








# Managing Increased Thirst and Urination Associated with Medication Treatment

**When you start your treatment with JYNARQUE® (tolvaptan), you will notice that you may use the bathroom more often and that you feel thirsty. These side effects are proof that the medication is working to protect your kidneys. The better your kidney function, the more you may notice these side effects.<sup>1,2</sup>**

These side effects are most bothersome during the start of treatment, but most patients find they lessen over time. Patients in clinical trials reported side effects less often after 5 weeks of treatment, however it could take some patients up to 4 months to adjust to the side effects.<sup>3,4</sup>

You may need to make some lifestyle changes to help you better manage these side effects. Some helpful tips include:

-  You should take your medication twice a day unless instructed otherwise by your doctor. Take your morning dose (usually the higher strength) right when you wake up and the second dose (usually the lower strength) 8 hours later. This can help with having to wake up and use the bathroom during the night.
-  Drink water whenever you feel thirsty. Be sure to always have water available when leaving the house by taking a water bottle with you or keep some extra water bottles in your car.
-  Decrease the amount of salt and protein in your diet. This can also help to reduce the strain on your kidneys and lower blood pressure. Be sure to talk with your doctor before making any significant changes to your diet.
-  Be sure to use the restroom before attending important meetings, sitting down to dinner, watching a movie, and other social events.
-  Download smartphone apps such as Toilet Finder and Flush to help you find restrooms when you are away from home.



1. Jynarque [package insert]. Rockville MD: Otsuka America Pharmaceutical, Inc. October 2020.  
2. Torres VE, Chapman AB, Devuyst O, et al. Tolvaptan in patients with autosomal dominant polycystic kidney disease. N Engl J Med. 2012;367(25):2407-2418. doi:10.1056/NEJMoa1205511  
3. <https://www.jynarque.com/risks-and-remis#common-side-effects>  
4. <https://www.jynarquehcp.com/clinical-information/safety-profile>

**If these side effects become too bothersome, let us know and we can work with your doctor in finding you a dose that will work for you.**

*The information shared in this brochure is not intended to be a substitute for professional medical advice. We strongly recommend that your care and treatment decisions be made in consultation with your healthcare professional team.*



**For additional resources, visit our website:**

**[www.pantherxrare.com/rare-disorders/jynarque-adpkd/](http://www.pantherxrare.com/rare-disorders/jynarque-adpkd/)**

**Contact PANTHERx Rare's JYNARQUE® RxARECARE® Team**

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