episodes

Note the date, levodopa/carbidopa dosage, time of day, and duration of your symptoms.

To track multiple weeks, reprint the chart below and share with your doctor.

SAMPLE OF HOW TO FILL OUT TRACKER											
WEEK OF:	08/02/2023		TREMORS	DIFFICULTY WALKING	SLOWNESS	STIFFNESS	PARTIAL OR TOTAL INABILITY TO MOVE	OTHER (EXPLAIN)			
SUNDAY	L/C Dose mg		Experienced tremors for about 2 hours starting at 9 AM.		Experienced slow movement for about 30 minutes in the afternoon.						
Time:											
1	10:30 AM	2							3:30 PM	3	8:30 PM
4		5								6	

WEEK OF:	TREMORS	DIFFICULTY WALKING	SLOWNESS	STIFFNESS	PARTIAL OR TOTAL INABILITY TO MOVE	OTHER (EXPLAIN)
SUNDAY	L/C Dose mg					
Time:						
1	2	3				
4	5	6				
MONDAY	L/C Dose mg					
Time:						
1	2	3				
4	5	6				
TUESDAY	L/C Dose mg					
Time:						
1	2	3				
4	5	6				
WEDNESDAY	L/C Dose mg					
Time:						
1	2	3				
4	5	6				
THURSDAY	L/C Dose mg					
Time:						
1	2	3				
4	5	6				
FRIDAY	L/C Dose mg					
Time:						
1	2	3				
4	5	6				
SATURDAY	L/C Dose mg					
Time:						
1	2	3				
4	5	6				

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Important Safety Information (continued)

What are the possible side effects of NOURIANZ? (continued)

NOURIANZ may cause serious side effects, including: (continued)

- **hallucinations and other symptoms of psychosis.**

NOURIANZ can cause abnormal thinking and behavior, including:

- being overly suspicious or feeling people want to harm you (paranoid ideation)
- believing things that are not real (delusions)
- seeing or hearing things that are not real (hallucinations)
- confusion
- increased activity or talking (mania)
- disorientation
- aggressive behavior
- agitation
- delirium (decreased awareness of things around you)

- **unusual urges (impulse control or compulsive behaviors).** Some people taking NOURIANZ get urges to behave in a way unusual for them. Examples of this are unusual urges to gamble, increased sexual urges, strong urges to spend money, binge eating, and the inability to control these urges.

If you notice or your family notices that you are developing any new or unusual symptoms or behaviors, talk to your healthcare provider.

The most common side effects of NOURIANZ include uncontrolled movements (dyskinesia), dizziness, constipation, nausea, hallucinations, and problems sleeping (insomnia).

These are not all the possible side effects of NOURIANZ.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088 or www.fda.gov/medwatch.

Please see additional Important Safety Information throughout, and click to see full [Patient Information](#).

Bring this guide to your next appointment and talk to your doctor to learn more about NOURIANZ.



Ask your doctor if NOURIANZ is right for you.

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