

In addition to daily anti-seizure medication,

WHEN SEIZURES START

I'VE GOT THIS

This is your guide to VALTOCO® (diazepam nasal spray), with answers, tips, and resources to help you carry confidence

 **VALTOCO®**  
(diazepam nasal spray) ©

#### SELECT IMPORTANT SAFETY INFORMATION

##### What is VALTOCO® (diazepam nasal spray)?

- VALTOCO is a prescription medicine used for the short-term treatment of seizure clusters (also known as "acute repetitive seizures") in patients 6 years of age and older.
- **VALTOCO is a federal controlled substance (CIV) because it can be abused or lead to dependence.** Keep VALTOCO in a safe place to prevent misuse and abuse. Selling or giving away VALTOCO may harm others and is against the law. Tell your healthcare provider if you have abused or been dependent on alcohol, prescription drugs, or street drugs.
- It is not known if VALTOCO is safe and effective in children under 6 years of age.

**Please see full Important Safety Information, including Boxed Warning, on page 14, and refer to the enclosed full Prescribing Information and Medication Guide in the brochure pocket.**

# CARRY **CONFIDENCE** WITH VALTOCO

## What is VALTOCO?

VALTOCO is an FDA-approved on-hand seizure rescue medicine for the short-term treatment of frequent seizure activity also known as seizure clusters. VALTOCO is a **small and discreet** nasal spray created for safe administration by nonmedical care partners, like family, friends, and coworkers.

### POCKET NOTE

VALTOCO should **only** be used in addition to your daily anti-seizure medication (ASM), not as a replacement

**READY  
AND  
RELIABLE**



Actual Size

## IMPORTANT SAFETY INFORMATION

What is the most important information I should know about VALTOCO?

- VALTOCO is a benzodiazepine medicine. Taking benzodiazepines with opioid medicines, alcohol, or other central nervous system depressants (including street drugs) can cause severe drowsiness, breathing problems (respiratory depression), coma, and death.
- VALTOCO can make you sleepy or dizzy and can slow your thinking and your motor skills. Do not drive, operate heavy machinery, or do other dangerous activities until you know how VALTOCO affects you.

Please see full Important Safety Information, including Boxed Warning, on page 14, and refer to the enclosed full Prescribing Information and Medication Guide in the brochure pocket.

## Who is VALTOCO for?

VALTOCO is a prescription rescue medication used for short-term treatment of seizure clusters (also known as “acute repetitive seizures”) in adults and children 6 years of age and older.

## Why was I prescribed VALTOCO?

Your healthcare provider may have discussed the best action for you to take when seizures start, and agreed you may benefit from VALTOCO. It's a generally safe and reliable treatment option that can be used wherever you may be.

**PATIENTS MAY**

experience seizures clusters even though they take their daily anti-seizure medication as directed by their healthcare provider

### IMPORTANT SAFETY INFORMATION

**Do not use VALTOCO if you:**

- Are allergic to diazepam.
- Have an eye problem called acute narrow-angle glaucoma.

# A **UNIQUE** TREATMENT

## What is in VALTOCO?

VALTOCO contains key ingredients: diazepam and Intravail®. Diazepam, the active ingredient in VALTOCO, has been used for more than 50 years by healthcare providers and has been safely used by nonmedical care partners for more than 20 years. Intravail® helps VALTOCO absorb into the body.

## How does VALTOCO work?

VALTOCO is absorbed through tiny blood vessels inside the nose to carry the treatment to your brain. Intravail® helps diazepam enter the bloodstream and brain. Once diazepam reaches your brain, it is believed to calm the surge of electrical activity that caused the seizures.

## IMPORTANT SAFETY INFORMATION

### What is the most important information I should know about VALTOCO?

- **Like other antiepileptic drugs, VALTOCO may cause suicidal thoughts or actions in a very small number of people, about 1 in 500.** Call a healthcare provider right away if you have any of these symptoms, especially if they are new, worse, or worry you:
  - Thoughts about suicide or dying
  - Feeling agitated or restless
  - Acting aggressive, being angry, or violent
  - Attempts to commit suicide
  - Panic attacks
  - Acting on dangerous impulses
  - Trouble sleeping (insomnia)
  - An extreme increase in activity and talking (mania)
  - New or worse anxiety
  - New or worse irritability
  - Other unusual changes in behavior or mood
  - New or worse depression

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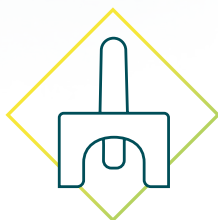


## The reliable benefits



### **PORTABLE**

No refrigeration needed



### **READY-TO-USE DESIGN**

No assembly required



### **DOSAGE**

Your healthcare provider  
will prescribe the right  
dose for you



### **RELIABLE CONTROL**

Provides lasting treatment for  
you throughout the  
day it is taken



### **SMALL PACKAGING, SMALL DEVICE**

Discreet and easy to carry  
for you to use whenever  
it is needed

### **POCKET NOTE**

Tracking your seizures with a calendar may help you and your  
healthcare provider find patterns and/or triggers for your seizures

## **IMPORTANT SAFETY INFORMATION**

### **How can I watch for early symptoms of suicidal thoughts or actions?**

- Pay attention to any changes, especially sudden changes in mood, behaviors, thoughts, or feelings.
- Keep all follow-up visits with your healthcare provider as scheduled.
- Call your healthcare provider between visits as needed, especially if you are worried about symptoms. Suicidal thoughts or actions can be caused by things other than medicines. If you have suicidal thoughts or actions, your healthcare provider may check for other causes.



**VALTOCO**<sup>®</sup>  
(diazepam nasal spray) 



# KNOW YOUR VALTOCO

## What dose was prescribed for me?

Because VALTOCO is available in 4 different doses—  
5 mg, 10 mg, 15 mg, and 20 mg—it's important to know your dose.  
Your healthcare provider will determine which dose is right for you  
using your age and weight.



### IMPORTANT SAFETY INFORMATION

#### What should I tell my doctor before taking VALTOCO?

**Before using VALTOCO, tell your healthcare provider about all of your medical conditions, including if you:**

- Have asthma, emphysema, bronchitis, chronic obstructive pulmonary disease, or other breathing problems.
- Have a history of alcohol or drug abuse.
- Have a history of depression, mood problems, or suicidal thoughts or behavior.
- Have liver or kidney problems.
- Are pregnant or plan to become pregnant. VALTOCO may harm your unborn baby.
- Are breastfeeding or plan to breastfeed. VALTOCO passes into your breast milk and may harm your baby. Talk to your healthcare provider about the best way to feed your baby if you use VALTOCO.

**Please see full Important Safety Information, including Boxed Warning, on page 14,  
and refer to the enclosed full Prescribing Information and Medication Guide in the brochure pocket.**

## Know your dose

I have the **5 mg** dose

My age  
(years)

6–11  
12+

My weight  
(lbs)

22.0 - 39.7  
30.9 - 59.5

I have the **10 mg** dose

6–11  
12+

41.9 - 81.6  
61.7 - 110.2

I have the **15 mg** dose

6–11  
12+

83.8 - 121.3  
112.4 - 165.3

I have the **20 mg** dose

6–11  
12+

123.5 - 163.1  
167.6 and up

## With you at home or away

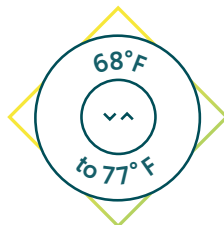
Your VALTOCO is meant to go wherever you go. Keep VALTOCO by your side or in a place you can easily reach in case of emergency. Care partners should know where VALTOCO is at all times. Remember to keep VALTOCO and other medications away from children.



**A BACKPACK OR PURSE**



**PROTECT FROM LIGHT**



**KEEP AT ROOM  
TEMPERATURE**

### POCKET NOTE

Do not remove VALTOCO from the blister pack before use and always replace VALTOCO before the expiration date shown on the box (please see following pages). Remember, each blister pack contains one dose.

### IMPORTANT SAFETY INFORMATION

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

 **VALTOCO**<sup>®</sup>  
(diazepam nasal spray) 

# YOUR **5 mg** OR **10 mg** BOX

## What is in my VALTOCO box?

Inside your 5 mg or 10 mg box, you will find **2 blister packs** with **1 VALTOCO nasal spray each**, and an Instructions for Use guide. Each blister pack contains everything you need to give 1 full dose of VALTOCO.

## How do I, or my care partner, give a 5 mg or 10 mg dose of VALTOCO?

Before using VALTOCO, it is important to read the full Instructions for Use located inside your box and inside your blister packs.

VALTOCO is for use in the nose **ONLY**. When it's time, open 1 blister pack and give **1 nasal spray** in **1 nostril**. The entire contents will spray when you press on the plunger, so do not test nasal sprays before use.

If needed, another dose may be given at least 4 hours after the first dose, using a new pack of VALTOCO. Do not give more than 2 doses of VALTOCO to treat a seizure cluster.

### POCKET NOTE

Watch and share the  
Instructions for Use video on  
[VALTOCO.com/IFU](https://www.valtoco.com/IFU)

## IMPORTANT SAFETY INFORMATION

### How should I use VALTOCO?

- Read the Instructions for Use for detailed information about the right way to use VALTOCO.

Please see full Important Safety Information, including Boxed Warning, on page 14, and refer to the enclosed full Prescribing Information and Medication Guide in the brochure pocket.



# 5 mg

# 10 mg

VALTOCO Box



Blister Packs



Instructions  
for Use



Prescribing  
Information

VALTOCO Box



Blister Packs



Instructions  
for Use



Prescribing  
Information

**Each blister pack contains everything you  
need to give a full dose of VALTOCO**

## IMPORTANT SAFETY INFORMATION

- Use VALTOCO exactly as prescribed by the healthcare provider.
- Your healthcare provider will tell you:
  - What seizure clusters are
  - Exactly how much VALTOCO to give
  - When to give VALTOCO
  - How to give VALTOCO
  - What to do after you give VALTOCO if the seizures do not stop or there is a change in breathing, behavior, or condition that worries you

# YOUR 15 mg OR 20 mg BOX

## What is in my VALTOCO box?

Inside your 15 mg or 20 mg box, you will find **2 blister packs** with **2 VALTOCO nasal sprays each**, and an Instructions for Use guide. Each blister pack contains everything you need to give 1 full dose of VALTOCO.

## How do I, or my care partner, give a 15 mg or 20 mg dose of VALTOCO?

Before using VALTOCO, it is important to read the full Instructions for Use located inside your box and inside your blister packs.

VALTOCO is for use in the nose ONLY. When it's time, open 1 blister pack and give **1 nasal spray. Use the 2nd nasal spray device in the other nostril to give the full dose.** The entire contents will spray when you press on the plunger, so do not test nasal sprays before use.

If needed, another dose may be given at least 4 hours after the first dose, using a new pack of VALTOCO. Do not give more than 2 doses of VALTOCO to treat a seizure cluster.

### IMPORTANT SAFETY INFORMATION

#### How should I use VALTOCO?

- You should carry VALTOCO with you in case you need to control your seizure clusters.
- Family members, care providers, and other people who may have to give VALTOCO should know where you keep your VALTOCO and how to give VALTOCO before a seizure cluster happens.
- VALTOCO is given in the nose (nasal) only.

**Please see full Important Safety Information, including Boxed Warning, on page 14, and refer to the enclosed full Prescribing Information and Medication Guide in the brochure pocket.**

### POCKET NOTE

Watch and share the  
Instructions for Use video on  
[VALTOCO.com/IFU](https://www.valtoconasal.com/IFU)



# 15 mg

# 20 mg

VALTOCO Box



Blister Packs



Instructions  
for Use



Prescribing  
Information



VALTOCO Box



Blister Packs



Instructions  
for Use



Prescribing  
Information



*Each blister pack contains everything you  
need to give a full dose of VALTOCO*

## IMPORTANT SAFETY INFORMATION

- VALTOCO comes ready to use.
- Each VALTOCO only sprays 1 time and cannot be reused. **Do not** test or prime the nasal spray before use.
- Each dose of VALTOCO is provided in an individual pack. Use all of the medicine in 1 pack for a complete dose.

 **VALTOCO**<sup>®</sup>  
(diazepam nasal spray) ©

# **SUPPORT** PROGRAMS AND RESOURCES

## **You've got myNEURELIS™**

myNEURELIS is a flexible program that allows you, as patients and care partners, to personally select your desired support services—from help checking your VALTOCO insurance coverage, to providing financial assistance for those who qualify, access to nurse educators, education, and more.

**Find more information about myNEURELIS on page 13.**

## **You've got VALTOCO.com**

Visit VALTOCO.com for even more ways to get information about VALTOCO and to find helpful information and resources.

**VALTOCO.com**

## **You've got the glossary**

Sometimes, it may seem like your healthcare provider is speaking in a different language. Use resources like the glossary, seizure response plans, and more from the Epilepsy Foundation to have an open conversation with your healthcare providers.

**[epilepsy.com/living-epilepsy/toolbox/glossary](https://www.epilepsy.com/living-epilepsy/toolbox/glossary)**

## **You've got the tip sheet**

Once your healthcare provider has prescribed VALTOCO to you, Maxor will call you directly to confirm. If you'd like to know more about the process, ask your healthcare provider for the tip sheet.

## **IMPORTANT SAFETY INFORMATION**

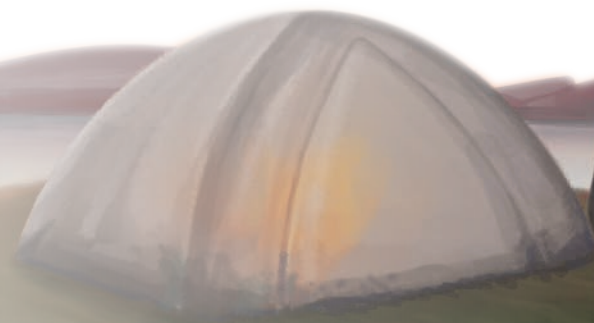
### **What are the most common side effects of VALTOCO?**

The most common side effects of VALTOCO include:

- Feeling sleepy or drowsy
- Headache
- Nose discomfort

These are not all of the possible side effects of VALTOCO. Call your healthcare provider for medical advice about side effects. You may report side effects to Neurelis, Inc. at 1-866-696-3873 or to FDA at 1-800-FDA-1088.

**Please see full Important Safety Information, including Boxed Warning, on page 14, and refer to the enclosed full Prescribing Information and Medication Guide in the brochure pocket.**







# ENROLL WITH



## Flexible support for patients and care partners

Whether you're a patient who is prescribed VALTOCO or a care partner of a patient who is prescribed VALTOCO, myNEURELIS is here to help you every step of the way. To learn more about the benefits and support offerings, visit **myNEURELIS.com** or call **1-866-myNEURELIS** (1-866-696-3873).

## Personalized support

-  Access to nurse educators
-  Instructional information and training on how to give VALTOCO
-  Assistance with connection to early access pharmacy partner
-  Connection to epilepsy resources

## Save with myNEURELIS

myNEURELIS helps you navigate how to best access your VALTOCO. We offer additional support for investigating health insurance coverage, prescription management, and more.

- ◆ Check VALTOCO drug coverage
- ◆ Information about copay card savings\*
- ◆ Patient Assistance Program†

Visit

**myNEURELIS.com**

to learn more and enroll

\*For patients with commercial insurance who qualify

†For eligible and qualified patients who have demonstrated financial hardship





# IMPORTANT SAFETY INFORMATION

## What is VALTOCO® (diazepam nasal spray)?

- VALTOCO is a prescription medicine used for the short-term treatment of seizure clusters (also known as “acute repetitive seizures”) in patients 6 years of age and older.
- **VALTOCO is a federal controlled substance (CIV) because it can be abused or lead to dependence.** Keep VALTOCO in a safe place to prevent misuse and abuse. Selling or giving away VALTOCO may harm others and is against the law. Tell your healthcare provider if you have abused or been dependent on alcohol, prescription drugs, or street drugs.
- It is not known if VALTOCO is safe and effective in children under 6 years of age.

## IMPORTANT SAFETY INFORMATION

### Important Safety Information you should know about VALTOCO® (diazepam nasal spray), CIV

#### What is the most important information I should know about VALTOCO?

- **VALTOCO is a benzodiazepine medicine. Taking benzodiazepines with opioid medicines, alcohol, or other central nervous system depressants (including street drugs) can cause severe drowsiness, breathing problems (respiratory depression), coma, and death.**
- **VALTOCO can make you sleepy or dizzy and can slow your thinking and your motor skills.** Do not drive, operate heavy machinery, or do other dangerous activities until you know how VALTOCO affects you.
- **Like other antiepileptic drugs, VALTOCO may cause suicidal thoughts or actions in a very small number of people, about 1 in 500.** Call a healthcare provider right away if you have any of these symptoms, especially if they are new, worse, or worry you:
  - Thoughts about suicide or dying
  - Feeling agitated or restless
  - Acting aggressive, being angry, or violent
  - Attempts to commit suicide
  - Panic attacks
  - Acting on dangerous impulses
  - Trouble sleeping (insomnia)
  - An extreme increase in activity and talking (mania)
  - New or worse anxiety
  - New or worse irritability
  - Other unusual changes in behavior or mood
  - New or worse depression

## How can I watch for early symptoms of suicidal thoughts or actions?

- Pay attention to any changes, especially sudden changes in mood, behaviors, thoughts, or feelings.
- Keep all follow-up visits with your healthcare provider as scheduled.
- Call your healthcare provider between visits as needed, especially if you are worried about symptoms. Suicidal thoughts or actions can be caused by things other than medicines. If you have suicidal thoughts or actions, your healthcare provider may check for other causes.

## Do not use VALTOCO if you:

- Are allergic to diazepam.
- Have an eye problem called acute narrow-angle glaucoma.

## What should I tell my doctor before taking VALTOCO?

### Before using VALTOCO, tell your healthcare provider about all of your medical conditions, including if you:

- Have asthma, emphysema, bronchitis, chronic obstructive pulmonary disease, or other breathing problems.
- Have a history of alcohol or drug abuse.
- Have a history of depression, mood problems, or suicidal thoughts or behavior.
- Have liver or kidney problems.
- Are pregnant or plan to become pregnant. VALTOCO may harm your unborn baby.
- Are breastfeeding or plan to breastfeed. VALTOCO passes into your breast milk and may harm your baby. Talk to your healthcare provider about the best way to feed your baby if you use VALTOCO.

## IMPORTANT SAFETY INFORMATION

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

### How should I use VALTOCO?

- **Read the Instructions for Use for detailed information about the right way to use VALTOCO.**
- Use VALTOCO exactly as prescribed by the healthcare provider.
- Your healthcare provider will tell you:
  - What seizure clusters are
  - Exactly how much VALTOCO to give
  - When to give VALTOCO
  - How to give VALTOCO
  - What to do after you give VALTOCO if the seizures do not stop or there is a change in breathing, behavior, or condition that worries you
- You should carry VALTOCO with you in case you need to control your seizure clusters.
- Family members, care providers, and other people who may have to give VALTOCO should know where you keep your VALTOCO and how to give VALTOCO before a seizure cluster happens.
- VALTOCO is given in the nose (nasal) only.
- VALTOCO comes ready to use.
- Each VALTOCO only sprays 1 time and cannot be reused. **Do not** test or prime the nasal spray before use.
- Each dose of VALTOCO is provided in an individual pack. Use all of the medicine in 1 pack for a complete dose.

### What should I do after I give VALTOCO?

- Stay with the person after you give VALTOCO and watch them closely.
- Keep or move the person onto their side.
- Make a note of the time VALTOCO was given.

- Call for emergency help if any of the following happen:
  - Seizure behavior is different than other seizures the person has had.
  - You are alarmed by how often the seizures happen, by how severe the seizure is, by how long the seizure lasts, or by the color or breathing of the person.
- Throw away (discard) the used VALTOCO.

If needed, a second dose may be given at least 4 hours after the first dose, using a new pack of VALTOCO. Do not give more than 2 doses of VALTOCO to treat a seizure cluster.

A second dose should **not** be given if there is concern about the person's breathing, they need help with their breathing, or have extreme drowsiness.

Do not use VALTOCO for more than 1 seizure cluster episode every 5 days. Do not use VALTOCO for more than 5 seizure cluster episodes in 1 month.

### What should I avoid while using VALTOCO?

- Do not drink alcohol or take opioid medicines that make you sleepy or dizzy while taking VALTOCO until you talk to your healthcare provider. When taken with alcohol or medicines that can cause sleepiness or dizziness, VALTOCO may make your sleepiness or dizziness worse.

### What are the most common side effects of VALTOCO?

The most common side effects of VALTOCO include:

- Feeling sleepy or drowsy
- Headache
- Nose discomfort

These are not all of the possible side effects of VALTOCO. Call your healthcare provider for medical advice about side effects. You may report side effects to Neurelis, Inc. at 1-866-696-3873 or to FDA at 1-800-FDA-1088.

**Please see full Prescribing Information and Medication Guide located in pocket for additional important safety information.**

WITH VALTOCO

# YOU'VE GOT THIS

When seizures start, immediate rescue treatment can, too. Take comfort in knowing that VALTOCO is by your side, whenever, wherever. Always remember to update your seizure response plan and share with your care partners to make sure they know where your VALTOCO is and how to use it.

## TIPS

### CARRY

Always carry VALTOCO nasal spray with you

### ENROLL

Enroll online at [myNEURELIS.com](https://myNEURELIS.com) or call 1-866-myNEURELIS (1-866-696-3873) for personalized support information

### TALK

to your healthcare provider about the best way to track your seizures

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Learn more at [VALTOCO.com](https://VALTOCO.com)



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