



## Get the most from your BOTOX<sup>®</sup> treatment with a step-by-step video guide



### TO WATCH THE VIDEO



Scan this QR code using  
your phone's camera or visit  
[BOTOXTreatmentPlan.com](http://BOTOXTreatmentPlan.com)

#### IMPORTANT SAFETY INFORMATION

**BOTOX<sup>®</sup> may cause serious side effects that can be life threatening. Get medical help right away if you have any of these problems any time (hours to weeks) after injection of BOTOX<sup>®</sup>:**

- **Problems swallowing, speaking, or breathing**, due to weakening of associated muscles, can be severe and result in loss of life. You are at highest risk if these problems are pre-existing before injection. Swallowing problems may last several months
- **Spread of toxin effects**. The effect of botulinum toxin may affect areas away from the injection site and cause serious symptoms including: loss of strength and all-over muscle weakness, double vision, blurred vision and drooping eyelids, hoarseness or change or loss of voice, trouble saying words clearly, loss of bladder control, trouble breathing, and trouble swallowing

**Please see Indications and additional Important Safety Information about BOTOX<sup>®</sup> inside.**

# The BOTOX® Treatment Plan

This video guide is your go-to resource to help you understand what to expect with BOTOX® for the treatment of Adult Spasticity. You'll also learn how to prepare for each step of your treatment.



Watch the video now to learn the steps to BOTOX® treatment



To view, simply hold your phone's camera over the QR code below.



Or visit [BOTOXTreatmentPlan.com](http://BOTOXTreatmentPlan.com)

## START

At your first BOTOX® injection:

- Watch the BOTOX® Treatment Plan video with your loved one and doctor
- Work with the doctor and your loved one to set treatment goals
- Ask questions to help you know what to expect
- Schedule a follow-up appointment so the doctor can see how you're doing

At home, over the next 4-6 weeks:

- Keep track of your progress toward your treatment goals again
- Write down any questions you have

## CONTINUE

4-6 weeks after your BOTOX® injection:

- Describe the progress you have made with your doctor (including physical therapy, if appropriate)
- Review treatment goals with your doctor and set expectations for the next step
- Ask any questions you or your loved one has
- Confirm date for the next BOTOX® treatment session

At home, over the next 6-8 weeks:

- Keep tracking your progress
- Review the overall treatment plan and prepare for what's next
- Make note of any questions that come up

## RETURN

At your next BOTOX® injection: (at least 12 weeks after last injection)

- Discuss the progress you've made toward your treatment goals with your doctor
- Ask if changes in BOTOX® treatment are needed
- Talk about the future of your overall treatment plan and how BOTOX® fits in
- Schedule the next 4-6 week follow-up appointment

For the future:

- Keep this brochure handy so you can refer back to it
- Watch the video as often as you need to
- Ask your doctor about additional resources and support

### Indications

BOTOX® is a prescription medicine that is injected into muscles to treat increased muscle stiffness in elbow, wrist, finger, thumb, ankle, and toe muscles in people 18 years and older with upper and lower limb spasticity.

It is not known whether BOTOX® is safe or effective to treat increased stiffness in upper limb muscles other than those in the elbow, wrist, fingers, and thumb, or in lower limb muscles other than those in the ankle and toes in people 18 years and older. BOTOX® has not been shown to help people perform task-specific functions with their upper limbs or increase movement in joints that are permanently fixed in position by stiff muscles.

### IMPORTANT SAFETY INFORMATION (continued)

BOTOX® may cause loss of strength or general muscle weakness, vision problems, or dizziness within hours to weeks of taking BOTOX®. **If this happens, do not drive a car, operate machinery, or do other dangerous activities.**

**Do not receive BOTOX® if you:** are allergic to any of the ingredients in BOTOX® (see Medication Guide for ingredients); had an allergic reaction to any other botulinum toxin product such as *Myobloc*® (rimabotulinumtoxinB), *Dysport*® (abobotulinumtoxinA), or *Xeomin*® (incobotulinumtoxinA); have a skin infection at the planned injection site.

**The dose of BOTOX® is not the same as, or comparable to, another botulinum toxin product.**

**Serious and/or immediate allergic reactions have been reported** including itching, rash, red itchy welts, wheezing, asthma symptoms, or dizziness or feeling faint. Get medical help right away if you experience symptoms; further injection of BOTOX® should be discontinued.

**Please see additional Important Safety Information about BOTOX® on back.**



Watch a video that takes you step-by-step through your BOTOX® treatment. Details inside.



**IMPORTANT SAFETY INFORMATION (continued)**

**Tell your doctor about all your muscle or nerve conditions** such as ALS or Lou Gehrig's disease, myasthenia gravis, or Lambert-Eaton syndrome, as you may be at increased risk of serious side effects including difficulty swallowing and difficulty breathing from typical doses of BOTOX®.

**Tell your doctor if you have any breathing-related problems.** Your doctor may monitor you for breathing problems during your treatment with BOTOX® for adult spasticity. The risk of developing lung disease in patients with reduced lung function is increased in patients receiving BOTOX®.

**Bronchitis and upper respiratory tract infections (common colds) have been reported.**

Bronchitis was reported more frequently in adults receiving BOTOX® for upper limb spasticity. Upper respiratory infections were also reported more frequently in adults with prior breathing related problems with spasticity.

**Tell your doctor about all your medical conditions, including if you:** have or have had bleeding problems; have plans to have surgery; had surgery on your face; weakness of forehead muscles; trouble raising your eyebrows; drooping eyelids; any other abnormal facial change; are pregnant or plan to become pregnant (it is not known if BOTOX® can harm your unborn baby); are breastfeeding or plan to (it is not known if BOTOX® passes into breast milk).

**Tell your doctor about all the medicines you take,** including prescription and over-the-counter medicines, vitamins, and herbal supplements. Using BOTOX® with certain other medicines may cause serious side effects. **Do not start any new medicines until you have told your doctor that you received BOTOX® in the past.**

Tell your doctor if you received any other botulinum toxin product in the last 4 months; have received injections of botulinum toxin such as *Myobloc*®, *Dysport*®, or *Xeomin*® in the past (tell your doctor exactly which product you received); have recently received an antibiotic by injection; take muscle relaxants; take an allergy or cold medicine; take a sleep medicine; take aspirin-like products or blood thinners.

**Other side effects of BOTOX® include:** dry mouth, discomfort or pain at the injection site, tiredness, headache, neck pain, eye problems: double vision, blurred vision, decreased eyesight, drooping eyelids, swelling of your eyelids, dry eyes; drooping eyebrows.

For more information refer to the Medication Guide or talk with your doctor.

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

**Please see accompanying Summary of Information about BOTOX®.**



## Summary of Information about BOTOX® (onabotulinumtoxinA) for Adult Spasticity

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

**BOTOX® may cause serious side effects that can be life threatening. Call your doctor or get medical help right away if you have any of these problems any time (hours to weeks) after injection of BOTOX®:**

- **Problems swallowing, speaking, or breathing**, due to weakening of associated muscles, can be severe and result in loss of life. You are at the highest risk if these problems are pre-existing before injection. Swallowing problems may last for several months
- **Spread of toxin effects.** The effect of botulinum toxin may affect areas away from the injection site and cause serious symptoms including: loss of strength and all-over muscle weakness, double vision, blurred vision and drooping eyelids, hoarseness or change or loss of voice, trouble saying words clearly, loss of bladder control, trouble breathing, and trouble swallowing

BOTOX® may cause loss of strength or general muscle weakness, vision problems, or dizziness within hours to weeks of taking BOTOX®. **If this happens, do not drive a car, operate machinery, or do other dangerous activities.**

**BOTOX® dosing units are not the same as, or comparable to, any other botulinum toxin product.**

### What is BOTOX®?

BOTOX® is a prescription medicine that is injected into muscles to treat increased muscle stiffness in elbow, wrist, finger, thumb, ankle, and toe muscles in people 18 years and older with upper and lower limb spasticity.

It is not known whether BOTOX® is safe or effective to treat increased stiffness in upper limb muscles other than those in the elbow, wrist, fingers, and thumb, or in lower limb muscles other than those in the ankle and toes in people 18 years and older. BOTOX® has not been shown to help people perform task-specific functions with upper limbs or increase movement in joints that are permanently fixed in position by stiff muscles.

### Who should not receive BOTOX®?

Do not receive BOTOX® if you are: allergic to any of the ingredients in BOTOX® such as botulinum toxin type A and human serum albumin; had an allergic reaction to another botulinum toxin product such as *Myobloc*® (rimabotulinumtoxinB), *Dysport*® (abobotulinumtoxinA), or *Xeomin*® (incobotulinumtoxinA); or have a skin infection at the planned injection site.

### What should I tell my doctor before treatment?

Tell your doctor about all your muscle or nerve conditions, such as amyotrophic lateral sclerosis (Lou Gehrig's disease), myasthenia gravis, or Lambert-Eaton syndrome, as you may be at increased risk of serious side effects.

Tell your doctor if you have or have had breathing problems such as asthma or emphysema; swallowing problems; bleeding issues; plan to or have had surgery; have forehead muscle weakness such as trouble raising your eyebrows; drooping eyelids; or any changes to your face.

Tell your doctor if you are pregnant, plan to become pregnant, are breastfeeding or plan to breast feed. It is not known if BOTOX® can harm your unborn baby or if BOTOX® passes into breast milk.

### What are common side effects?

#### Adult Upper Limb Spasticity:

The most common side effects include nausea; tiredness; bronchitis; pain in extremity; and muscle weakness.

#### Adult Lower Limb Spasticity:

The most common side effects include joint pain; back pain; muscle pain; upper respiratory tract infection; and injection-site pain.

Other side effects have been reported including allergic reactions (eg, itching, rash, red itchy welts, wheezing, asthma symptoms, or dizziness or feeling faint).

These are not all of the possible side effects. Call your doctor for medical advice if you experience any side effects after treatment with BOTOX®.

### What should I tell my doctor about medicines and vitamins I take?

Using BOTOX® with certain other medicines may cause serious side effects. **Do not start any new medicines until you have told your doctor that you have received BOTOX® in the past.** Tell your doctor if you have received an injection with another botulinum toxin product in the last 4 months, such as *Myobloc*®, *Dysport*®, or *Xeomin*®. Be sure your doctor knows which product you received.

Tell your doctor about all prescription and over-the-counter medicines, vitamins, and herbal supplements you take; recent antibiotic injections; anticholinergics; muscle relaxants; allergy or cold medicine; sleep medicine; aspirin-like products; and blood thinners.

**Ask your doctor if you are not sure whether your medicine is listed above.**

### To learn more

If you would like more information, talk to your doctor and/or go to [BotoxSpasticity.com](http://BotoxSpasticity.com) for full Product Information.

You may report side effects to the FDA at [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.

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