

## Stimate® Nasal Spray

Your health care team wants you to take Stimate® nasal spray. This medicine is a treatment for mild hemophilia and certain subtypes of von Willebrand disease. These two blood disorders can make you bleed for prolonged periods of time even from small injuries. Stimate helps stop bleeding sooner.

### Before Taking Stimate

Be sure to tell your health care team about all your medical conditions, including any of these:

- Heart, blood circulation, or blood pressure problems
- Low blood sodium (hyponatremia)
- A history of seizures
- A hard time breathing through your nose
- Surgery on your nose, recent or in the past
- A condition that causes fluid imbalances such as cystic fibrosis, heart failure, or kidney problems
- A condition that makes you very thirsty, current or in the past
- Pregnancy, planning a pregnancy, or breastfeeding

Also, tell your health care team about all the medicines you take. This includes prescriptions, over-the-counter medicines, vitamins, supplements, and herbal remedies. Other medicines can change the way Stimate works.

It is especially important to tell your health care team if you take any of these:

- Blood pressure or heart medicines
- Medicines for depression or anxiety
- Antihistamines such as allergy pills
- Pain medicines
- Anti-seizure medicines
- Medicines for overactive bladder or bedwetting

### Using and Storing Stimate

Use Stimate exactly as your health care team tells you. Do not use more or take it more often than they told you.

The spray pump on the Stimate bottle gives you the correct dose of the medicine. Depending on your weight, your health care team may prescribe one or two

sprays per day. Smaller individuals may only need one spray to achieve the desired effect.

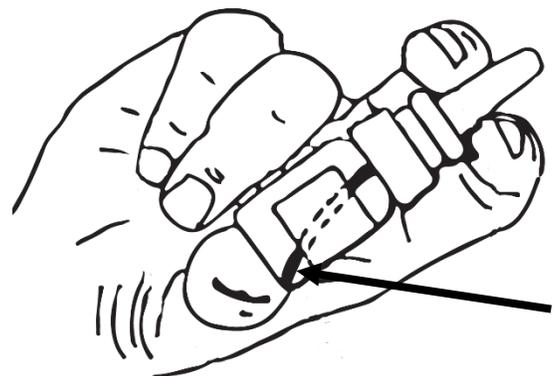
There are 25 sprays in each bottle. Keep track of the number of sprays you have used. The instructions that come with the medicine have a chart for recording the sprays. If your health care team prescribed two doses (one spray in each nostril), be sure to mark off two sprays. There is extra medicine in the bottle to allow for priming. See step 2 below to learn about priming. Do not count the priming sprays. If there is still medicine in the bottle after 25 sprays, do not use it. After 25 sprays, the pump may not give the correct dose. Do not try to put the medicine into another bottle.

Store Stimate at room temperature, not higher than 77° F. Keep the bottle standing upright.

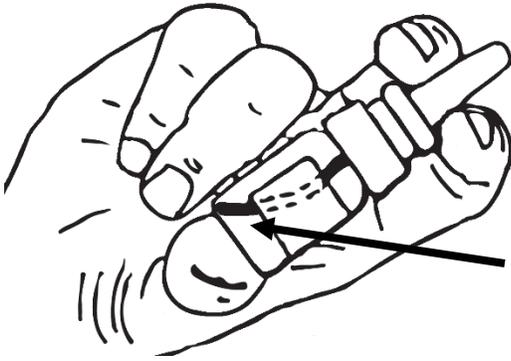
Throw the bottle away 6 months after it is opened. If the expiration date on the bottle has passed, throw it away even if the 6 months is not up. Contact the hematology clinic for a replacement.

### Instructions for Using the Spray Pump

1. Remove the protective cap from the bottle.
2. If you are using the bottle for the first time, you must prime the spray pump. Press down on the ring at the top of the pump 4 times. Point the spray tip away from your face and eyes.
3. When primed, the pump gives a 150-microgram dose of medicine each time you press it. To make sure you get the right dose, tilt the bottle so the tube inside draws the medicine from the deepest part inside the bottle. See Figures A and B.



3.A Correct



3.B Incorrect

4. Put the spray tip in your nostril and press the spray pump one time. Do not inhale. The membranes inside your nose soak up the medicine.
5. If your health care team prescribed 2 doses, or 300 micrograms, put the second dose in your other nostril.
6. Put the protective cap back on the bottle.
7. If you have not used the spray for one week or more, you will need to prime the pump again. Press 1 time, or until you see a fine mist.

### Side Effects

Taking Stimate puts you at risk for holding too much water in your body. You must follow your healthcare team’s instructions about how much liquid you can drink. If you do not, you could have seizures, go into a coma, or worse.

Here are recommendations for the amount of fluid to drink during the 24 hours after each time you use Stimate:

If you weigh...	Drink no more than this amount in 24 hours
88 pounds	64 ounces, or 1.8 liters
110 pounds	72 ounces, or 2.1 liters
154 pounds	80 ounces, or 2.3 liters
198 pounds or more	96 ounces, or 2.8 liters

Stimate can also lower the amount of sodium in your blood. Call your health care team right away if any of these things happen while you are using Stimate:

- Chest pain
- Confusion
- Dizziness
- Headaches
- Seizure
- Loss of appetite
- Muscle weakness, spasms, or cramps
- Nausea or vomiting
- Rapid or irregular heartbeat
- Restless, irritable, or tired feeling
- Weight gain

Stimate may also cause other, less serious side effects:

- Changes in blood pressure
- Cold symptoms
- Nosebleed
- Sore throat or cough
- Stuffy or runny nose
- Red, or flushing in face

Tell your health care team about any side effect that bothers you or does not go away. Do not stop taking Stimate without talking to your health care team.