



Taking JYNARQUE® (tolvaptan) When You're Sick

It is important for the health of your kidneys that you take your JYNARQUE® as directed every day, but in times of illness, you may find it more difficult to take your medications. During minor illnesses such as cold or a sinus infection, you should still take your doses of JYNARQUE® unless told otherwise by your doctor.

If you are ever sick with an illness that causes vomiting and/or diarrhea, you should not take your JYNARQUE® dose in order to avoid a higher risk of dehydration. Contact your doctor if you feel that you need to skip more than a couple doses of JYNARQUE®.

Lifestyle Recommendations

Other ways to manage your ADPKD and improve your overall wellbeing include:



Regular Exercise

Try to exercise with low-impact activities such as walking, swimming, or biking as often as you can

Gardening and doing housework are also good ways to stay active



Stop Smoking

If you are a smoker, talk to your doctor about ways to quit

Smoking can speed up your decline in kidney function and puts you at an increased risk of cancer



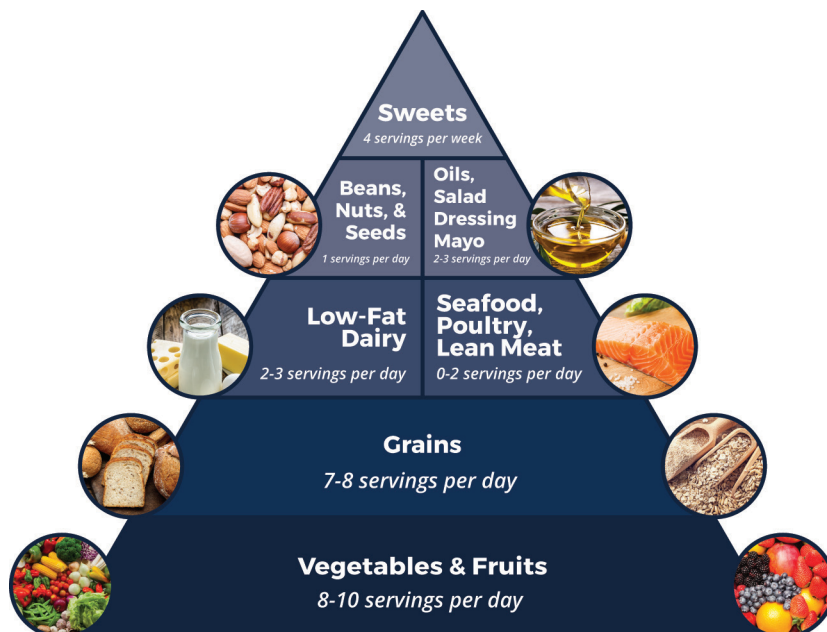
Limit Alcohol

Try to be alcohol-free most days of the week

On days when you do consume alcohol, limit the number of drinks to 1 for women and 2 for men

Dietary Management

A diet plan referred to as the DASH Diet (Dietary Approach to Stopping Hypertension) has been shown to lower blood pressure which is helpful in preserving your kidney function.^{1 2} The diet focuses on meals that are high in fruits, vegetables, and whole grains; moderate in low-fat dairy products and lean meats; and low in fatty meats, saturated and trans fats, as well as sugary beverages and sweets. Doctors and patients prefer the DASH Diet because of its flexibility in food choices and heart/kidney healthy benefits.



When choosing foods as part of your diet, it is recommended that you choose foods low in sodium (salt), do not add extra salt to your food, and limit your protein (meats). Limiting sodium and protein can also help control thirst and trips to the bathroom. Daily recommendations include:

- Protein: 0.8-1 g/kg
- Sodium: 2-2.4 g (about 1 tsp of salt)

Making smart choices about your diet can also help you lose weight and maintain a healthy body weight. Make it a goal to keep your Body Mass Index (BMI) within the healthy range. Controlling your portion sizes is a good way to stay healthy.

Remember to always consult with your doctor before making any significant changes to your diet.

The information shared in these brochures 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.

1. <https://www.renalandurologynews.com/home/news/nephrology/chronic-kidney-disease-ckd/dash-diet-may-protect-against-kidney-disease/>
2. Rebholz CM, Crews DC, Grams ME, et al. DASH (Dietary Approaches to Stop Hypertension) Diet and Risk of Subsequent Kidney Disease. *AJKD*. doi: 10.1053/j.ajkd.2016.05.019.

For additional resources, visit our website:

www.pantherxrare.com/rare-disorders/jynarque-adpkd/

**Contact PANTHERx Rare's JYNARQUE®
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