

**Consider these questions for your visit
with your healthcare provider:**

**Consider these questions for when you
speak with your insurance provider:**

What is SPRAVATO[®] (esketamine) CIII nasal spray?

SPRAVATO[®] is a prescription medicine, used along with an antidepressant taken by mouth to treat:

- Adults with treatment-resistant depression (TRD)

SPRAVATO[®] is not for use as a medicine to prevent or relieve pain (anesthetic). It is not known if SPRAVATO[®] is safe or effective as an anesthetic medicine.

It is not known if SPRAVATO[®] is safe and effective for use in preventing suicide or in reducing suicidal thoughts or actions. SPRAVATO[®] is not for use in place of hospitalization if your healthcare provider determines that hospitalization is needed, even if improvement is experienced after the first dose of SPRAVATO[®].

It is not known if SPRAVATO[®] is safe and effective in children.

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about SPRAVATO[®]?

SPRAVATO[®] can cause serious side effects, including:

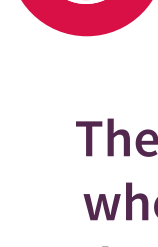
- **Sedation and dissociation.** SPRAVATO[®] may cause sleepiness (sedation), fainting, dizziness, spinning sensation, anxiety, or feeling disconnected from yourself, your thoughts, feelings, space and time (dissociation).
 - Tell your healthcare provider right away if you feel like you cannot stay awake or if you feel like you are going to pass out.
 - Your healthcare provider must monitor you for serious side effects for at least 2 hours after taking SPRAVATO[®]. Your healthcare provider will decide when you are ready to leave the healthcare setting.

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Please see additional Important Safety Information in this guide. Please see full Prescribing Information, including **Boxed WARNINGS, and Medication Guide for SPRAVATO[®] and discuss any questions you may have with your healthcare provider.**

**Treatment
Questions**

**Insurance
Questions**

 **Consider including the following questions when speaking to your healthcare provider about SPRAVATO[®]:**

The following topics may be helpful to include when speaking with your healthcare provider about SPRAVATO[®]. It's important to remember that your treatment journey is unique and the information needed along the way may vary from person to person.

1 I've tried two or more oral antidepressants and I am still experiencing depression. Do you think I have treatment-resistant depression?

Why is this question important?

There is a study that suggests that after the third oral antidepressant, remission rates dropped below 14%. If you've tried two or more oral antidepressants and are still experiencing depressive symptoms, you may have treatment-resistant depression and it may be time for something different.

2 Since my other oral antidepressants haven't worked, what are the chances another oral antidepressant will work? Should I try something entirely different?

Why is this question important?

Treatment-resistant depression is defined as not responding to two or more antidepressants of adequate dose and duration. If your doctor has diagnosed you with treatment-resistant depression, you may benefit from treatment with a different kind of medication.

3 Can we talk about the SPRAVATO[®] clinical trials and discuss whether it may be a good choice for me?

Why is this question important?

It is helpful to understand the clinical trials for any medication you are considering taking.

4 What can you tell me about the safety of SPRAVATO[®]?

Why is this question important?

It is important to understand the potential side effects of any medication you are considering taking. To ensure safety, SPRAVATO[®] is available only through a restricted distribution program called the SPRAVATO[®] Risk Evaluation and Mitigation Strategy (REMS) Program.

5 What is a SPRAVATO[®] treatment center and how do I find one?


Why is this question important?

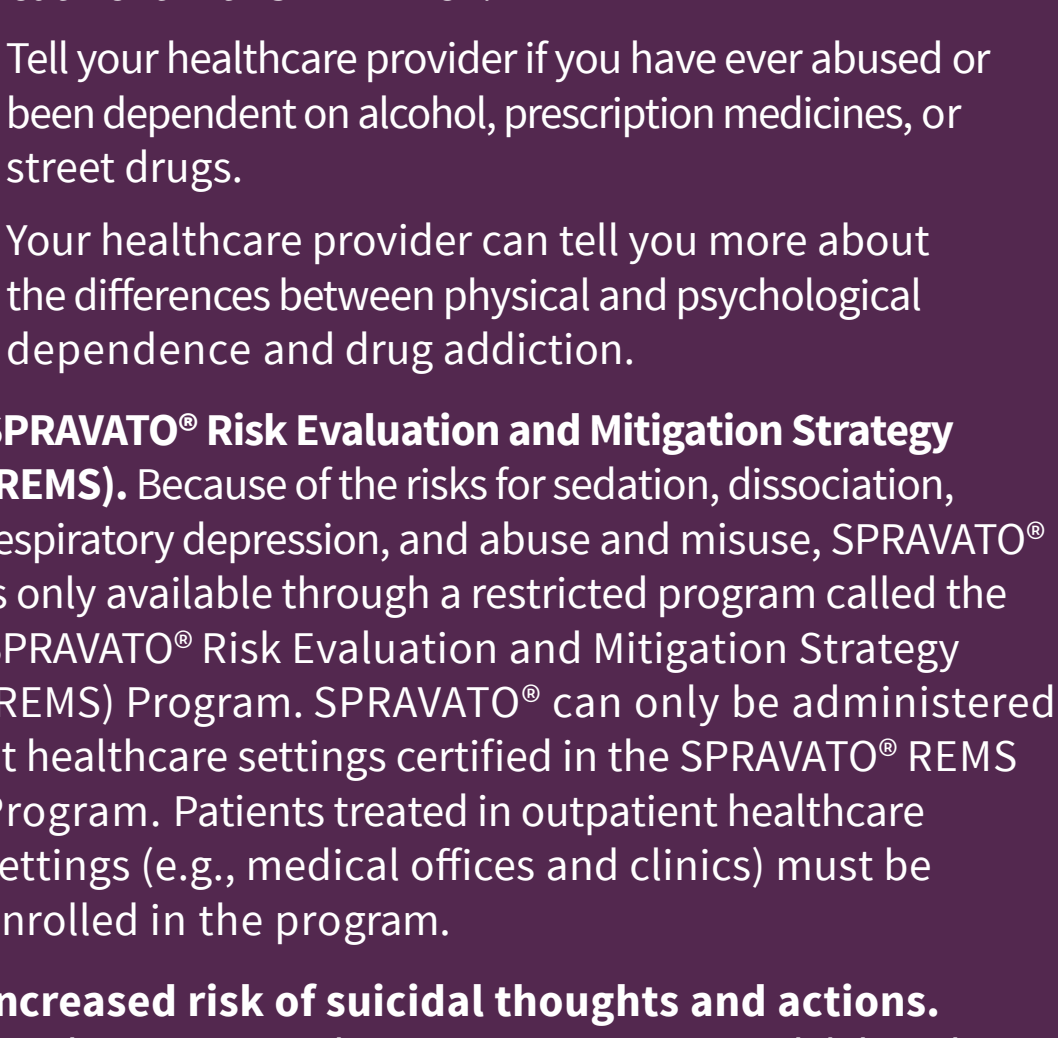
SPRAVATO[®] is only available at certified treatment centers and must be self-administered under the supervision of a healthcare provider.

6 Can you help me get financial support for SPRAVATO[®]?

Why is this question important?

Cost can sometimes impact a patient's treatment journey; however, there may be affordability programs available to help eligible patients.

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IMPORTANT SAFETY INFORMATION (CONTINUED)

- **Respiratory depression** was observed with the use of SPRAVATO[®]; additionally, there were rare reports of respiratory arrest.
 - Your healthcare provider must monitor you for serious side effects for at least 2 hours (including pulse oximetry) after taking SPRAVATO[®]. Your healthcare provider will decide when you are ready to leave the healthcare setting.
- **Abuse and misuse.** There is a risk for abuse and physical and psychological dependence with SPRAVATO[®] treatment. Your healthcare provider should check you for signs of abuse and dependence before and during treatment with SPRAVATO[®].
 - Tell your healthcare provider if you have ever abused or been dependent on alcohol, prescription medicines, or street drugs.
 - Your healthcare provider can tell you more about the differences between physical and psychological dependence and drug addiction.
- **SPRAVATO[®] Risk Evaluation and Mitigation Strategy (REMS).** Because of the risks for sedation, dissociation, respiratory depression, and abuse and misuse, SPRAVATO[®] is only available through a restricted program called the SPRAVATO[®] Risk Evaluation and Mitigation Strategy (REMS) Program. SPRAVATO[®] can only be administered at healthcare settings certified in the SPRAVATO[®] REMS Program. Patients treated in outpatient healthcare settings (e.g., medical offices and clinics) must be enrolled in the program.
- **Increased risk of suicidal thoughts and actions.** Antidepressant medicines may increase suicidal thoughts and actions in some people 24 years of age and younger, **especially within the first few months of treatment or when the dose is changed. SPRAVATO[®] is not for use in children.**
 - Depression and other serious mental illnesses are the most important causes of suicidal thoughts and actions. Some people may have a higher risk of having suicidal thoughts or actions. These include people who have (or have a family history of) depression or a history of suicidal thoughts or actions.
- **How can I watch for and try to prevent suicidal thoughts and actions in myself or a family member?**
 - Pay close attention to any changes, especially sudden changes, in mood, behavior, thoughts, or feelings, or if you develop suicidal thoughts or actions.
 - Tell your healthcare provider right away if you have any new or sudden changes in mood, behavior, thoughts, or feelings.
 - Keep all follow-up visits with your healthcare provider as scheduled. Call your healthcare provider between visits as needed, especially if you have concerns about symptoms.
- **Tell your healthcare provider right away if you or your family member have any of the following symptoms, especially if they are new, worse, or worry you:**
 - suicide attempts
 - thoughts about suicide or dying
 - worsening depression
 - other unusual changes in behavior or mood

- Do not take SPRAVATO[®] if you:**
- have blood vessel (aneurysmal vascular) disease (including in the brain, chest, abdominal aorta, arms and legs)
 - have an abnormal connection between your veins and arteries (arteriovenous malformation)
 - have a history of bleeding in the brain
 - are allergic to esketamine, ketamine, or any of the other ingredients in SPRAVATO[®].

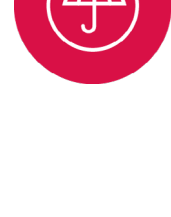
If you are not sure if you have any of the above conditions, talk to your healthcare provider before taking SPRAVATO[®].

- Before you take SPRAVATO[®], tell your healthcare provider about all of your medical conditions, including if you:**
- have heart or brain problems, including:
 - high blood pressure (hypertension)
 - slow or fast heartbeats that cause shortness of breath, chest pain, lightheadedness, or fainting
 - history of heart attack
 - history of stroke
 - heart valve disease or heart failure
 - history of brain injury or any condition where there is increased pressure in the brain
 - have liver problems
 - have ever had a condition called “psychosis” (see, feel, or hear things that are not there, or believe in things that are not true).
 - are pregnant or plan to become pregnant. SPRAVATO[®] may harm your baby. You should not take SPRAVATO[®] if you are pregnant.
 - Tell your healthcare provider right away if you become pregnant during treatment with SPRAVATO[®].
 - If you are able to become pregnant, talk to your healthcare provider about methods to prevent pregnancy during treatment with SPRAVATO[®].
 - There is a pregnancy registry for women who are exposed to SPRAVATO[®] during pregnancy. The purpose of the registry is to collect information about the health of women exposed to SPRAVATO[®] and their baby. If you become pregnant during treatment with SPRAVATO[®], talk to your healthcare provider about registering with the National Pregnancy Registry for Antidepressants at 1-844-405-6185 or online at <https://womensmentalhealth.org/clinical-and-research-programs/pregnancyregistry/antidepressants/>.
 - are breastfeeding or plan to breastfeed. You should not breastfeed during treatment with SPRAVATO[®].

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Please see additional Important Safety Information in this guide. Please see full Prescribing Information, including Boxed WARNINGS, and Medication Guide for SPRAVATO[®] and discuss any questions you may have with your healthcare provider.

Insurance Questions



Once you and your doctor have decided that **SPRAVATO**[®] is right for you, connect with your insurance provider and ask these questions:

1 Is **SPRAVATO**[®] medication covered under my medical or pharmacy benefit?

Why is this question important?

SPRAVATO[®] can fall under the medical or pharmacy benefit depending on your coverage, so it's important to ask and relay this to your healthcare provider.

2 Are my **SPRAVATO**[®] visits covered under my medical plan or do I have a behavioral health benefit?

Why is this question important?

If your insurance company offers a behavioral health benefit, it's important to find out if it covers the visits for your **SPRAVATO**[®] treatment.

3 What is my co-pay or co-insurance amount?

Why is this question important?

Your health insurance company sets what will be your portion of the cost and may pay the rest after your deductible is met.

4 Are the **SPRAVATO**[®]-certified treatment centers in my area in-network?

Why is this question important?

Once you find **SPRAVATO**[®]-certified treatment centers in your area using the [Find a Center Tool](#), you can contact them to find out if they are in network. In-network providers are important because they contract with your health insurance company to give treatments to you at a lower cost.

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IMPORTANT SAFETY INFORMATION (CONTINUED)

Tell your healthcare provider about all the medicines that you take, including prescription and over-the-counter medicines, vitamins and herbal supplements. Taking **SPRAVATO**[®] with certain medicine may cause side effects.

Especially tell your healthcare provider if you take central nervous system (CNS) depressants, psychostimulants, or monoamine oxidase inhibitors (MAOIs) medicine. Keep a list of them to show to your healthcare provider and pharmacist when you get a new medicine.

How will I take **SPRAVATO**[®]?

- You will take **SPRAVATO**[®] nasal spray yourself, under the supervision of a healthcare provider in a healthcare setting. Your healthcare provider will show you how to use the **SPRAVATO**[®] nasal spray device.
- Your healthcare provider will tell you how much **SPRAVATO**[®] you will take and when you will take it.
- Follow your **SPRAVATO**[®] treatment schedule exactly as your healthcare provider tells you to.
- During and after each use of the **SPRAVATO**[®] nasal spray device, you will be checked by a healthcare provider who will decide when you are ready to leave the healthcare setting.
- You will need to plan for a caregiver or family member to drive you home after taking **SPRAVATO**[®].
- If you miss a **SPRAVATO**[®] treatment, your healthcare provider may change your dose and treatment schedule.
- Some people taking **SPRAVATO**[®] get nausea and vomiting. You should not eat for at least 2 hours before taking **SPRAVATO**[®] and not drink liquids at least 30 minutes before taking **SPRAVATO**[®].
- If you take a nasal corticosteroid or nasal decongestant medicine take these medicines at least 1 hour before taking **SPRAVATO**[®].

What should I avoid while taking **SPRAVATO**[®]?

Do not drive, operate machinery, or do anything where you need to be completely alert after taking **SPRAVATO**[®]. **Do not** take part in these activities until the next day following a restful sleep. See **“What is the most important information I should know about **SPRAVATO**[®]?”**

What are the possible side effects of **SPRAVATO**[®]?

SPRAVATO[®] may cause serious side effects including:

- See **“What is the most important information I should know about **SPRAVATO**[®]?”**
- **Increased blood pressure.** **SPRAVATO**[®] can cause a temporary increase in your blood pressure that may last for about 4 hours after taking a dose. Your healthcare provider will check your blood pressure before taking **SPRAVATO**[®] and for at least 2 hours after you take **SPRAVATO**[®]. Tell your healthcare provider right away if you get chest pain, shortness of breath, sudden severe headache, change in vision, or seizures after taking **SPRAVATO**[®].
- **Problems with thinking clearly.** Tell your healthcare provider if you have problems thinking or remembering.
- **Bladder problems.** Tell your healthcare provider if you develop trouble urinating, such as a frequent or urgent need to urinate, pain when urinating, or urinating frequently at night.

The most common side effects of **SPRAVATO[®] when used along with an antidepressant taken by mouth include:**

- feeling disconnected from yourself, your thoughts, feelings and things around you
- dizziness
- nausea
- feeling sleepy
- spinning sensation
- decreased feeling of sensitivity (numbness)
- feeling anxious
- lack of energy
- increased blood pressure
- vomiting
- feeling drunk
- feeling very happy or excited

If these common side effects occur, they usually happen right after taking **SPRAVATO[®] and go away the same day.**

These are not all the possible side effects of **SPRAVATO**[®].

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

Please see full [Prescribing Information](#), including **Boxed WARNINGS, and [Medication Guide for **SPRAVATO**[®]](#) and discuss any questions you may have with your healthcare provider.**

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