

Your Doctor Discussion Guide

GET THE MOST OUT OF YOUR VISIT TO THE DOCTOR

Taking a little time to prepare for a visit to the doctor can help you have more productive discussions. Use the questions in this guide to help you think about what you would like to talk about with your doctor when you next see them.

This material is **only intended for patients already prescribed Berinert**[®] by their physician, and is not for use with any other product. Provided as an educational service to medicine by CSL Behring UK Ltd.



Your HAE

1 What kind of HAE have you been diagnosed with and when were you diagnosed?

I was diagnosed in with

Type I

Type II

I'm not sure

2 How often do you experience symptoms of an HAE attack? times

per week

per month

per year

3 How many of these attacks do you treat?

All of them

Most of them

Some of them

I rarely or never treat them

Remember, your HAE care team are there to help so if you have any questions about your HAE or your treatment, you can always ask for their advice.

To prepare for talking about your recent HAE symptoms with your doctor, you could try keeping a diary of any HAE attacks you experience and when you treat them. Having this useful information can help you and your doctor discuss whether your current management plan is working for you.

Check out Your Berinert® Diary, which is specially designed to help you record any symptoms and treatment.

Getting to know your symptoms

4 What parts of your body are typically affected when you have an attack?

Hands, feet, legs

Face

Stomach (abdomen)

Throat (larynx)

Chest (airway)

Genitals

5 Are you able to identify warning signs before an attack begins?

Yes

No

Sometimes

Remember, only self-administer your medicine if you have consulted with your HAE care team and received training in how to do so. If you feel you may need refresher training, be sure to ask your HAE care team.

Managing an HAE attack

6 Do you know your Berinert dose? If you do, use the space below to record the dose, as well as any other medications you may take on a regular basis.

My Berinert dose:

IU (20IU per kg body weight)

I also take the following medications

7 Do you self-administer your treatment?

Yes

No

If yes, on a scale of 1 (not at all confident) to 10 (completely confident), how confident do you feel in self-administering your treatment?

1 2 3 4 5 6 7 8 9 10

not at all confident  completely confident

Managing an HAE attack

8 How long does it usually take before you feel relief from symptoms when you treat an attack?

I notice it immediately

30 – 45 minutes

About 1 hour

2 hours or more

9 Do you have an emergency plan?

Yes

No

Symptoms such as throat swelling that makes it hard to breathe or severe abdominal pain resulting from intestinal swelling may require emergency treatment. If you don't already have a plan in place, talk with your doctor about what to do in an emergency.

Getting the support you need

10 Living with a chronic condition can also affect your mental health. Have you experienced any of the following as a result of your HAE attacks?

Anxiety

Anger

Low mood

Difficulty sleeping

Stress

Fatigue

Other, please specify

Try to find someone in your HAE care team that you feel safe to talk to about your feelings – this may be your doctor or someone else such as a nurse. Not everyone finds it easy to talk about their emotions but if you're honest about any worries you may have, you are more likely to receive the support you need.

Getting the support you need

11 Are there any other factors that might affect your HAE and change the support you currently need?

I am pregnant/planning to get pregnant

I am experiencing the menopause

I am due to undergo a medical, dental or surgical procedure

I am taking the following medication(s) for another medical condition(s):

Other:

12 Do you feel you have the support you need to live well with HAE?


Yes

No

If no, what other support would you like?

Finally, you can use this space to write down any other questions you have that came to mind while you were completing the discussion guide.

N.B. Box below is scrollable



Share these answers at your next visit to help guide your discussion with your doctor and make sure you can keep living well with HAE.

Berinert[®]

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Reporting side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly, via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard.

By reporting side effects, you can help provide more information on the safety of this medicine.

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