Pulmozyme® dornase alfa INHALATION SOLUTION

Managing Cystic Fibrosis (CF)

Nutrition and Exercise to Help Manage Cystic Fibrosis (CF)

In addition to your treatment, nutrition and exercise may help manage your CF.

Nutrition

CF can block important enzymes needed to break down and absorb nutrients. It is important to eat a lot of high-calorie and healthy foods to manage your CF.

Here are a few questions to ask your CF Care Team dietitian and doctor:

1. What is considered a healthy rate of weight gain?
2. How many calories should I eat every day?
3. How can I add healthy calories to meals?
4. Should pancreatic enzyme supplements be added to my food?
5. Should I take vitamins?

Exercise

Being active may also help manage your CF. It is important to discuss your exercise plans with your doctor and CF Care Team.

The effect of Pulmozyme on exercise tolerance has not been established in adults or children. Please see the full **Prescribing Information** for Important Safety Information.

Here are a few things to discuss with the CF Care Team and your doctor before getting started:

1. Set goals for your exercise plan.
2. Discuss exercises that may be fun, but also safe.
3. Create a routine that gradually allows you to do more.
4. Work with your CF Care Team to discuss signs that may mean it's time to take a break from the action.

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Indication and Usage

Pulmozyme (dornase alfa) is indicated for daily administration along with standard therapies for the management of cystic fibrosis (CF) patients to improve pulmonary function.

In CF patients with an FVC ≥ 40% of predicted, daily administration of Pulmozyme has also been shown to reduce the risk of respiratory tract infections requiring injectable antibiotics.

Important Safety Information

Pulmozyme should not be used in patients who are allergic to any of its ingredients.

Patients may experience the following when using Pulmozyme: change in or loss of their voice, discomfort in the throat, rash, chest pain, red watery eyes, runny nose, lowering of lung function, fever, indigestion, and shortness of breath. There have been no reports of severe allergic reactions caused by the administration of Pulmozyme. Mild to moderate hives and mild skin rash have been observed and have been short-lived.

Pediatric Use

The safety and effectiveness of Pulmozyme have been established in patients 5 years of age and older. While clinical trial data are limited in patients younger than 5 years of age, the use of Pulmozyme should be considered for pediatric CF patients who may experience potential benefit in lung function or who may be at risk of respiratory tract infection.

The safety of Pulmozyme given by daily inhalation for 2 weeks has been studied using 98 CF patients with 65 of them aged 3 months to <5 years (younger group) and 33 aged 5 years to <10 years (older group). The PARI BABY™ reusable nebulizer (which uses a face mask instead of a mouthpiece) was used in patients who were unable to show that they could breathe in or out using their mouth throughout the entire treatment period. Overall, the kind of side effects observed in children was similar to those seen in larger trials in older patients.

You are encouraged to report side effects to Genentech and the FDA. You may report side effects to the FDA at **1-800-FDA-1088** (1-800-332-1088) or **www.fda.gov/medwatch**. You may also report side effects to Genentech at **1-888-835-2555**.

For further information, please see the full **Pulmozyme Prescribing Information**. If you have questions, please discuss them with your CF Care Team.

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