

The Food Allergy Appointment Guide

Start the discussion off strong with your doctor.

Living with food allergies comes with its challenges, but talking with an allergist about treatment options is the first step in helping to manage them. It's important to have a plan of action that can grow and change as life for you/your child does.

Use this guide to help prepare for your appointment and discuss with your doctor if XOLAIR could be the right choice for you or your child.

XOLAIR is for people 1 year of age and older at risk of food allergy reactions after accidental exposure. While taking XOLAIR, continue to practice food allergen avoidance.



Models are for illustrative purposes. Individual results may vary.

Your Food Allergy Experience

Every food allergy journey is different, so let's learn about yours.



When did you discover you/your child had a food allergy?



What symptoms did you/your child show during that reaction?

Check all that apply.

Skin: Itching, hives, or eczema

Swelling: Swelling of the lips, face, tongue, throat, or other parts of the body

Digestive: Stomach pain, diarrhea, nausea, or vomiting

Respiratory: Wheezing, nasal congestion, trouble breathing, or anaphylaxis

Other: Dizziness, lightheadedness, or fainting, etc



Have you/your child done any previous allergy testing? If so, what was the result?



What challenges have you/your child faced due to food allergies?



What is your biggest concern about you/your child's food allergies?



What are your/your child's treatment goals?

What is XOLAIR?

XOLAIR® (omalizumab) for subcutaneous use is an injectable prescription medicine used to treat food allergy in people 1 year of age and older to reduce allergic reactions that may occur after accidentally eating one or more foods to which you are allergic. While taking XOLAIR you should continue to avoid all foods to which you are allergic. It is not known if XOLAIR is safe and effective in people with food allergy under 1 year of age.

XOLAIR should not be used for the emergency treatment of any allergic reactions, including anaphylaxis.

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about XOLAIR?

Severe allergic reaction. A severe allergic reaction called anaphylaxis can happen when you receive XOLAIR. The reaction can occur after the first dose, or after many doses. It may also occur right after a XOLAIR injection or days later. Anaphylaxis is a life-threatening condition and can lead to death.

Please see additional Important Safety Information throughout and full [Prescribing Information](#), including [Medication Guide](#), for additional Important Safety Information.

Use this space to write down any other info that could be helpful during your appointment.

Some details we suggest including are:

- Any over-the counter or prescription medications you are currently taking
- Your food allergy treatment history
- Important points from previous doctor discussions
- Additional questions, comments, or concerns

Questions to Keep in Mind During Your Discussion

Below is a list of questions to ask your allergist to help better understand XOLAIR and how it can help treat food allergies.

Keep track by checking them off as you go along.

Would XOLAIR be an appropriate treatment to help with my/my child's food allergy?

How does XOLAIR work differently than other food allergy therapies?

What results can I expect to see after starting XOLAIR?

What are the potential side effects of XOLAIR?

Should I continue taking my other medications in addition to XOLAIR?

Where would I receive my XOLAIR treatments and how long do they typically take?

When should my next appointment be?



TIP:

Just like prepping for your appointment with this guide, meal prepping and researching restaurants ahead of time can be great ways to help manage food allergies in new places.

Use this space to jot down notes from the above questions.

Check out the links below for more helpful info

FAQs

Tap into frequently asked questions and answers about food allergies.

[XOLAIR.com/FAQs](https://xolair.com/FAQs)



Support For You

Find out about our free program designed to provide timely support and relevant resources.

[XOLAIR.com/FAsupportprogram](https://xolair.com/FAsupportprogram)



Financial Support

Learn about insurance coverage options and co-pay support programs.

[XOLAIR.com/FAfinancialsupport](https://xolair.com/FAfinancialsupport)



No matter how much we try to avoid them, accidental food exposures can still happen. That's why XOLAIR is here to help. Talk to your allergist today.

IMPORTANT SAFETY INFORMATION (continued)

Severe allergic reaction. (continued)

Go to the nearest emergency room right away if you have any of these symptoms of an allergic reaction:

- wheezing, shortness of breath, cough, chest tightness, or trouble breathing
- low blood pressure, dizziness, fainting, rapid or weak heartbeat, anxiety, or feeling of "impending doom"
- flushing, itching, hives, or feeling warm
- swelling of the throat or tongue, throat tightness, hoarse voice, or trouble swallowing

Your healthcare provider will monitor you closely for symptoms of an allergic reaction while you are receiving XOLAIR and for a period of time after treatment is initiated. Your healthcare provider should talk to you about getting medical treatment if you have symptoms of an allergic reaction.

Do not receive and use XOLAIR if you are allergic to omalizumab or any of the ingredients in XOLAIR.

Before receiving XOLAIR, tell your healthcare provider about all of your medical conditions, including if you:

- have a latex allergy or any other allergies (such as seasonal allergies). The needle cap on the XOLAIR prefilled syringe contains a type of natural rubber latex.
- have sudden breathing problems (bronchospasm)
- have ever had a severe allergic reaction called anaphylaxis

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IMPORTANT SAFETY INFORMATION (continued)

Before receiving XOLAIR, tell your healthcare provider about all of your medical conditions, including if you: (continued)

- have or have had a parasitic infection
- have or have had cancer
- are pregnant or plan to become pregnant. It is not known if XOLAIR may harm your unborn baby.
- are breastfeeding or plan to breastfeed. It is not known if XOLAIR passes into your breast milk. Talk with your healthcare provider about the best way to feed your baby while you receive and use XOLAIR.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

How should I receive and use XOLAIR?

- When starting treatment, XOLAIR should be given by your healthcare provider in a healthcare setting.
- If your healthcare provider decides that you or a caregiver may be able to give your own XOLAIR prefilled syringe or autoinjector injections, you should receive training on the right way to prepare and inject XOLAIR.
- Do not try to inject XOLAIR until you have been shown the right way to give XOLAIR prefilled syringe or autoinjector injections by a healthcare provider. Use XOLAIR exactly as prescribed by your healthcare provider.
- The XOLAIR autoinjector (all doses) is intended for use only in adults and adolescents aged 12 years and older. For children 12 years of age and older, XOLAIR prefilled syringe or autoinjector may be self-injected under adult supervision. For children 1 to 11 years of age, XOLAIR prefilled syringe should be injected by a caregiver.
- See the detailed Instructions for Use that comes with XOLAIR for information on the right way to prepare and inject XOLAIR.
- XOLAIR is given in 1 or more injections under the skin (subcutaneous), 1 time every 2 or 4 weeks.
- In people with food allergy, a blood test for a substance called IgE must be performed before starting XOLAIR to determine the appropriate dose and dosing frequency.
- Do not decrease or stop taking any of your food allergy medicine or allergen immunotherapy, unless your healthcare providers tell you to.
- You may not see improvement in your symptoms right away after XOLAIR treatment. If your symptoms do not improve or get worse, call your healthcare provider.
- If you inject more XOLAIR than prescribed, call your healthcare provider right away.

What are the possible side effects of XOLAIR?

XOLAIR may cause serious side effects, including:

- **Cancer.** Cases of cancer were observed in some people who received XOLAIR.
- **Fever, muscle aches, and rash.** Some people get these symptoms 1 to 5 days after receiving a XOLAIR injection. If you have any of these symptoms, tell your healthcare provider.
- **Parasitic infection.** Some people who are at a high risk for parasite (worm) infections, get a parasite infection after receiving XOLAIR. Your healthcare provider can test your stool to check if you have a parasite infection.
- **Heart and circulation problems.** Some people who receive XOLAIR have had chest pain, heart attack, blood clots in the lungs or legs, or temporary symptoms of weakness on one side of the body, slurred speech, or altered vision. It is not known whether these are caused by XOLAIR.

The most common side effects of XOLAIR in people with food allergy: injection site reactions and fever.

These are not all the possible side effects of XOLAIR. Call your doctor for medical advice about side effects.

You may report side effects to the FDA at (800) FDA-1088 or www.fda.gov/medwatch. You may also report side effects to Genentech at (888) 835-2555 or Novartis Pharmaceuticals Corporation at (888) 669-6682.

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