

# Relief starts with a conversation

Finding relief for diabetic nerve pain of the feet starts with talking to your healthcare provider. This discussion guide can help you gather information about your pain and discuss if QUTENZA could be right for you.

**Note:** You may need a referral from your primary care provider to see a specialist.

## Share important details

Take a moment to answer the following questions and share them with your healthcare provider. Together, you can determine your next steps in treatment options.

### 1. I was diagnosed with diabetes:

(choose the range that applies to you)

Less than a year ago

1 to 2 years ago

2 to 4 years ago

5+ years ago

### 2. I have been diagnosed with diabetic nerve pain in my feet:

Yes                      No

If Yes, how long ago: \_\_\_\_\_

### 3. I am currently taking these medications to treat diabetic nerve pain in my feet:

(list all medications here)

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### 4. I have had unresolved nerve pain in my feet:

Less than 6 months

More than 6 months

### 5. I am experiencing pain in:

Left foot

Right foot

Both feet

### 7. The pain in my feet feels like:

(check all that apply)

Cold or freezing

Electric or shooting

Sensitive/painful to touch

Hot or burning

Itching

Muscle weakness

Numbness

Prickling/"pins and needles"

Tingling

Other: \_\_\_\_\_

### 8. Diabetic nerve pain of the feet is making it harder for me to: (check all that apply)

Drive

Sleep

Walk

Work

Keep my balance

Socialize with family or friends

Complete day-to-day activities such as:

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### 6. On a scale of 0 to 10 (0 = no pain, 10 = worst pain), diabetic nerve pain in my feet is affecting me:

0

1

2

3

4

5

6

7

8

9

10

## IMPORTANT SAFETY INFORMATION

- Treatment with QUTENZA must be performed only by a healthcare provider. Never apply or remove QUTENZA yourself.
- Do not touch QUTENZA or items exposed to capsaicin. Touching QUTENZA and then accidentally touching other areas of your body can cause severe irritation of eyes, mucous membranes, respiratory tract, and skin.

Please see additional Important Safety Information on page 2.

## Learn more about QUTENZA and see if it's right for you



Here are some common questions to start the conversation with your healthcare provider.

- How is QUTENZA different from other treatments I have tried in the past?
- How many treatments does it take to start feeling relief?
- Are there any side effects?
- Can I take this with other medications I currently take?

"QUTENZA is a totally different approach. It's a topical system as opposed to an oral administration of another pill."

**Gary Graf, APRN**



### INDICATION

QUTENZA® (capsaicin) 8% topical system is indicated in adults for the treatment of neuropathic pain associated with postherpetic neuralgia (PHN) and for neuropathic pain associated with diabetic peripheral neuropathy (DPN) of the feet.

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- Do not touch QUTENZA or items exposed to capsaicin. Touching QUTENZA and then accidentally touching other areas of your body can cause severe irritation of eyes, mucous membranes, respiratory tract, and skin.
- Do not touch your eyes or other unintended target areas during the QUTENZA application. QUTENZA is not for use near eyes or mucous membranes. Do not sniff or inhale near QUTENZA as this may cause you to cough or sneeze. If irritation of eyes or airways occurs or any side effects become severe, notify your doctor immediately.
- You may experience substantial pain during the treatment. Tell your healthcare provider if you are experiencing pain; a cool compress or medicine for the pain can be provided to help lessen your discomfort. You may get frostbite if you cool your skin too much. You can use a cooling pack from the refrigerator (not the freezer) and avoid putting it directly on skin.
- QUTENZA can cause serious side effects, including pain, severe burns, and increases in blood pressure during or right after treatment. Your healthcare provider should check your blood pressure during treatment with QUTENZA. If you have high blood pressure that is not well controlled by medicine, or have had recent heart problems, stroke, or other vascular problems, you may be at increased risk and should discuss with your doctor whether QUTENZA is right for you.
- Seek medical attention if you experience strong and continuous pain or skin lesions such as blisters after treatment.
- Tell your doctor if you have reduced sensation in the feet. You may notice that you have less feeling for hot or sharp pain where QUTENZA was applied, but this is usually minor and temporary.
- Treated areas may be sensitive to heat (e.g., hot water, direct sunlight, vigorous exercise) for a few days after treatment.

The most common side effects of QUTENZA are redness, pain, or itching where QUTENZA was applied. You should tell your doctor if any side effects bother you or do not go away.

To report suspected adverse reactions, contact Averitas Pharma, Inc. at 1-877-900-6479 (Option 1) or FDA at 1-800-FDA-1088 or [www.fda.gov/medwatch](http://www.fda.gov/medwatch).

For more information, ask your healthcare provider or pharmacist.

**Please see full [Prescribing Information](#).**