TEZSPIRE®
(tezepelumab) Subcutaneous Injection

Travel guidance for patients travelling while on TEZSPIRE

This document is intended for patients, and their caregivers, aged 12 and over who have been prescribed TEZSPIRE (tezepelumab) for severe asthma to provide guidance on how to travel with TEZSPIRE. It is intended to complement the 'Instructions for Use' and 'Patient Information Leaflet' (included in the carton) and does not act as a replacement. Please refer to these materials for additional important information.

▼ This medicine is subject to additional monitoring. This will allow quick identification of new safety information. You can help by reporting any side effects you may get.

Reporting of side effects

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 report side effects directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard. Side effects can also be reported to AstraZeneca by visiting https://contactazmedical.astrazeneca.com or by calling 0800 783 0033.

By reporting side effects you can help provide more information on the safety of the medicine.

Job code: GB-52640, DOP: May-24
This material is created and funded by AstraZeneca.

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Choosing your destination

You shouldn't feel controlled by your asthma, but you should make sure that your travel plans fit with your treatment.

Before planning your trip, speak to your doctor to make sure that your destination does not require any vaccines that you can't have while taking TEZSPIRE. Make sure to also discuss the risks of any infections, including parasitic infections, with your doctor if you are going somewhere where they are common.

Always check that it is legal to take TEZSPIRE into the country you are visiting, as laws about which medicines are allowed vary. Your home country may also have rules on what you can take with you. For more information, visit the Public Health England website Travel Health Pro (www.travelhealthpro.org.uk).

Storing TEZSPIRE while travelling

Before travelling:

- **Store TEZSPIRE in a refrigerator (2°C–8°C)** in the original package.
- Once removed from the refrigerator, **you can store TEZSPIRE at room temperature (20°C to 25°C)** in its outer carton for a **maximum of 30 days**. After 30 days, or if temperatures are above 25°C, you must safely dispose of TEZSPIRE. Do not put it back in the refrigerator. Ask your pharmacist how to properly dispose of medicines while travelling to help protect the environment.

While travelling:

- **Carry your TEZSPIRE in your hand luggage** while travelling in an aeroplane. If it goes in the cargo hold, it might freeze and the medication will not work.

- Consider **keeping a note in your bag**, in the local language, that says: **"This bag has my medication in it and I need to keep it with me at all times". Also, bring a letter from your healthcare provider** explaining why you need to carry your medication on the aeroplane. See the 'Guidance for getting through customs' section for more information on this.

Storage in high temperatures and during long journeys:

- **If temperatures might be above 25°C while travelling or at your destination, keep your TEZSPIRE refrigerated (2°C to 8°C). You can buy cool bags** that will keep your TEZSPIRE at the right temperature while you're travelling– contact the AstraZeneca medical information team on 0800 783 0033 for more information if needed.
- Before long journeys, **think about contacting the airline or train operator you're travelling with to check if you can store your medication in a refrigerator** while travelling. You might also be able to refreeze the ice blocks from your cool bag to keep your TEZSPIRE at the right temperature during your journey to your final destination.

I left my pen out of the fridge/in the car on a hot day. Can I still use it?

If TEZSPIRE has been exposed to temperatures above 25°C it should not be used. Contact the AstraZeneca medical information team on 0800 783 0033, or your travel insurer to discuss what options are available.

How long can the device be out of the refrigerator before I have to use or discard it? (single excursion)

TEZSPIRE may be kept at room temperature (20°C to 25°C) in the outer carton for a maximum of 30 days once removed from the fridge. After 30 days, or if temperatures are above 20°C to 25°C you must safely dispose of TEZSPIRE, do not put it back in the refrigerator.

What if my device gets damaged during my travel?

Do not use your device if it is dropped or damaged during travel, or if the security seal on the carton has been broken. Contact the AstraZeneca medical information team on 0800 783 0033, or your travel insurer to discuss what options are available in this situation.

Guidance for getting through customs

Before you travel

It is important that you discuss any travel plans with your referring Healthcare Professional and TEZSPIRE homecare team, well in advance of any travel.

Before you travel, your Healthcare Professional or the TEZSPIRE homecare team will be able to give you a letter that describes severe asthma and explains your specific needs to carry your device and medication on the aeroplane. Some airlines may also choose to add a note to your file so that all staff are aware you are travelling with medical items. You should also inform the airline you're flying with about the medication and equipment you'll be carrying and using, and ask them if you need any extra documentation.

When travelling abroad

Remember that the security and customs officers on the way back from your trip may not speak your language. Always check in advance what the local security and customs checks will be and make a note of useful translated phrases.

Remembering to take TEZSPIRE on time while travelling

While travelling, it's important to make sure you continue to take TEZSPIRE as prescribed, every 28 days. To stay on track with your doses, think about setting calendar alerts on your phone or mark the dates on a physical calendar or travel itinerary.

What should I do if I forget to use TEZSPIRE on time?

If you have forgotten to inject a dose, inject a dose as soon as possible. Then have your next injection on your next scheduled injection day.

If you did not notice that you missed a dose until it is time for your next dose, simply inject the next dose as scheduled. **Do not inject a double dose to make up for a forgotten dose.**

If you are not sure when to inject TEZSPIRE, ask your doctor, pharmacist or nurse.

Additional FAQs

What if my device fails while I am on holiday, how do I get a replacement?

If this happens, call your travel insurer who should be able to liaise with your referring Healthcare Professional as to how they wish you to proceed.

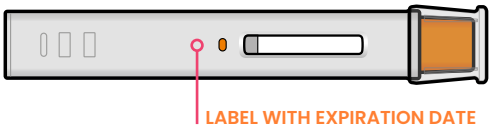
Travelling with TEZSPIRE checklist

- [ ] Organise travel insurance as soon as you book your holiday, make sure it covers any needs related to your asthma.

- [ ] Discuss your travel plans with your referring Healthcare Professional and TEZSPIRE homecare team well in advance to get a letter describing severe asthma and explaining your specific needs for carrying your device and medication on the aeroplane.

- [ ] If your trip dates mean you'll be taking your TEZSPIRE with you, you'll need a working fridge to store it if you'll be away for more than 30 days in temperatures above 25ºC, so check with your accommodation in advance to confirm that there's a fridge available to you.

- [ ] Check the expiry dates of the TEZSPIRE pre-filled syringes/pens that you plan to take on your trip and make sure that they will not expire during the timeframe you plan to take them. The expiry date is stated on the device label and carton and refers to the last day of that month. See the image below.



- [ ] Make sure you have enough TEZSPIRE pre-filled syringes/pens for your whole trip. Dosing is once every 28 days.

- [ ] Pack TEZSPIRE in your hand luggage so that it doesn't freeze in the cargo hold, which may stop the medication from working.

- [ ] Think about buying cool bags to keep TEZSPIRE below 25°C during travel.

- [ ] Set calendar alerts on your phone to take TEZSPIRE every 28 days. Or, mark it on your TEZSPIRE fridge magnet (please request this from your healthcare professional).

- [ ] Make sure you have a list of contact numbers saved on your phone and written down in case of emergency. These may include the name and number of your doctor, other members of your healthcare team, the Connect 360 Nurse Helpline, travel and / or health insurers, local travel representative and the local medical centre or hospital. There is space available on the back of this booklet for you to fill in these numbers.

Emergency Contacts

www.tezspire.co.uk/connect-360

AstraZeneca funded and produced website intended for patients

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