

# COULD YOUR CRYING OR LAUGHING BE PSEUDOBULBAR AFFECT (PBA)?

Use this discussion guide to help start a conversation with your doctor at your next appointment.

## What is PBA?

PBA is a medical condition that causes involuntary, sudden, and frequent episodes of laughing or crying in people with certain neurologic conditions or brain injury. Only a healthcare provider can diagnose PBA.

### Have you been diagnosed with a neurologic condition or brain injury?

I have been diagnosed with (choose all that apply):

- Stroke
- Alzheimer disease or dementia
- Traumatic brain injury (TBI)
- Parkinson's disease
- Amyotrophic lateral sclerosis (ALS)
- Multiple sclerosis (MS)
- None
- Other

Date of event or diagnosis:

### What are your symptoms?

I experience uncontrollable outbursts (episodes) of:

- Laughing
- Crying

Other:

### How would you describe your episodes?

I would describe my episodes as (choose all that apply):

- Exaggerated (longer or more intense than expected)
- Incongruent with mood (not matching how you feel)
- Frequent
- Other:
- Sudden
- Uncontrollable

**NUEDEXTA** is the only FDA-approved treatment for PBA.

#### INDICATION:

NUEDEXTA is approved for the treatment of Pseudobulbar Affect (PBA).

PBA is a medical condition that causes involuntary, sudden, and frequent episodes of crying and/or laughing in people living with certain neurologic conditions or brain injury. PBA episodes are typically exaggerated or don't match how the person feels. PBA is distinct and different from other types of emotional changes caused by neurologic disease or injury.

NUEDEXTA is only available by prescription.

Please see full Important Safety Information on page 5.

**NUEDEXTA**  
(dextromethorphan HBr and 20 mg  
quinidine sulfate) capsules 10 mg

Use this tracker to record your potential PBA episodes. This information will help your doctor understand how often episodes happen.

Print out a few copies of this page to record your episodes beyond one week.

Date of episode(s)	Symptoms	Episodes triggered by	How the episodes affected you	Total number of episodes per day
__/__/__				
__/__/__				
__/__/__				
__/__/__				
__/__/__				
__/__/__				
__/__/__				

#### **IMPORTANT SAFETY INFORMATION (cont'd):**

##### **Before you take NUEDEXTA, tell your doctor:**

- If you are taking monoamine oxidase inhibitors (MAOIs), quinidine, or quinidine-related drugs. These can interact with NUEDEXTA causing serious side effects. MAOIs cannot be taken within 14 days before or after taking NUEDEXTA.
- If you have previously had an allergic reaction to dextromethorphan, quinidine or quinidine-like drugs.
- About all medicines, herbal supplements, and vitamins you take as NUEDEXTA and certain other medicines can interact causing side effects.

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## My episode notes

Use the space below to answer these questions and/or write down any additional concerns that you would like your doctor to know.

**1. When did your episodes first start? How many do you experience per day?**

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**2. How long do your episodes typically last? Have you noticed them increasing in severity?**

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**3. Do your episodes feel exaggerated or not seem to match how you actually feel?**

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**4. Do your episodes feel disruptive, embarrassing, and/or uncomfortable?**

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**5. Are there any additional concerns or considerations you would like to share?**

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### IMPORTANT SAFETY INFORMATION (cont'd):

**Before you take NUEDEXTA, tell your doctor:**

- If you have had heart disease or have a family history of heart rhythm problems. NUEDEXTA may cause serious side effects, including changes in heart rhythm. If you have certain heart problems, NUEDEXTA may not be right for you. Your doctor may test your heart rhythm (heartbeats) before you start NUEDEXTA.
- If you have myasthenia gravis.

**While taking NUEDEXTA, call your doctor right away:**

- If you feel faint or lose consciousness.
- If you experience lightheadedness, chills, fever, nausea, or vomiting as these may be signs of an allergic reaction to NUEDEXTA. Hepatitis has been seen in patients taking quinidine, an ingredient in NUEDEXTA.
- If you have unexplained bleeding or bruising. Quinidine, an ingredient in NUEDEXTA, can cause a reduction in the number of platelets in your blood which can be severe and, if left untreated, can be fatal.
- If you feel dizzy, since it may increase your risk of falling.
- If you have muscle twitching, confusion, high blood pressure, fever, restlessness, sweating, or shivering, as these may be signs of a potential drug interaction called serotonin syndrome.

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## Questions to ask your doctor

1. If I have PBA, what treatment options are available?

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2. Would I be a good candidate for NUEDEXTA?

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3. Can you please tell me about NUEDEXTA and potential side effects?

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4. Is NUEDEXTA covered by my insurance?

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5. What is the dosing for NUEDEXTA, and what should I expect when starting the medication?

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### Resources



About  
PBA



For Your Doctor's  
Appointment



Treatment  
Efficacy

### IMPORTANT SAFETY INFORMATION (cont'd):

**The most common side effects of NUEDEXTA include:** diarrhea, dizziness, cough, vomiting, weakness, and swelling of feet and ankles. This is not a complete list of side effects. Tell your doctor about any side effect that bothers you or does not go away.

You are encouraged to report side effects of NUEDEXTA® (dextromethorphan HBr and quinidine sulfate). Please contact Otsuka America Pharmaceutical, Inc. at 1-800-438-9927 or FDA at 1-800-FDA-1088 ([www.fda.gov/medwatch](http://www.fda.gov/medwatch)).

Please read FULL PRESCRIBING INFORMATION at [NUEDEXTA.com/PI](http://NUEDEXTA.com/PI).

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