



Arikayce® (amikacin liposome inhalation suspension) Medication & Symptom Guide

Description of Therapy:

Inhaled antibiotic for difficult to treat MAC (*Mycobacterium avium complex*) lung disease in combination with additional antibiotics

Advantages of Medication:



Eliminates the infection



Provides an alternative treatment to injectable antibiotics



Ability for in-home administration

Administration Reminders:

- 1 Administer with the Lamira™ Nebulizer System only
- 2 Vial should be at room temperature prior to use (if refrigerated, remove at least 45 minutes before use)
- 3 Shake vial for at least 10 to 15 seconds prior to opening
- 4 Inhale over 14 to 20 minutes
- 5 Take the medication as prescribed at the same time each day
- 6 Clean and disinfect your nebulizer system after each use (~20 minutes)

What to expect and appropriate management:

Arikayce® has many benefits compared to traditional injectable antibiotics. The goal of Arikayce is to eliminate the MAC lung infection to improve long-term health and quality of life. Side effects may occur and here are some tips for appropriate management:

Change in voice, hoarseness (dysphonia)

Ways to manage:

- **Stay hydrated.** Drink plenty of fluids to help keep the throat moist. Ask your doctor how much fluid you should drink each day as the recommended amount can vary based on age, gender, and patient-specific health conditions. Avoid caffeine and alcohol as these can cause dehydration.
- **Avoid irritants.** Irritants such as smoke, chemicals, and cold temperatures are known to irritate the airway. Make sure the medication is at room temperature prior to use.

Cough

Ways to manage:

- **Stay hydrated.** In addition to assisting with potential hoarseness, drinking plenty of fluids, especially water, can help thin the mucus and reduce irritation, both of which can contribute to cough. Again, ask your doctor how much fluid you should drink each day as the recommended amount can vary based on age, gender, and patient-specific health conditions, and avoid caffeine and alcohol as these can cause dehydration.
- **Know when to contact a healthcare provider.** During clinical trials, there was a higher incidence of cough reported by patients within the first month of treatment; however, less than 1% of patients stopped therapy due to cough. Of the patients who experienced a cough, most episodes occurred either during or after medication administration, and the majority of coughing episodes lasted less than 1 minute with most episodes lasting less than 10 minutes.
 - *Call a healthcare provider if your cough lasts greater than 10 minutes or is bothersome.*

Tiredness, weakness (fatigue/asthenia)

Ways to manage:

- **Proper nutrition.** Eating a well-balanced diet allows your body to receive proper nutrients to maintain energy throughout the day. Consult with a registered dietician to gain education on a well-balanced diet.
- **Exercise.** Exercise at your own capability level. Exercise can enhance your mood and energy level. Additionally, it betters your overall health.
- **Sleep hygiene.** A consistent bedtime routine will help you fall asleep and stay asleep to ensure a full night of rest. If you feel tired or weak take breaks and rest as needed.

If you experience any other side effects, please consult a healthcare provider.

1. Huntzinger A. Guidelines for the Diagnosis and Management of Hoarseness. Am Fam Physician. 2010 May 15;81(10):1292-1296.
2. Arikayce® Healthcare Provider Website. <https://www.arikaycehcp.com/safety/> (accessed 7 January 2020).
3. NTM Nontuberculous Mycobacteria. Side Effects of NTM Treatment. <https://ntminfo.org/managing-side-effects/> (accessed 7 January 2020).
4. Centers for Disease Control and Prevention. Get the Facts: Drinking Water and Intake. <https://ntminfo.org/managing-side-effects/> (accessed 22 January 2020).

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