

MY TREATMENT LOG

Check Your Progress

It is important to talk to your doctor about your treatment. One way to take an active role is to track your progress and share this information with your doctor at each appointment. Please use this form to compare where you were before you started treatment with where you are at each subsequent dose. Be sure to share this information with your doctor.

Follow Your Schedule

Keep track of your doses with the Yearly Dosing Appointment Tracker. Your doctor will choose the right dose for you and how often you will receive it. Be sure you keep all of your scheduled follow-up appointments.

NOTE: The safety and effectiveness of STELARA™ have not been evaluated beyond two years.

Before Treatment on STELARA™

DATE: _____

1. On a scale from 1 to 9, how severe is your psoriasis, with 9 being the worst?

1 2 3 4 5 6 7 8 9

2. Circle the symptoms you're experiencing:

- Redness
- Plaque thickness
- Scaling/Flaking
- Other _____

3. What bothers you most about your psoriasis? List any other issues you have experienced.

Questions for My Doctor

Make sure to keep an open dialogue with your doctor and let him/her know what has changed.



Please read Indication and Important Safety Information on page 2 of this pdf.

Yearly Dosing Appointment Tracker

Year One 

Starter Dose #1

Starter Dose #2
4 weeks later

Maintenance Dose #1
12 weeks later

Maintenance Dose #2
12 weeks later

Maintenance Dose #3
12 weeks later

Maintenance Dose #4
12 weeks later

Year Two 

Quarterly Maintenance Doses

Maintenance Dose #1
12 weeks later

Maintenance Dose #2
12 weeks later

Maintenance Dose #3
12 weeks later

Maintenance Dose #4
12 weeks later

INDICATION

STELARA™ is a prescription medicine approved to treat adults 18 years and older with moderate or severe psoriasis that involves large areas or many areas of their body, who may benefit from taking injections or pills (systemic therapy) or phototherapy (treatment using ultraviolet light alone or with pills).

IMPORTANT SAFETY INFORMATION

STELARA™ is a prescription medicine that affects your immune system. STELARA™ can increase your chance of having serious side effects including:

Serious Infections

STELARA™ may lower your ability to fight infections and may increase your risk of infections. While taking STELARA™, some people have serious infections, which may require hospitalization, including tuberculosis (TB), and infections caused by bacteria, fungi, or viruses.

- Your doctor should check you for TB before starting STELARA™ and watch you closely for signs and symptoms of TB during treatment with STELARA™.
- If your doctor feels that you are at risk for TB, you may be treated for TB before and during treatment with STELARA™.

You should not start taking STELARA™ if you have any kind of infection unless your doctor says it is okay.

Before starting STELARA™, tell your doctor if you think you have an infection or have symptoms of an infection such as:

- fever, sweats, or chills
- muscle aches
- cough
- shortness of breath
- blood in your phlegm
- weight loss
- warm, red, or painful skin or sores on your body
- diarrhea or stomach pain
- burning when you urinate or urinate more often than normal
- feel very tired
- are being treated for an infection
- get a lot of infections or have infections that keep coming back
- have TB, or have been in close contact with someone who has TB

After starting STELARA™, call your doctor right away if you have any symptoms of an infection (see above).

STELARA™ can make you more likely to get infections or make an infection that you have worse. People who have a genetic problem where the body does not make any of the proteins interleukin 12 (IL-12) and interleukin 23 (IL-23) are at a higher risk for certain serious infections that can spread throughout the body and cause death. It is not known if people who take STELARA™ will get any of these infections because of the effects of STELARA™ on these proteins.

Cancer

STELARA™ may decrease the activity of your immune system and increase your risk for certain types of cancer. Tell your doctor if you have ever had any type of cancer.

Reversible posterior leukoencephalopathy syndrome (RPLS)

RPLS is a rare condition that affects the brain and can cause death. The cause of RPLS is not known. If RPLS is found early and treated, most people recover. Tell your doctor right away if you have any new or worsening medical problems including: headache, seizures, confusion, and vision problems.

Before receiving STELARA™, tell your doctor if you:

- have any of the conditions or symptoms listed above for serious infections, cancer, or RPLS.
- have recently received or are scheduled to receive an immunization (vaccine). People who take STELARA™ should not receive live vaccines. Tell your doctor if anyone in your house needs a vaccine. The viruses used in some types of vaccines can spread to people with a weakened immune system, and can cause serious problems. **You should not receive the BCG vaccine during the one year before taking STELARA™ or one year after you stop taking STELARA™.** Non-live vaccinations received while taking STELARA™ may not fully protect you from disease.
- receive phototherapy for your psoriasis.
- have any other medical conditions.
- are pregnant or plan to become pregnant, or are breast-feeding or plan to breast-feed. It is not known if STELARA™ will harm your unborn baby. You and your doctor should decide if you will take STELARA™.
- are breast-feeding or plan to breast-feed. It is thought that STELARA™ passes into your breast milk. You should not breast-feed while taking STELARA™ without first talking to your doctor.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. Especially tell your doctor if you take:

- other medicines that affect your immune system
- certain medicines that can affect how your liver breaks down other medicines

Common side effects of STELARA™ include: upper respiratory infections, headache, and tiredness.

These are not all of the side effects with STELARA™. Tell your doctor about any side effect that bothers you or does not go away. Ask your doctor or pharmacist for more information.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please read the Medication Guide for STELARA™ and discuss any questions you have with your doctor.