

Making the most of your medical appointments

As someone living with primary biliary cholangitis (PBC)



Please refer to the Glossary if you are unsure of any of the technical terms used in this resource. Terms that are defined in the Glossary are underlined throughout.

Discussing some aspects of your primary biliary cholangitis (PBC) experience with your doctor can be challenging when medical appointments are short or infrequent. Sometimes, it may feel like the things you want to talk about haven't been covered, which can be discouraging.

This guide has been given to you as you have been prescribed IQIRVO®▼(elafibranor) by your doctor and includes a checklist to help you prepare for your next appointment. We hope that, overtime, this guidance will help to build an open and trusting relationship between you and your healthcare team. It may help you to have confidence in the questions and discussion you have with your healthcare team.

IPSEN IN PBC

IQIRVO® (elafibranor) Patient Support

In-between appointments



Depending on your doctor and the stage of your PBC, your appointments may be every 3, 6, or even 12 months. This can make it difficult to remember everything that goes on from one appointment to the next. You can make use of the other resources provided to track symptoms and any side effects you might have experienced.

Use the next page to write down any questions that you would like to ask your doctor or nurse. You can write as many as you like whenever you think of them! As your appointment draws closer, you may wish to rank these questions in order of importance so that you cover those that matter most to you.

My next appointment date:

Questions for my doctor or nurse:

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This medicine is subject to additional monitoring. This will allow quick identification of new safety information. 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 help by reporting any side effects you may get. See www.mhra.gov.uk/yellowcard/ for how to report side effects. Side effects should also be reported to Ipsen via email at pharmacovigilance.uk-ie@ipsen.com or phone on 01753 627777

My next appointment date:

Questions for my doctor or nurse:

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My next appointment date:

Questions for my doctor or nurse:

My next appointment date:

Questions for my doctor or nurse:

Leading up to appointments

Set a reminder around a week before your next appointment. During this time, go over the notes you made on the previous page and in your **symptom tracker**. Highlight any key points and questions you'd like to cover in the space below.

Be sure to share anything you may be feeling, experiencing, or thinking, even if they appear normal to you, as it could be important for your healthcare team to know.

Things I'd like to ask my doctor or nurse

During a medical appointment

You and your doctor are a **team** working on managing PBC in the best way possible — they can tailor your treatment and care plan more effectively if you are able to explain details about how your experience with PBC has been since the last time you met.

Re-cap the time between appointments



You may wish to briefly cover how things have been since you last met. Refer back to the notes you made in this resource if you're having trouble remembering.

Ask questions

If you have questions that you have written down in between appointments, ask them! Similarly, if your doctor or nurse mentions something that you don't fully understand or are unsure of, ask them to explain it again or direct you to resources that you can refer to in your own time.



Let them know what works for you

Medical appointments are highly personal. Some people like to focus on their symptoms; others like to discuss their liver function test results in detail, or both!

Let your healthcare team know what works best for you — what sort of information you want to focus on and how you'd like to talk about it. If one approach doesn't work for you, let them know so you can both work on finding something that suits you better.

Suggested topics to cover

Each appointment will naturally differ depending on your needs at the time — below is a list of things you may wish to discuss. You may not have time for all of them, but the work you have put in on the previous pages should help direct the conversation better than anything else.

Talk about the symptoms you are experiencing

Are they the same, better, or worse?

How are they affecting your daily life?

Talk about any medication (for PBC or not) you might be taking

Are you okay with taking them as directed?

Do you have any questions about how they work?

Have you noticed any side effects?

Are you wondering about alternative treatments?

Talk about your feelings

How are you coping with the symptoms and treatment?

Do you feel like you understand your PBC?

Are you part of a PBC support group (and if not, would you like to be directed to one)?

Talk about your liver function tests

Are you familiar with the results of your liver function tests? Or do you need more information?

Are you concerned about how they have changed between appointments?

My appointment date:

Notes from my medical appointment:

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My appointment date:

Notes from my medical appointment:

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