

# Patient diary for adults receiving Revestive<sup>®</sup> ▼ (teduglutide)

This patient booklet is  
funded and produced by



▼ This medicine is subject to additional monitoring. This will allow quick identification of new safety information. You can help by reporting any side effects you may get.

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.



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# About this diary...

This diary will help you take an active role in your treatment by recording and sharing information that will help you and your doctor make important treatment decisions.

This diary will help you get the most from your experience with your treatment.

**This diary belongs to:**

**Contact details:**

**Carer contact details:**





## How to use the diary:

In the next few pages you will see examples of how to record the important information regarding your treatment. This will either be provided to you as an interactive PDF or a printed diary, to help you to record this information.

First of all, it is important to write down your scheduled appointments in the appointment planner (see example below).

You can also write down any questions you want to ask your healthcare team and doctor in the notes section.

Appointment	Date	Reason	Notes
Dr. Smith Smith Imaging Labs Colonoscopy	02/07/24	Colonoscopy	ASK about dry mouth



## In this diary, you can record:



Your parenteral  
nutrition and  
intravenous fluid  
support



Your sleep



Your stool/  
ostomy output



How you feel



Your urine  
output



Your appointments  
with your healthcare  
team



Your weight



Other treatment  
information and any  
concerns you want to  
record and report to  
your healthcare team



Oral fluids/  
Intravenous  
fluids



Stoma



Vomit

To learn more about why this diary is important, please see the brochure '**Starting on Revestive** ▼ (teduglutide)'



## How to track health status

These examples show you how to track your health status for sharing with your healthcare team.

This diary will help you remember important information to discuss with your doctor. See below for instructions and helpful tips on filling in some of the sections relating to your health status.

You will be asked to add details of how much parenteral nutrition you have had, your urine output, your total oral / I.V. fluids, your weight, your stool/ostomy output and also how you are sleeping.

You will be asked to complete tables with this information. The following are examples on how to record the information for each status item.

Total Parenteral  
Nutrition Volume (mL)



Mon: 2000

Tues: 2000

Write in the total amount of daily parenteral nutrition in this box.

Total Enteral Feeding  
Volume (mL)



Mon: 750

Tues: 700

Write in the total amount of daily enteral feeding intake in the box.

Total I.V. Fluids (mL)



Mon: 2500

Tues: 2500

Write in the total amount of daily intravenous fluid intake in this box.

Total Oral Fluids (mL)



Mon: 1000

Tues: 1200

Write in the total amount for your daily oral fluid intake in this box.



### Urine Output

(mL per day)



Mon: 1200

Tues: 1230

Keep track of your urine output as instructed by your healthcare team and fill in the total amount here. This information will help your healthcare team know how your treatment is working.

### Weight

(kg)



Mon: 70

Tues: 70

Wear the same type of clothing and use the same scales.

Weigh yourself in the morning after finishing your nightly parenteral infusions, after your morning toilet visit, after emptying your stoma bag and before eating breakfast

### Stool/Ostomy Output



Date/Day	No of times per day	Any unusual changes in colour, consistency, etc?
Monday 09/07/24	4	No

Make a note of the number of times each day that you pass a stool or empty the stoma bag.

Please also note if there has been a change in colour, consistency etc.



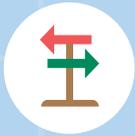
## Before you start your treatment

You will soon start therapy with teduglutide but before you do, it is important to know your health status today.

By entering your current health status information into this diary now, and during your on-going treatment, you will help your doctor and healthcare team in monitoring your response to treatment.



Read the Package Leaflet that comes with your injections – this will help you learn more about your treatment.



Knowing what to expect from your treatment will help you see if you are doing better and will help your doctor make the best decisions about your care.



It is important you discuss with your healthcare team members anything that you are unclear about, and to ask any questions you may have about your health or about your treatment.



Inform your doctor about any prescription or non-prescription medicines that you currently take.

See the examples on pages 4-7 for the information you will need to complete about your current status and on-going treatment.

Remember to have the diary with you when you visit your doctor/nurse or other members of your healthcare team.



# Let's get started:

## My starting point (Your current health status – before starting treatment)

You will need to complete your current status before you start treatment. Then you will need to complete the diary for each week of treatment for the first month of therapy.

After that it is important that you continue to track your progress in this diary since your healthcare team will make decisions on the reduction of your parenteral support based on your fluid status as well as your general health.

Before you start taking your treatment, please fill in this table with your healthcare provider.

- Together, you should decide what information to track and if you should set specific goals for your treatment
- By entering summary information on the update sheet at the end of this diary, you will then be able to track the changes in your health status
- This information can help you and your healthcare provider see how your treatment is going, and make decisions about your treatment

Today's date:

### Weekly volume (mL)

Parenteral nutrition:

Enteral feeding:

Intravenous fluids:

Oral fluids:

### Days per week

Parenteral nutrition:

Enteral feeding:

Intravenous fluids:

Oral fluids:

Weight (kg):

Other:



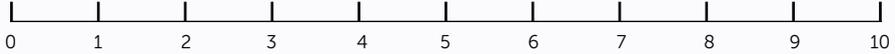
### My Sleep



On a scale of 1-10, how good or bad was my sleep last night?

Worst  
imaginable  
sleep

Best  
imaginable  
sleep



M	Tu	W	Th	F	Sa	Su

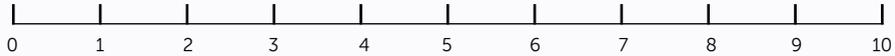
### My Health



On a scale of 1-10, how good or bad is my health today?

Worst  
imaginable  
health

Best  
imaginable  
health



M	Tu	W	Th	F	Sa	Su



## Keeping track of your weekly health status over the first month of treatment

Continue to complete the status weekly or as agreed with your healthcare team using the tables on pages 13-18.

- Note any changes in your condition.
- Ask your doctor about possible side effects and ask for advice on how to manage them.
- Contact your doctor if you have any questions about side effects.
- As your treatment begins to work, your nutritional support may be reduced slowly but steadily for your safety, under your healthcare team's supervision. By filling in your weekly status you will help your doctor know when to reduce your parenteral support.
- Your diet and medications will be adjusted by your healthcare provider based on how you respond to teduglutide.

To be able to follow your progress with your healthcare provider, you should enter your pre-treatment status from page 9 into the overall summary chart at the end of this diary.

**Always have this diary close at hand when calling or visiting your healthcare provider.**





## Weekly status



Treatment Week

Date

	M	Tu	W	Th	F	Sa	Su
Volume parenteral nutrition (mL)							
Volume enteral nutrition (mL)							
Volume intravenous fluids (mL)							
Volume oral fluids (mL)							

Compare your parenteral/enteral and/or intravenous/oral fluids to last week - did you consume more or less or the same? Record in terms of volume and days

	M	Tu	W	Th	F	Sa	Su
Your Urine Output (mL per day)							
Your Weight							



## My Stool/Ostomy Output



It is recommended you make a note of your stool/ostomy output twice a week. Record the day and any change you observe (e.g. change to frequency and colour)

	M	Tu	W	Th	F	Sa	Su
Your Stool							
Your Ostomy							

## My Sleep



On a scale of 1-10, how good or bad was your sleep last night?

Worst  
imaginable  
sleep

Best  
imaginable  
sleep



M	Tu	W	Th	F	Sa	Su

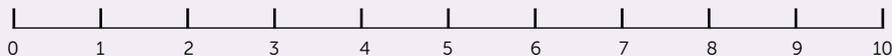
## My Health



On a scale of 1-10, how good or bad is your health today?

Worst  
imaginable  
health

Best  
imaginable  
health



M	Tu	W	Th	F	Sa	Su



# My health



Do I have symptoms/problems that have started or worsened since I started treatment with teduglutide?  Yes  No

**Remember:** Report any side effects you may experience to your doctor, pharmacist or nurse. If yes please describe:

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Have I noticed any changes to my symptoms in the past month?

Yes  No

If yes please describe:

---



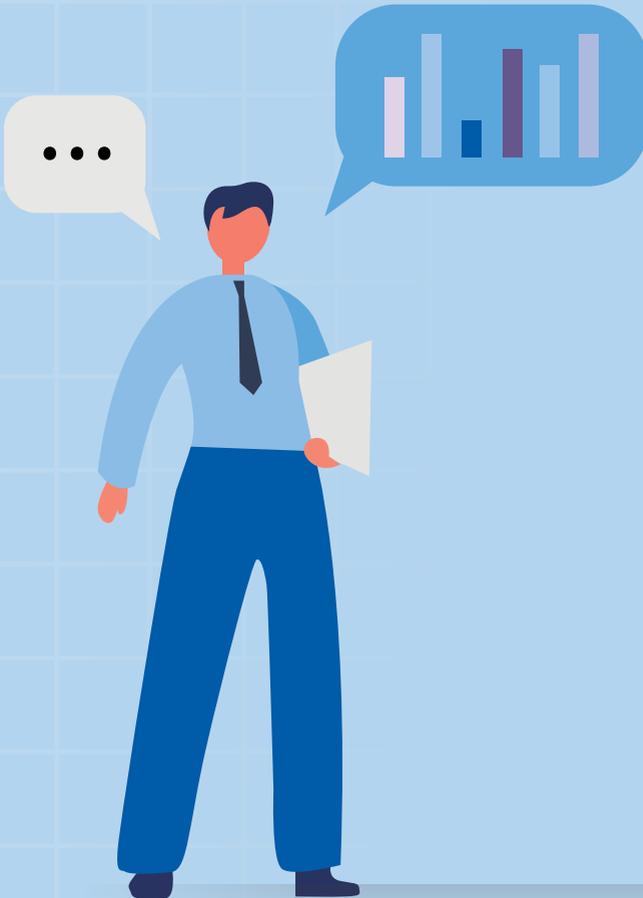
**Vomit:** Please circle the best description for any vomiting episodes that have occurred and when

M	Tu	W	Th	F	Sa	Su



# Summary status sheets

You can use these sheets to create a summary of your data to help you track progress and discuss with your healthcare team





# Summary status sheet

Example:

Days = days on supplementary nutrition/fluids  
Days / Week = number of days on supplementary nutrition/fluids divided by 7

*If you receive parenteral nutrition 3 days in a week, you would go to the two rows in dark purple. The top row would be filled in as 3/7 and the bottom row would be filled in with the total volume of parenteral nutrition received during the week.*

		Week Commencing (date)																		
Weight	Weight																			
	kgs / stones /lbs																			
Parenteral Nutrition	Days/Week																			
	Weekly Volume (mL)																			
Enteral Feeding	Days/Week																			
	Weekly Volume (mL)																			
Intravenous Fluids	Days/Week																			
	Weekly Volume (mL)																			
Oral Fluids	Days/Week																			
	Weekly Volume (mL)																			



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