ABILIFY® (aripiprazole)

Oral Formulations

Healthcare Professional

Frequently Asked Questions (FAQ) Brochure
Bipolar I Disorder in Adolescents

The oral formulations of ABILIFY® (aripiprazole) are indicated for the treatment up to 12 weeks of moderate-to-severe manic episodes in adolescents with bipolar I disorder aged 13–17 years old. Treatment for adolescent patients should be initiated only after a thorough diagnostic evaluation and careful consideration of the risks and benefits of treatment. Medication should be part of a treatment programme that also includes psychological, educational, and social intervention.

This brochure is not a substitute for the oral ABILIFY® (aripiprazole) Summary of Product Characteristics (SPC). Please consult the SPC for full prescribing information. Please note that intramuscular ABILIFY® (aripiprazole) is not licensed for use in children and adolescents under 18 years of age.

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Bristol-Myers Squibb

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Table of Contents

What is the Purpose of this Brochure?

These frequently asked questions are provided by Bristol-Myers Squibb and Otsuka Pharmaceutical Europe Ltd. for doctors, nurses and other healthcare professionals who use ABILIFY® (aripiprazole) to treat adolescent patients with bipolar I disorder.

This document will enable you to:

- Understand how ABILIFY® (aripiprazole) is used to treat adolescent patients with bipolar I disorder
- Provide important information to adolescent patients with bipolar I disorder and their caregiver(s)
- Understand potential adverse reactions in adolescent patients with bipolar I disorder who are treated with ABILIFY® (aripiprazole)
- Present the Patient/Caregiver Information Brochure and its objectives to adolescent patients with bipolar I disorder

What is the Patient/Caregiver Information Brochure?

The Patient/Caregiver Information Brochure will help patients and caregiver(s) understand what ABILIFY® (aripiprazole) is and what to expect during treatment. It also includes information about potential adverse reactions associated with ABILIFY® (aripiprazole) treatment and the importance of immediately reporting any symptoms of these adverse reactions to you.

You are encouraged to distribute a Patient/Caregiver Information Brochure to all adolescent patients with bipolar I disorder who are receiving oral ABILIFY® (aripiprazole) treatment for the first time or patients who ask for a new copy. The Patient/Caregiver Information Brochure may also be a useful resource when discussing ABILIFY® (aripiprazole) treatment with your patient and their caregivers(s).

What Should I Know About ABILIFY® (aripiprazole)?

What is ABILIFY® (aripiprazole)?

ABILIFY® (aripiprazole) is an antipsychotic medicine. Its exact mechanism of action is unknown, but it is thought to modulate neurotransmission by acting as a partial agonist at dopamine and 5-hydroxytryptamine (5-HT; serotonin) receptors in the brain. This means that ABILIFY® (aripiprazole) activates dopamine and 5-HT receptors, but to a lesser extent than endogenous dopamine and 5-HT. As dopamine and 5-HT are involved in bipolar I disorder, ABILIFY® (aripiprazole) helps normalise brain activity, thereby reducing manic symptoms.

What is the Indication for ABILIFY® (aripiprazole) in Bipolar I Disorder in Adolescents?

The oral formulations of ABILIFY® (aripiprazole) are indicated for the treatment up to 12 weeks of moderate-to-severe manic episodes in adolescents with bipolar I disorder aged 13 years and older.

Please note that intramuscular ABILIFY® (aripirazole) is not licensed for use in children and adolescents under 18 years of age.

Is ABILIFY® (aripiprazole) Indicated for Preventing a Recurrence of Bipolar I Disorder in Patients Aged 13–17 Years Old?

No, ABILIFY® (aripiprazole) is not indicated for preventing a recurrence of bipolar I disorder in patients aged between 13 and 17 years old.

How Old are Adolescent Patients?

Adolescent patients are considered to be aged between 13 and 17 years old. Patients aged 18 years or older are considered to be adults.

Why is ABILIFY® (aripiprazole) Not Indicated for Bipolar I Disorder in Patients Under 13 Years of Age?

Younger patients are at increased risk of experiencing adverse reactions associated with ABILIFY® (aripiprazole). Therefore, ABILIFY® (aripiprazole) is not recommended for use in patients under 13 years of age.

What Dose of oral ABILIFY® (aripiprazole) Should be Administered to Adolescent Patients?

The recommended dose of oral ABILIFY® (aripiprazole) is 10 mg/day for adolescent patients aged between 13 and 17 years old.

Treatment should be initiated at 2 mg (using ABILIFY® [aripiprazole] oral solution 1 mg/mL) for 2 days, titrated to 5 mg for 2 additional days before reaching the recommended daily dose of 10 mg from Day 5 of treatment onwards.

Enhanced efficacy at doses higher than a daily dose of 10 mg has not been demonstrated, and a daily dose of 30 mg is associated with a substantially higher incidence of significant undesirable effects including extrapyramidal-symptom-related events, somnolence, fatigue and weight gain in adolescent patients with bipolar I disorder. Doses higher than 10 mg/day should therefore only be used in exceptional cases and with close clinical monitoring.

Why is the ABILIFY® (aripiprazole) Dose for Adolescent Patients Lower Than Doses Used to Treat Adults?

In a study of 296 paediatric patients with bipolar I disorder, increasing the dose of ABILIFY® (aripiprazole) beyond 10 mg/day did not improve efficacy. However, doses of ABILIFY® (aripiprazole) greater than 10 mg/day may be associated with an increased risk of some adverse reactions, particularly extrapyramidal symptoms. Therefore, the recommended dose of ABILIFY® (aripiprazole) for the treatment of adolescent patients with bipolar I disorder is 10 mg/day.

How Long Should Adolescent Patients With Bipolar I Disorder be Treated With ABILIFY® (aripiprazole)?

Adolescent patients with bipolar I disorder should be treated with ABILIFY® (aripiprazole) for the minimum necessary duration to achieve symptom control, but treatment duration must not exceed 12 weeks.

What Should I Know About Adverse Reactions?

Adolescent patients aged between 13 and 17 years old treated with ABILIFY® (aripiprazole) have a similar adverse-reaction profile to that of adult patients aged 18 years or older. However, somnolence, extrapyramidal symptoms, akathisia and fatigue were very common (incidence ≥ 10%) in adolescent patients with bipolar I disorder treated with ABILIFY® (aripiprazole) and the risk of experiencing one of these adverse reactions was greater in adolescents compared with adults. Upper abdominal pain, increased heart rate, weight gain, increased appetite, muscle twitching and dyskinesia were also more common in adolescent patients during clinical trials (incidence 1–10%).

Enhanced efficacy at doses higher than a daily dose of 10 mg has not been demonstrated, and a daily dose of 30 mg is associated with a substantially higher incidence of significant undesirable effects including extrapyramidal-symptom-related events, somnolence, fatigue and weight gain in adolescent patients with bipolar I disorder. Doses higher than 10 mg/day should therefore only be used in exceptional cases and with close clinical monitoring.

How Should Weight Gain be Monitored and Managed in Adolescent Patients With Bipolar I Disorder Who are Treated With ABILIFY® (aripiprazole)?

In clinical trials of adolescent patients with bipolar I disorder, ABILIFY® (aripiprazole) has been shown to be associated with weight gain after 4 weeks of treatment.

Mean changes in body weight in adolescent patients after 12 and 30 weeks were 2.4 kg and 5.8 kg in patients treated with ABILIFY® (aripiprazole), and 0.2 kg and 2.3 kg for placebo, respectively.

Weight gain is commonly seen in patients with bipolar I disorder due to comorbidities, use of antipsychotics known to cause weight gain or poorly

managed lifestyle, and might lead to severe complications. Accordingly, it is recommended that weight is monitored in adolescent patients with bipolar I disorder and compared against that expected with normal growth. If weight gain is clinically significant, dose reduction should be considered.

How Common are Extrapyramidal Symptoms in Adolescent Patients With Bipolar I Disorder Treated With ABILIFY® (aripiprazole)?

The frequency of extrapyramidal symptoms in a clinical trial examining the efficacy and safety of ABILIFY® (aripiprazole) in adolescent patients with bipolar I disorder was higher than that observed in adult patients. Extrapyramidal symptoms were observed in 9.1% of patients administered ABILIFY® (aripiprazole) 10 mg compared with 1.7% of patients administered a placebo.

However, it should be noted that the risk of extrapyramidal symptoms in patients administered ABILIFY® (aripiprazole) was possibly dose-dependent, with an increased incidence of symptoms (28.8%) being observed in patients administered ABILIFY® (aripiprazole) 30 mg.

Therefore, it is recommended that adolescent patients with bipolar I disorder are administered a 10 mg dose of ABILIFY® (aripiprazole).

If extrapyramidal symptoms appear in a patient with bipolar I disorder while being treated with ABILIFY® (aripiprazole), dose reduction and close clinical monitoring should be considered.

How Common is Somnolence and Fatigue in Adolescent Patients With Bipolar I Disorder Treated With ABILIFY® (aripiprazole)?

The frequency of somnolence and fatigue in clinical trials examining the efficacy and safety of ABILIFY® (aripiprazole) was greater in adolescent patients with bipolar I disorder compared with adult patients with bipolar I disorder and paediatric patients with schizophrenia. Somnolence and fatigue were observed in 23.0% and 11.8% of adolescent patients with bipolar I disorder administered ABILIFY® (aripiprazole), respectively.

If a patient treated with ABILIFY® (aripiprazole) exhibits the symptoms of somnolence or fatigue, clinical monitoring is recommended.

What Advice Can I Give to Patients Receiving ABILIFY® (aripiprazole) Who Experience Adverse Reactions?

ABILIFY® (aripiprazole) can cause adverse reactions; although, not everybody gets them.

Enhanced efficacy at doses higher than a daily dose of 10 mg has not been demonstrated, and a daily dose of 30 mg is associated with a substantially higher incidence of significant undesirable effects, particularly extrapyramidal-symptom-related events.

What Should I Discuss With My Patients?

Healthcare practitioners are important sources of information and psychological support for patients treated with ABILIFY® (aripiprazole) and, therefore, have a very important role in educating patients and their caregiver(s) about ABILIFY® (aripiprazole) and its possible side effects and adverse reactions. In particular, it is important that you teach your patients how to recognise important adverse reactions, such as weight gain, extrapyramidal symptoms, fatigue, somnolence and allergic reactions, and inform them of the importance of reporting any adverse reactions to you.

Furthermore, it is important to remind the patient and their caregiver(s) of the need to maintain the recommended dosing regimen of ABILIFY® (aripiprazole) 10 mg once daily because doses greater than 10 mg once daily may be associated with an increased risk of adverse reactions in adolescent patients without offering any improvement in efficacy.

A Patient/Caregiver Information Brochure is available for your patients and their caregiver(s), and it is important to supply all your patients and their caregiver(s) with this document and answer any questions they may have. You should encourage your patients to read this document and keep it in a safe place.

The following section provides you with answers to some of the most common questions regarding treatment with ABILIFY® (aripiprazole).

Answering Questions About Treatment

What Side Effects are Patients Likely to Experience?

ABILIFY® (aripiprazole) can cause side effects; although, not everybody gets them.

Adolescent patients with bipolar I disorder aged between 13 and 17 years old treated with ABILIFY® (aripiprazole) generally experience side effects that are comparable with those seen in adults. Side effects that are considered to be common in adults, in that they are observed in 1–10 out of every 100 patients, include headache, nausea, vomiting, an uncomfortable feeling in the stomach, constipation, increased production of saliva, light-headedness, trouble sleeping, feeling anxious, shaking and blurred vision. Some patients may also feel depressed.

However, some side effects were more common in a clinical trial in adolescent patients with bipolar I disorder treated with ABILIFY® (aripiprazole). Sleepiness, uncontrollable twitching or jerking movements, restlessness and tiredness were very common (greater than one in 10 patients) and upper abdominal pain, dry mouth, increased heart rate, weight gain, increased appetite, muscle twitching, uncontrolled movements of the limbs and feeling dizzy, especially when getting up from a lying or sitting position, were common (greater than one in 100 patients).

Can a Patient Take Other Medicines While Taking ABILIFY® (aripiprazole)?

Patients taking ABILIFY® (aripiprazole) should tell their doctor or pharmacist if they are taking, or have recently taken any other medicines, including medicines obtained without a prescription. It is especially important for patients to mention the following to their doctor:

- Medicines to correct heart rhythm
- Antidepressants or herbal remedies used to treat depression and anxiety
- Antifungal agents
- Certain medicines to treat HIV infection
- Anticonvulsants used to treat epilepsy

Furthermore, despite the high comorbidity frequency of bipolar I disorder and attention-deficit hyperactivity disorder (ADHD), very limited safety data are available on concomitant use of ABILIFY® (aripiprazole) and stimulants; therefore, extreme caution should be taken when these drugs are co-administered.

Do Patients Need to Take ABILIFY® (aripiprazole) With Food or Drink?

ABILIFY® (aripiprazole) can be taken regardless of meals, but alcohol should be avoided when taking ABILIFY® (aripiprazole).

Can Patients Drive While Receiving ABILIFY® (aripiprazole)?

Adolescent patients with bipolar I disorder treated with ABILIFY® (aripiprazole) have an increased incidence of somnolence and fatigue. Therefore, patients should not drive or use any hazardous tools or machines, until they know how ABILIFY® (aripiprazole) affects them.

What Should Patients Do if They Experience Side Effects?

ABILIFY® (aripiprazole) can cause side effects; although, not everybody gets them.

If the patient experiences any side effects, they should tell their doctor or pharmacist. In particular, if the patient notices they are gaining weight, develops unusual movements, experiencing fatigue or somnolence that interferes with normal daily activities, has any difficulty in swallowing or allergic symptoms, they should tell their doctor.

The patient should tell their doctor immediately if they are having any thoughts or feelings about hurting themselves, as patients have reported suicidal thoughts and behaviours during ABILIFY® (aripiprazole) treatment. Likewise, patients should inform their doctor immediately if they suffer from muscle stiffness or inflexibility with high fever, sweating, altered mental status or very rapid or irregular heartbeat.

Where Can Patients Find Out More Information About ABILIFY® (aripiprazole)?

Patients should be advised to ask their doctor, pharmacist or nurse for any relevant additional information. Patients should receive the Package Leaflet including information for the User.

You should also give patients a copy of the Patient/Caregiver Information Brochure, if they have not already received one.

Where Can I Obtain More Information?

To learn more or to review the most up-to-date information on ABILIFY® (aripiprazole), please refer to the oral ABILIFY® (aripiprazole) Summary of Product Characteristics at www.medicines.ie or call BMS Medical Information on 1800 749 749.

Adverse Event Reporting

Adverse events should be reported. Reporting forms and information can be found at www.imb.ie. Adverse events can also be reported to the Irish Medicines Board by calling on (01) 6764971. Adverse events should also be reported to Bristol-Myers Squibb Medical Information on 1800 749 749 or medical.information@bms.com.

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ABILIFY® (aripiprazole) Package Leaflet
ABILIFY® (aripiprazole) Summary of Product Characteristics