

# Your Berinert<sup>®</sup> Diary

A PLACE TO TRACK YOUR HAE ATTACKS  
AND WHEN YOU USE YOUR TREATMENT

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



# Welcome to your Berinert<sup>®</sup> diary

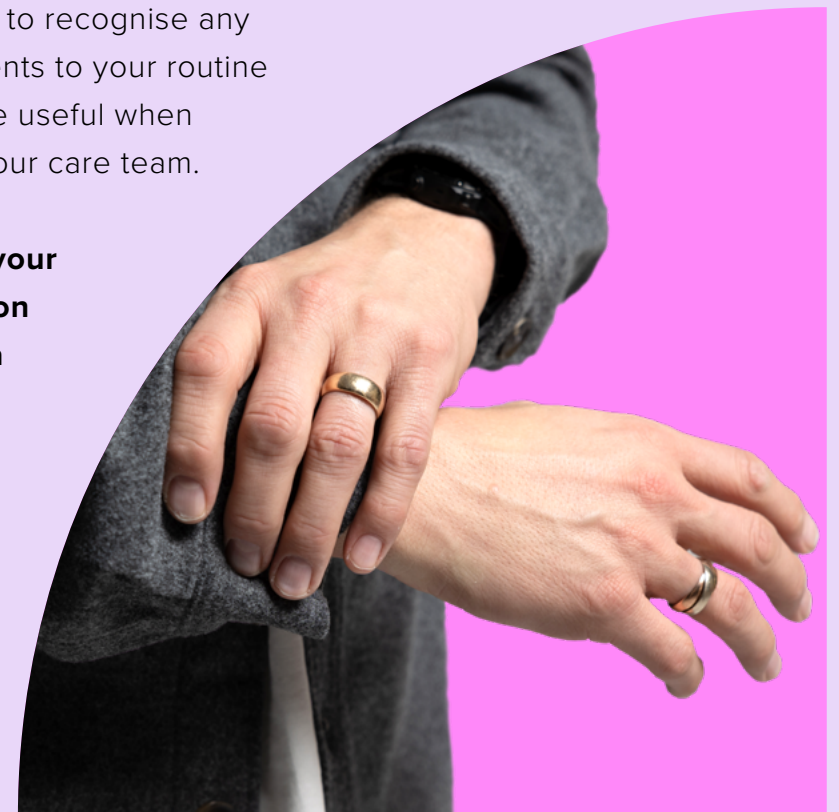
This diary has been specially designed for people with hereditary angioedema (HAE), also known as C1-esterase inhibitor deficiency. HAE affects everyone differently depending on the severity of the disease, which means the frequency, type, and timing of attacks can vary from person to person. But you may also find that your own symptoms vary from time to time and at different stages in your life.

So, it can be helpful to use a diary to keep track of any episodes of HAE you experience. In your diary, you can note down any swelling, how severe it is, and where on the body it occurs. There is also space to make a note of your feelings and emotions just before and during any HAE attacks.

If you use treatment to help the swelling go down, you should record this, along with whether this was at home\*, at your treatment centre, or at hospital. You may find it easiest to peel off the label for any medication you use and simply stick it on the corresponding date of treatment in your diary.

Taking note of the patterns in your symptoms and treatment can help you to recognise any triggers and make adjustments to your routine to avoid them. It can also be useful when discussing your HAE with your care team.

**Why not start by filling in your personal treatment notes on the next page and taking a look at the sample diary page for an example?**



\*Remember, only self-administer your medicine if you have consulted with your HAE care team and received training in how to do so

# All about you

## Your personal treatment notes

Use this page to make a note of any important information to do with your treatment, as well as emergency contacts.

This diary belongs to:

## Important phone numbers

Emergency contact name:

Tel.:

## My HAE doctor

Doctor's name:

Hospital address:

Tel.:

## My Berinert dose

My dose:

IU (20IU per kg body weight)

## Other regular medication

Medication:

Dose and frequency:



Medication:

Dose and frequency:

Medication:

Dose and frequency:

# Your Berinert® diary sample page

Date	Time & location medication taken	Site of swelling & severity* 1 = mild 2 = moderate 3 = severe	Product batch (number/label) & dose received	Response to treatment	How I felt / possible trigger factors**	Time taken for symptoms to resolve	Anything else I noticed
Mon 01/03	15:00 At home	Belly, 2	 1500 iu	Swelling reduced within 30 mins	Stressed! Had presentation at work	30 minutes	
Sat 12/06	12:00 At home	Throat, 1	 1500 iu	Swelling reduced	Felt calm and in control	10 minutes	Slight redness at injection site

\* Numbers in the table indicate the degree of swelling.

\*\* Please note any special events in the diary, such as operations, dental complications, or pregnancy. You should also include any medication you have taken that you do not take regularly (for example, if your GP prescribes an antibiotic for an infection).

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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](http://www.mhra.gov.uk/yellowcard).

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

Phone: **01444 447 405**

Email: [medinfo@cslbehring.com](mailto:medinfo@cslbehring.com)

Address: **CSL Behring UK Ltd**

**Haywards Heath,**

**West Sussex**

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GBR-BRN-0156. Date of preparation: March 2023.

