

# KENAN'S GUIDE TO GERD



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Takes VOQUEZNA for  
Non-Erosive GERD

Individual results may vary.

I know it can be hard to talk to your doctor about your GERD symptoms, so I wanted to provide some tips for having a “yes and” conversation. At the heart of improvisational comedy is the concept of “yes and,” as in: if your scene partner comes up with an idea, it doesn’t matter what it is you need to agree to go in that direction (“yes”) then build on it (“and”). In your case, your scene partner is your doctor.

So, here’s how to “yes and” the conversation to get the most out of talking with the doc.

## MY RECIPE FOR TALKING WITH YOUR DOCTOR ABOUT YOUR GERD

### 1 Be prepared!

When I’m preparing to play a character, I need to know what that character would be thinking and feeling—and this time, that character is you! I know I’m not the only person whose long night of heartburn makes you regret that second slice of pizza, **so take notes on your symptoms, your triggers, the medications you’ve been taking...** anything that can help the doc figure out what’s going on.

### 2 Be authentic!

You aren’t playing a fictional character, so make sure you tell them the real deal. Which means being honest. Brutally honest. **Like the kind of honesty you want when asking a friend if you could really pull off wearing that jacket in public. Where people can see you.**

### 3 Be your own advocate!

GERD may be a funny word, but it’s not a funny thing to have. If you don’t take your condition seriously, how will you expect your doctor to? **It may seem like everyone experiences some form of heartburn from time to time, but persistent heartburn is different.** Treat it that way.



## IMPORTANT SAFETY INFORMATION

### Do not take VOQUEZNA if you:

- are allergic to vonoprazan or any of the other ingredients in VOQUEZNA. Allergic reaction symptoms may include trouble breathing, rash, itching, and swelling of your face, lips, tongue or throat.
- are taking a medicine that contains rilpivirine (EDURANT, COMPLERA, JULUCA, ODEFSEY) used to treat HIV-1 (Human Immunodeficiency Virus).

**Please see additional Important Safety Information continued on the next page**

If you're still unsure about how to talk about your GERD symptoms, here are some questions and potential answers you can think through and discuss with them. This doesn't need to be a script, so feel free to use your own words. And, to get you started, I included some ad-libs of my own. To be clear, **none of this is medical advice**—that's what you have a doctor for! But I believe in you, you got this!

## HOW FREQUENTLY DO YOU EXPERIENCE HEARTBURN?

- 1-2 times a week**  
*More than I would like*
- 3-4 times a week**  
*Not a crazy amount but still too much*
- Once daily**  
*It's become the most consistent part of my routine*
- Twice daily**  
*We've officially hit "way too much"*
- Nearly all day**  
*All the d\*mn time*
- List any other symptoms you're experiencing here: \_\_\_\_\_

## BECAUSE OF MY ACID REFLUX, I FEEL UNWELL...

- Some days**  
*I'm noticing a pattern*
- Most days**  
*The pattern is starting to annoy me*
- Every day**  
*The pattern is now just days that end in "y"*

## BECAUSE OF MY ACID REFLUX, I HAVE TROUBLE SLEEPING...

- Some days**  
*Enough days that it's annoying*
- Most days**  
*Enough days that it needs to stop*
- Every day**  
*If I don't get some real sleep soon, I'm going to become everybody's problem*

## WHAT MEDICATIONS HAVE YOU USED OVER THE PAST 3 MONTHS TO MANAGE YOUR SYMPTOMS?

- Antacids**  
*(such as TUMS, Rolaids, etc.)*
- Histamine-2 receptor antagonists – H2s**  
*(such as Tagamet, Zantac, etc.)*
- Proton pump inhibitors – PPIs**  
*(such as Nexium, Prevacid, etc.)*

Other:

\_\_\_\_\_

## HOW HAVE YOUR SYMPTOMS CHANGED IN THE PAST 3 MONTHS?

- Significantly better**  
*I'm on top of the world!*
- Somewhat better**  
*The world is below me but far enough away that I feel good about it*
- Unchanged**  
*The world is exactly where it has been*
- Somewhat worse**  
*Where I am on the world isn't looking so good*
- Significantly worse**  
*I didn't even know that being below the world was an option*



### DID YOU KNOW?

VOQUEZNA is the **first and only FDA-approved treatment** of its kind that helps relieve heartburn related to two types of GERD: Non-Erosive GERD (Gastroesophageal Reflux Disease) and Erosive Esophagitis (also known as Erosive GERD).

**Ask your doctor about VOQUEZNA today**  
*(Tell them Kenan sent you)*

### IMPORTANT SAFETY INFORMATION (cont'd)

Before taking VOQUEZNA, tell your healthcare provider about all your medical conditions, including if you:

- have low magnesium, calcium, or potassium in your blood, or you are taking a medicine to increase urine (diuretic).
- have kidney or liver problems.

Please see full Important Safety Information on next two pages

## INDICATION AND FULL IMPORTANT SAFETY INFORMATION

### What is VOQUEZNA?

- VOQUEZNA® (vonoprazan) is a prescription medicine used in adults:
  - for 8 weeks to heal acid-related damage to the lining of the esophagus (called Erosive Esophagitis) and for relief of heartburn related to Erosive Esophagitis.
  - for up to 6 months to maintain healing of Erosive Esophagitis and for relief of heartburn related to Erosive Esophagitis.
  - for 4 weeks for relief of heartburn related to gastroesophageal reflux disease (GERD).

It is not known if VOQUEZNA is safe and effective in children.

### Do not take VOQUEZNA if you:

- are allergic to vonoprazan or any of the other ingredients in VOQUEZNA. Allergic reaction symptoms may include trouble breathing, rash, itching, and swelling of your face, lips, tongue or throat.
- are taking a medicine that contains rilpivirine (EDURANT, COMPLERA, JULUCA, ODEFSEY) used to treat HIV-1 (Human Immunodeficiency Virus).

### Before taking VOQUEZNA, tell your healthcare provider about all your medical conditions, including if you:

- have low magnesium, calcium, or potassium in your blood, or you are taking a medicine to increase urine (diuretic).
- have kidney or liver problems.
- are pregnant, think you may be pregnant, or plan to become pregnant. It is not known if VOQUEZNA will harm your unborn baby.
- are breastfeeding or plan to breastfeed. It is not known if VOQUEZNA passes into your breast milk. You and your healthcare provider should decide if you will take VOQUEZNA or breastfeed. You should not do both.

**Tell your healthcare provider about all the medicines you take**, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Keep a list of them to show your healthcare provider and pharmacist when you get a new medicine.

VOQUEZNA may affect how other medicines work, and other medicines may affect how VOQUEZNA works. Especially tell your healthcare provider if you take medicine that contains rilpivirine (EDURANT, COMPLERA, JULUCA, ODEFSEY).

### What are the possible side effects of VOQUEZNA?

#### VOQUEZNA may cause serious side effects including:

- **A type of kidney problem (acute tubulointerstitial nephritis):** Some people who take VOQUEZNA may develop a kidney problem called acute tubulointerstitial nephritis. Call your healthcare provider right away if you have a decrease in the amount that you urinate or if you notice blood in your urine.
- **Diarrhea caused by an infection (Clostridioides difficile) in your intestines:** Call your healthcare provider right away if you have watery stools, stomach pain, and fever that does not go away.
- **Bone fractures (hip, wrist, or spine):** Bone fractures in the hip, wrist, or spine may happen in people who take multiple daily doses of another type of medicine that reduces acid in your stomach known as proton pump inhibitors (PPI medicines) for a long period of time (a year or longer). Tell your healthcare provider if you have a bone fracture, especially in the hip, wrist, or spine.
- **Severe skin reactions:** VOQUEZNA can cause rare, but severe skin reactions that may affect any part of your body. These serious skin reactions may need to be treated in a hospital and may be life threatening:
  - Skin rash which may have blistering, peeling, or bleeding on any part of your skin.
  - You may also have fever, chills, body aches, shortness of breath, or enlarged lymph nodes.

If you experience any of these symptoms, stop taking VOQUEZNA and call your healthcare provider right away. These symptoms may be the first sign of a severe skin reaction.

## IMPORTANT SAFETY INFORMATION (CON'T)

- **Low vitamin B-12 levels:** VOQUEZNA lowers the amount of acid in your stomach. Stomach acid is needed to absorb Vitamin B12 properly. Tell your healthcare provider if you have symptoms of low vitamin B12 levels, including irregular heartbeat, shortness of breath, lightheadedness, tingling or numbness in the arms or legs, muscle weakness, pale skin, feeling tired, or mood changes. Talk with your healthcare provider about the risk of low vitamin B12 levels if you have been on VOQUEZNA for a long time.
- **Low magnesium levels in the body** can happen in people who take VOQUEZNA. Tell your healthcare provider right away if you have symptoms of low magnesium levels, including seizures, dizziness, irregular heartbeat, jitteriness, muscle aches or weakness, or spasms of the hands, feet, or voice.
- **Stomach growths (fundic gland polyps):** A certain type of stomach growth called fundic gland polyps may happen in people who take another type of medicine that reduces acid in your stomach known as proton pump inhibitors (PPI medicines) for a long time. Talk with your healthcare provider about the possibility of fundic gland polyps if you have been on VOQUEZNA for a long time.

### The most common side effects of VOQUEZNA for treatment of Erosive Esophagitis and/or relief of heartburn related to gastroesophageal reflux disease include:

- stomach inflammation
- diarrhea
- stomach bloating
- stomach pain
- nausea
- indigestion
- constipation
- high blood pressure
- urinary tract infection

These are not all the possible side effects of VOQUEZNA. For more information, ask your healthcare provider or pharmacist. Call your healthcare provider for medical advice about side effects.

You are encouraged to report suspected adverse reactions by contacting Phathom Pharmaceuticals at 1-888-775-PHAT (7428) or FDA at 1-800-FDA-1088 or [www.fda.gov/medwatch](http://www.fda.gov/medwatch).

Please see [Patient Information](#) and [full Prescribing Information](#) for VOQUEZNA.