



DISCUSSION GUIDE

Talk with your healthcare provider about GP & Migraine

An important step to understanding how to better manage your migraine pain and associated symptoms is to have a conversation with your healthcare provider. Use this printable guide to help start the conversation with your healthcare team to see if **gastroparesis (GP)** and **migraine** is affecting you.

How many days do you experience migraine attacks?

- 0-5 headache days per month
- 6-14 headache days per month
- 15 or more headache days per month

Do you get pain freedom within 2 hours of taking your migraine medication?

- Always
- Most of the time
- Half of the time
- Not often (less than half of the time)

Do you get relief of your most bothersome symptoms (like nausea, photophobia [light sensitivity], and phonophobia [sound sensitivity]) within 2 hours of taking your migraine medication?

- Always
- Most of the time
- Half of the time
- Not often (less than half of the time)

How many migraine attacks per month does it take more than 2 hours to experience pain or most bothersome symptom relief?

- 0-2 headache attacks per month
- 3-6 headache attacks per month
- 6 or more headache attacks per month

How many migraine attacks per month do you experience nausea and vomiting?

- 0-2 headache attacks per month
- 3-6 headache attacks per month
- 6 or more headache attacks per month

Do you have any conditions that would cause gastroparesis other than migraine such as usage of injectable medication for diabetes or obesity (i.e. GLP-1s), idiopathic gastroparesis, or functional dyspepsia?

- Yes
- Unsure
- No

Take a look at the answers to your questions.

Is your headache pain and associated symptoms impacting you more than you thought? Are you satisfied with the results of your current treatment? Are you interested in a non-oral treatment option?

Bring this guide to discuss with your healthcare provider and ask if a non-oral migraine medication may be right for your treatment plan.

Choosing the right non-oral migraine medication should be based on the speed of onset, ease of use/convenience, and safety/tolerability.

Zembrace® SymTouch® (sumatriptan injection [3 mg]) and **Tosymra®** (sumatriptan nasal spray [10 mg]) are prescription medicines used to treat acute migraine headaches with or without aura in adults who have been diagnosed with migraine.

- Avoids the digestive system entirely, to provide relief regardless of how the stomach is functioning
- Fast relief in as little as 15 minutes
- Demonstrated efficacy in multiple clinical trials with fast, reliable relief
- Portable, convenient, and easy to use


Zembrace® SYMTOUCH®
(sumatriptan injection) 3 mg


tosymra®
(sumatriptan nasal spray) 10 mg



How to get Zembrace SymTouch and Tosymra through BlinkRx

Eligible patients receive their first prescription for as little as \$0* through BlinkRx with fast, free home delivery.

1

HCP Submits Order to BlinkRx

BlinkRx will contact you directly after leaving your healthcare provider's office. You'll receive a text message from 22425 or a call from 1-844-976-3109. Click the link in the text and follow the directions to ensure you receive your prescription.

2

Respond to BlinkRx

If you miss their text or call, please call 1-833-914-3856. BlinkRx works with your insurance and automatically applies eligible savings to your co-pay. Eligible patients receive their first prescription for as little as \$0*.

3

Complete the Transaction

Finalize the BlinkRx transaction and your Zembrace® SymTouch® or Tosymra® prescription will be shipped directly to your home.

For more information, visit [GPmigraine.com](https://www.GPmigraine.com)

INDICATION AND USAGE


Zembrace[®] SYMTOUCH[®]
(sumatriptan injection) 3 mg


tosymra[®]
(sumatriptan nasal spray) 10 mg

Zembrace[®] SymTouch[®] (sumatriptan succinate) injection (Zembrace) and Tosymra[®] (sumatriptan) nasal spray are prescription medicines used to treat acute migraine headaches with or without aura in adults who have been diagnosed with migraine.

Zembrace and Tosymra are not used to prevent migraines. It is not known if Zembrace or Tosymra are safe and effective in children under 18 years of age.

Important Safety Information

Zembrace and Tosymra can cause serious side effects, including heart attack and other heart problems, which may lead to death. Stop use and get emergency help if you have any signs of a heart attack:

- discomfort in the center of your chest that lasts for more than a few minutes or goes away and comes back
- severe tightness, pain, pressure, or heaviness in your chest, throat, neck, or jaw
- pain or discomfort in your arms, back, neck, jaw or stomach
- shortness of breath with or without chest discomfort
- breaking out in a cold sweat
- nausea or vomiting
- feeling lightheaded

Zembrace and Tosymra are not for people with risk factors for heart disease (high blood pressure or cholesterol, smoking, overweight, diabetes, family history of heart disease) unless a heart exam shows no problem.

Do not use Zembrace or Tosymra if you have:

- history of heart problems
- narrowing of blood vessels to your legs, arms, stomach, or kidney (peripheral vascular disease)
- uncontrolled high blood pressure
- hemiplegic or basilar migraines. If you are not sure if you have these, ask your provider.
- had a stroke, transient ischemic attacks (TIAs), or problems with blood circulation
- severe liver problems
- taken any of the following medicines in the last 24 hours: almotriptan, eletriptan, frovatriptan, naratriptan, rizatriptan, ergotamines, or dihydroergotamine. Ask your provider for a list of these medicines if you are not sure.
- are taking certain antidepressants, known as monoamine oxidase (MAO)-A inhibitors or it has been 2 weeks or less since you stopped taking a MAO-A inhibitor. Ask your provider for a list of these medicines if you are not sure.
- an allergy to sumatriptan or any of the components of Zembrace or Tosymra

Tell your provider about all of your medical conditions and medicines you take, including vitamins and supplements.

Zembrace and Tosymra can cause dizziness, weakness, or drowsiness. If so, do not drive a car, use machinery, or do anything where you need to be alert.

Zembrace and Tosymra may cause serious side effects including:

- changes in color or sensation in your fingers and toes
- sudden or severe stomach pain, stomach pain after meals, weight loss, nausea or vomiting, constipation or diarrhea, bloody diarrhea, fever
- cramping and pain in your legs or hips; feeling of heaviness or tightness in your leg muscles; burning or aching pain in your feet or toes while resting; numbness, tingling, or weakness in your legs; cold feeling or color changes in one or both legs or feet
- increased blood pressure including a sudden severe increase even if you have no history of high blood pressure
- medication overuse headaches from using migraine medicine for 10 or more days each month. If your headaches get worse, call your provider.
- serotonin syndrome, a rare but serious problem that can happen in people using Zembrace or Tosymra, especially when used with anti-depressant medicines called SSRIs or SNRIs. Call your provider right away if you have: mental changes such as seeing things that are not there (hallucinations), agitation, or coma; fast heartbeat; changes in blood pressure; high body temperature; tight muscles; or trouble walking.
- hives (itchy bumps); swelling of your tongue, mouth, or throat
- seizures even in people who have never had seizures before

The most common side effects of Zembrace and Tosymra include: pain and redness at injection site (Zembrace only); tingling or numbness in your fingers or toes; dizziness; warm, hot, burning feeling to your face (flushing); discomfort or stiffness in your neck; feeling weak, drowsy, or tired; application site (nasal) reactions (Tosymra only) and throat irritation (Tosymra only).

Tell your provider if you have any side effect that bothers you or does not go away. These are not all the possible side effects of Zembrace and Tosymra. For more information, ask your provider.

This is the most important information to know about Zembrace and Tosymra but is not comprehensive. For more information, talk to your provider and read the Patient Information and Instructions for Use. You can also visit <https://www.tonixpharma.com> or call 1-888-869-7633.

You are encouraged to report adverse effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.