

## CONSUMER INDICATIONS AND IMPORTANT SAFETY INFORMATION

### What is SPRAVATO® (esketamine) CIII nasal spray?

SPRAVATO® is a prescription medicine, used along with an antidepressant taken by mouth to treat:

- Adults with treatment-resistant depression (TRD)
- Depressive symptoms in adults with major depressive disorder (MDD) with suicidal thoughts or actions

SPRAVATO® is not for use as a medicine to prevent or relieve pain (anesthetic). It is not known if SPRAVATO® is safe or effective as an anesthetic medicine.

It is not known if SPRAVATO® is safe and effective for use in preventing suicide or in reducing suicidal thoughts or actions. SPRAVATO® is not for use in place of hospitalization if your healthcare provider determines that hospitalization is needed, even if improvement is experienced after the first dose of SPRAVATO®.

It is not known if SPRAVATO® is safe and effective in children.

### IMPORTANT SAFETY INFORMATION

#### What is the most important information I should know about SPRAVATO®?

#### SPRAVATO® can cause serious side effects, including:

- **Sedation and dissociation.** SPRAVATO® may cause sleepiness (sedation), fainting, dizziness, spinning sensation, anxiety, or feeling disconnected from yourself, your thoughts, feelings, space and time (dissociation).
  - Tell your healthcare provider right away if you feel like you cannot stay awake or if you feel like you are going to pass out.
  - Your healthcare provider must monitor you for serious side effects for at least 2 hours after taking SPRAVATO®. Your healthcare provider will decide when you are ready to leave the healthcare setting.
- **Abuse and misuse.** There is a risk for abuse and physical and psychological dependence with SPRAVATO® treatment. Your healthcare provider should check you for signs of abuse and dependence before and during treatment with SPRAVATO®.
  - Tell your healthcare provider if you have ever abused or been dependent on alcohol, prescription medicines, or street drugs.
  - Your healthcare provider can tell you more about the differences between physical and psychological dependence and drug addiction.
- **SPRAVATO® Risk Evaluation and Mitigation Strategy (REMS).** Because of the risks for sedation, dissociation, and abuse and misuse, SPRAVATO® is only available through a restricted program called the SPRAVATO® Risk Evaluation and Mitigation Strategy (REMS) Program. SPRAVATO® can only be administered at healthcare settings certified in the SPRAVATO® REMS Program. Patients

treated in outpatient healthcare settings (e.g., medical offices and clinics) must be enrolled in the program.

- **Increased risk of suicidal thoughts and actions.** Antidepressant medicines may increase suicidal thoughts and actions in some people 24 years of age and younger, **especially within the first few months of treatment or when the dose is changed.**

**SPRAVATO® is not for use in children**

- Depression and other serious mental illnesses are the most important causes of suicidal thoughts and actions. Some people may have a higher risk of having suicidal thoughts or actions. These include people who have (or have a family history of) depression or a history of suicidal thoughts or actions.
- **How can I watch for and try to prevent suicidal thoughts and actions in myself or a family member?**
  - Pay close attention to any changes, especially sudden changes, in mood, behavior, thoughts, or feelings, or if you develop suicidal thoughts or actions.
  - Tell your healthcare provider right away if you have any new or sudden changes in mood, behavior, thoughts, or feelings.
  - Keep all follow-up visits with your healthcare provider as scheduled. Call your healthcare provider between visits as needed, especially if you have concerns about symptoms.
- **Tell your healthcare provider right away if you or your family member have any of the following symptoms, especially if they are new, worse, or worry you:**
  - suicide attempts
  - thoughts about suicide or dying
  - worsening depression
  - other unusual changes in behavior or mood

**Do not take SPRAVATO® if you:**

- have blood vessel (aneurysmal vascular) disease (including in the brain, chest, abdominal aorta, arms and legs)
- have an abnormal connection between your veins and arteries (arteriovenous malformation)
- have a history of bleeding in the brain
- are allergic to esketamine, ketamine, or any of the other ingredients in SPRAVATO®.

If you are not sure if you have any of the above conditions, talk to your healthcare provider before taking SPRAVATO®.

**Before you take SPRAVATO®, tell your healthcare provider about all of your medical conditions, including if you:**

- have heart or brain problems, including:
  - high blood pressure (hypertension)
  - slow or fast heartbeats that cause shortness of breath, chest pain, lightheadedness, or fainting
  - history of heart attack
  - history of stroke
  - heart valve disease or heart failure
  - history of brain injury or any condition where there is increased pressure in the brain
- have liver problems
- have ever had a condition called “psychosis” (see, feel, or hear things that are not there, or believe in things that are not true).
- are pregnant or plan to become pregnant. SPRAVATO® may harm your baby. You should not take SPRAVATO® if you are pregnant.
  - Tell your healthcare provider right away if you become pregnant during treatment with SPRAVATO®.
  - If you are able to become pregnant, talk to your healthcare provider about methods to prevent pregnancy during treatment with SPRAVATO®.
  - There is a pregnancy registry for women who are exposed to SPRAVATO® during pregnancy. The purpose of the registry is to collect information about the health of women exposed to SPRAVATO® and their baby. If you become pregnant during treatment with SPRAVATO®, talk to your healthcare provider about registering with the National Pregnancy Registry for Antidepressants at 1-844-405-6185 or online at <https://womensmentalhealth.org/clinical-and-research-programs/pregnancyregistry/antidepressants/>.
- are breastfeeding or plan to breastfeed. You should not breastfeed during treatment with SPRAVATO®.

**Tell your healthcare provider about all the medicines that you take**, including prescription and over-the-counter medicines, vitamins and herbal supplements. Taking SPRAVATO® with certain medicine may cause side effects.

**Especially tell your healthcare provider if you take** central nervous system (CNS) depressants, psychostimulants, or monoamine oxidase inhibitors (MAOIs) medicines. Keep a list of them to show to your healthcare provider and pharmacist when you get a new medicine.

#### **How will I take SPRAVATO®?**

- You will take SPRAVATO® nasal spray yourself, under the supervision of a healthcare provider in a healthcare setting. Your healthcare provider will show you how to use the SPRAVATO® nasal spray device.
- Your healthcare provider will tell you how much SPRAVATO® you will take and when you will take it.
- Follow your SPRAVATO® treatment schedule exactly as your healthcare provider tells you to.

- During and after each use of the SPRAVATO® nasal spray device, you will be checked by a healthcare provider who will decide when you are ready to leave the healthcare setting.
- You will need to plan for a caregiver or family member to drive you home after taking SPRAVATO®.
- If you miss a SPRAVATO® treatment, your healthcare provider may change your dose and treatment schedule.
- Some people taking SPRAVATO® get nausea and vomiting. You should not eat for at least 2 hours before taking SPRAVATO® and not drink liquids at least 30 minutes before taking SPRAVATO®.
- If you take a nasal corticosteroid or nasal decongestant medicine take these medicines at least 1 hour before taking SPRAVATO®.

**What should I avoid while taking SPRAVATO®?**

**Do not** drive, operate machinery, or do anything where you need to be completely alert after taking SPRAVATO®. **Do not** take part in these activities until the next day following a restful sleep. See **“What is the most important information I should know about SPRAVATO®?”**

**What are the possible side effects of SPRAVATO®?**

**SPRAVATO® may cause serious side effects including:**

- See **“What is the most important information I should know about SPRAVATO®?”**
- **Increased blood pressure.** SPRAVATO® can cause a temporary increase in your blood pressure that may last for about 4 hours after taking a dose. Your healthcare provider will check your blood pressure before taking SPRAVATO® and for at least 2 hours after you take SPRAVATO®. Tell your healthcare provider right away if you get chest pain, shortness of breath, sudden severe headache, change in vision, or seizures after taking SPRAVATO®.
- **Problems with thinking clearly.** Tell your healthcare provider if you have problems thinking or remembering.
- **Bladder problems.** Tell your healthcare provider if you develop trouble urinating, such as a frequent or urgent need to urinate, pain when urinating, or urinating frequently at night.

**The most common side effects of SPRAVATO® when used along with an antidepressant taken by mouth include:**

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| <ul style="list-style-type: none"> <li>• feeling disconnected from yourself, your thoughts, feelings and things around you</li> <li>• dizziness</li> <li>• nausea</li> <li>• feeling sleepy</li> <li>• spinning sensation</li> </ul> | <ul style="list-style-type: none"> <li>• decreased feeling of sensitivity (numbness)</li> <li>• feeling anxious</li> <li>• lack of energy</li> <li>• increased blood pressure</li> <li>• vomiting</li> <li>• feeling drunk</li> <li>• feeling very happy or excited</li> </ul> |
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**If these common side effects occur, they usually happen right after taking SPRAVATO® and go away the same day.**

These are not all the possible side effects of SPRAVATO®.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

**Please see full [Prescribing Information](#), including **Boxed WARNINGS**, and [Medication Guide](#) for SPRAVATO® and discuss any questions you may have with your healthcare provider.**

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