WHAT IS SYMDEKO™ (TEZACAFTOR/IVACAFTOR AND IVACAFTOR)?

SYMDEKO is a prescription medicine used for the treatment of cystic fibrosis (CF) in patients aged 12 years and older who have two copies of the F508del mutation, or who have at least one mutation in the CF gene that is responsive to treatment with SYMDEKO.

Talk to your doctor to learn if you have an indicated CF gene mutation.

It is not known if SYMDEKO is safe and effective in children under 12 years of age.

Please see Important Safety Information on pages 3, 6, and 7 and full Prescribing Information, including Patient Information.
HOW TO TAKE SYMDEKO™

The recommended dose of SYMDEKO

It's important to take SYMDEKO exactly as your healthcare provider tells you to take it, along with your other CF therapies. SYMDEKO should always be taken by mouth, along with fat-containing food.

Every dose matters

Together, the medicines that make up SYMDEKO target the underlying cause of CF. Talk to your healthcare provider about all of the medicines you take, as your dose of SYMDEKO may need to be adjusted. Be sure to take every dose exactly as prescribed by your healthcare provider, because every dose matters.

IMPORTANT SAFETY INFORMATION

Do not take SYMDEKO if you take certain medicines or herbal supplements such as:

- antibiotics such as rifampin (Rifamate®, Rifater®) or rifabutin (Mycobutin®)
- seizure medicines such as phenobarbital, carbamazepine (Tegretol®, Carbatrol®, Equetro®) or phenytoin (Dilantin®, Phenytek®)
- St. John’s wort

Talk to your doctor before taking SYMDEKO if you take any of the medicines or herbal supplements listed above.

Before taking SYMDEKO, tell your doctor about all of your medical conditions, including if you:

- have or have had liver problems
- have kidney problems
- are pregnant or plan to become pregnant. It is not known if SYMDEKO will harm your unborn baby. You and your doctor should decide if you will take SYMDEKO while you are pregnant
- are breastfeeding or planning to breastfeed. It is not known if SYMDEKO passes into your breast milk. You and your doctor should decide if you will take SYMDEKO while you are breastfeeding

Please see additional Important Safety Information on pages 6 and 7 and full Prescribing Information, including Patient Information.
ALWAYS TAKE SYMDEKO™ WITH FAT-CONTAINING FOOD

Always take SYMDEKO with a fat-containing meal or snack to help your body absorb the medicine. You can find ideas for fat-containing foods at the end of this brochure.

Be sure to avoid foods and drinks that contain grapefruit or Seville oranges while taking SYMDEKO because they may affect the amount of SYMDEKO in the body.

Be prepared with on-the-go snacks like:

- Whole milk yogurt
- Whole milk string cheese
- Hummus and pita chips
- Smoothie with nut butter
- Hard boiled eggs
- Trail mix

Click here for fat-containing food recipes.

IF YOU MISS A DOSE

If you miss a dose of SYMDEKO and it is 6 hours or less from the time you usually take your yellow tablet in the morning or the light blue tablet in the evening, take the missed dose with food that contains fat as soon as you can. Then take your next dose at your usual time.

If it is more than 6 hours from the time you usually take the yellow tablet in the morning or the light blue tablet in the evening, do not take the missed dose. Take your next dose at the usual time with food that contains fat. Do not take more than your usual dose of SYMDEKO to make up for a missed dose.

For help managing your treatment, Vertex GPS™: Guidance & Patient Support offers refill reminders through text and e-mail. Ask your Case Manager for help signing up.

Please see Important Safety Information on pages 3, 6, and 7 and full Prescribing Information, including Patient Information.
IMPORTANT SAFETY INFORMATION (CONT’D)

SYMDEKO™ may affect the way other medicines work, and other medicines may affect how SYMDEKO works.

Tell your doctor about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements, because the dose of SYMDEKO may need to be adjusted when taken with certain medicines.

Especially tell your doctor if you take:

• antifungal medicines such as ketoconazole (e.g., Nizoral®), itraconazole (e.g., Sporanox®), posaconazole (e.g., Noxafil®), voriconazole (e.g., Vfend®), or fluconazole (e.g., Diflucan®)
• antibiotics such as telithromycin (e.g., Ketek®), clarithromycin (e.g., Biaxin®), or erythromycin (e.g., Ery-Tab®)

What should I avoid while taking SYMDEKO?

• SYMDEKO can cause dizziness in some people who take it. Do not drive a car, use machinery, or do anything that needs you to be alert until you know how SYMDEKO affects you.
• Avoid food or drink that contains grapefruit or Seville oranges while you are taking SYMDEKO.

What are the possible side effects of SYMDEKO?

SYMDEKO can cause serious side effects, including:

• High liver enzymes in the blood have been reported in people treated with SYMDEKO or treated with ivacaftor alone. Your doctor will do blood tests to check your liver:
  – before you start SYMDEKO
  – every 3 months during your first year of taking SYMDEKO
  – every year while you are taking SYMDEKO

IMPORTANT SAFETY INFORMATION (CONT’D)

What are the possible side effects of SYMDEKO? (cont’d)

Your doctor may do blood tests to check the liver more often if you have had high liver enzymes in your blood in the past.

Call your doctor right away if you have any of the following symptoms of liver problems:

- pain or discomfort in the upper right stomach (abdominal) area
- yellowing of your skin or the white part of your eyes
- loss of appetite
- nausea or vomiting
- dark, amber-colored urine

• Abnormality of the eye lens (cataract) in some children and adolescents treated with SYMDEKO or with ivacaftor alone. If you are a child or adolescent, your doctor should perform eye examinations before and during treatment with SYMDEKO to look for cataracts.

The most common side effects of SYMDEKO include headache, nausea, sinus congestion, and dizziness.

These are not all the possible side effects of SYMDEKO. Call your doctor for medical advice about side effects. You are encouraged to report side effects to FDA at 1-800-FDA-1088.

Please see additional Important Safety Information on page 3 and full Prescribing Information, including Patient Information.
Explore how Vertex GPS™: Guidance & Patient Support can help

Vertex GPS is here to provide eligible patients with ongoing product support, which includes refill reminders and educational information.

Visit VertexGPS.com for Delicious Dishes: recipe videos featuring our Case Managers. Download recipes to recreate these tasty snacks and meals at home.

You can speak to your dedicated Case Manager at 1-877-752-5933 (press 2), Monday through Friday, from 8:30 AM to 7:00 PM ET. If you have been prescribed SYMDEKO™ (tezacaftor/ivacaftor and ivacaftor) and are not enrolled in Vertex GPS, please speak with your healthcare provider.

Please see Important Safety Information on pages 3, 6, and 7 and full Prescribing Information, including Patient Information.
### French Toast Waffles

**INGREDIENTS**
- Cooking spray
- ½ cup whole milk
- 2 large eggs
- 1 tbsp maple syrup
- ½ tsp vanilla extract
- 1 pinch salt
- 4 pieces ½-inch thick brioche

**DIRECTIONS**
1. Preheat a waffle iron according to manufacturer’s instructions and spray with cooking spray.
2. Whisk milk, eggs, maple syrup, vanilla extract, and salt together in a wide bowl until thoroughly combined. Dip bread slices in the egg mixture, coating both sides completely. Place dipped bread slices on a rimmed baking sheet and let rest until mixture soaks in, about 2 min.
3. Place dipped bread in the preheated waffle iron. Gently close the lid without forcing it down. Cook according to manufacturer’s instructions until golden brown, 3 to 5 min. Repeat with remaining slices.

**NUTRITION PER SERVING**
Calories: 284  
Total Fat: 22.6 g  
Protein: 11.1 g

### Peanut Butter Bars

**INGREDIENTS**
- ¼ cup peanut butter  
- ½ (12 oz) jar honey  
- ¼ cup brown sugar  
- 1 cup granola  
- 1 cup quick cooking oats  
- 1 cup puffed rice cereal  
- ½ cup chocolate chips  
- ½ cup chopped dried mixed fruit

**DIRECTIONS**
1. Melt peanut butter and honey together in a saucepan over medium heat. Dissolve brown sugar into the peanut butter mixture; bring to a simmer for 2 min.
2. Mix granola, oats, rice cereal, chocolate chips, and fruit together in a large bowl; pour peanut butter mixture over the granola mixture and fold to coat.
3. Grease a cake pan. Pour the granola mixture into the prepared pan and press into a flat layer. Cool at room temperature until set, about 15 min before cutting into bars.

**NUTRITION PER SERVING**
Calories: 109  
Total Fat: 3.9 g  
Protein: 2.2 g

### Buffalo Chicken Dip

**INGREDIENTS**
- 2 (10 oz) cans chunk chicken, drained  
- 2 (8 oz) packages cream cheese, softened  
- 1 cup ranch dressing  
- ¾ cup pepper sauce (such as Frank’s Red Hot®)  
- 1½ cups shredded cheddar cheese  
- 1 bunch celery, cleaned and cut into 4-inch pieces  
- 1 (8 oz) box chicken-flavored crackers

**DIRECTIONS**
1. Heat chicken and hot sauce in a skillet over medium heat until heated through.
2. Stir in cream cheese and ranch dressing.
3. Cook, stirring until well blended and warm.
4. Mix in half of the shredded cheese, and transfer the mixture to a slow cooker.
5. Sprinkle the remaining cheese over the top, cover, and cook on low setting until hot and bubbly.
6. Serve with celery sticks and crackers.

**NUTRITION PER SERVING**
Calories: 284  
Total Fat: 22.6 g  
Protein: 11.1 g
## TATER TOT NACHOS

### INGREDIENTS
- 1 (32 oz) package frozen Tater Tots®
- 1 lb ground beef
- 1 (1 oz) package taco seasoning mix
- ¾ cup water
- 1 cup spicy nacho cheese sauce
- ½ cup sour cream
- ¼ cup diced onion
- ¼ cup jalapeño pepper slices

### DIRECTIONS
1. Preheat oven to 450°F.
2. Arrange potato nuggets in a single layer on a baking sheet.
3. Bake potato nuggets in the preheated oven until golden and heated through, 24 to 26 min.
4. Heat a large skillet over medium-high heat. Cook beef in the skillet until browned and crumbly; drain grease. Stir water and taco seasoning mix into beef; cook, stirring frequently, until mixture boils and thickens.
5. Heat cheese sauce in microwave in 15-second intervals until hot, stirring between intervals.

### NUTRITION PER SERVING
- Calories: 534
- Total Fat: 32.7 g
- Protein: 18.4 g

### 6 SERVINGS
- Prep Time: 15 min
- Total Time: 35 min

## MACARONI AND CHEESE

### INGREDIENTS
- 2 tbsp butter
- ¼ cup finely chopped onion
- 2 tbsp all-purpose flour
- 2 cups milk
- ½ tsp salt
- ½ tsp dry mustard
- ¼ tsp ground black pepper
- 1 (8 oz) package elbow macaroni
- 2 cups shredded cheddar cheese
- 1 (8 oz) package processed American cheese, cut into strips

### DIRECTIONS
1. Preheat oven to 350°F.
2. Melt butter in a saucepan over medium heat. Sauté onion for 2 min. Stir in flour and cook 1 min, stirring constantly. Stir in milk, salt, mustard, and pepper; cook, stirring frequently, until mixture boils and thickens.
3. Bring a pot of lightly salted water to a boil. Add macaroni and cook for 8 to 10 min or until al dente; drain.
4. Add cheeses; stir until cheese melts. Combine macaroni and cheese sauce in a 2-quart baking dish; mix well.
5. Bake for 30 min, or until hot and bubbly. Let cool 10 min before serving.

### NUTRITION PER SERVING
- Calories: 561
- Total Fat: 33.3 g
- Protein: 28.3 g

### 6 SERVINGS
- Prep Time: 10 min
- Total Time: 50 min

## PUMPKIN FLUFF DIP

### INGREDIENTS
- 1 (16 oz) container frozen whipped topping, thawed
- 1 (5 oz) package instant vanilla pudding mix
- 1 (15 oz) can solid pack pumpkin
- 1 tsp pumpkin pie spice

### DIRECTIONS
1. In a large bowl, mix together instant vanilla pudding mix, pumpkin, and pumpkin pie spice.
2. Fold in the thawed frozen whipped topping.
3. Chill in the refrigerator until serving.

### NUTRITION PER SERVING
- Calories: 65
- Total Fat: 3.6 g
- Protein: 0.3 g

### 32 SERVINGS
- Prep Time: 5 min
- Total Time: 5 min