



# Progress Tracker

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 **Myrbetriq<sup>®</sup>**  
(mirabegron)  
extended-release tablets  
25 mg, 50 mg

## USE OF MYRBETRIQ

Myrbetriq<sup>®</sup> (mirabegron) is a prescription medicine for adults used to treat overactive bladder (OAB) with symptoms of urgency, frequency and leakage.

## IMPORTANT SAFETY INFORMATION

Myrbetriq is not for everyone. Do not take Myrbetriq if you have an allergy to mirabegron or any ingredients in Myrbetriq. Myrbetriq may cause your blood pressure to increase or make your blood pressure worse if you have a history of high blood pressure. It is recommended that your doctor check your blood pressure while you are taking Myrbetriq. Myrbetriq may increase your chances of not being able to empty your bladder. Tell your doctor right away if you have trouble emptying your bladder or you have a weak urine stream.

Myrbetriq may cause allergic reactions that may be serious. If you experience swelling of the face, lips, throat or tongue, with or without difficulty breathing, stop taking Myrbetriq and tell your doctor right away.

Tell your doctor about all the medicines you take including medications for overactive bladder or other medicines such as thioridazine (Mellaril<sup>™</sup> and Mellaril-S<sup>™</sup>), flecainide (Tambocor<sup>®</sup>), propafenone (Rythmol<sup>®</sup>), digoxin (Lanoxin<sup>®</sup>) or solifenacin succinate (VESIcare<sup>®</sup>). Myrbetriq may affect

the way other medicines work, and other medicines may affect how Myrbetriq works.

Before taking Myrbetriq, tell your doctor if you have liver or kidney problems. The most common side effects of Myrbetriq include increased blood pressure, common cold symptoms (nasopharyngitis), dry mouth, flu symptoms, urinary tract infection, back pain, dizziness, joint pain, headache, constipation, sinus irritation, and inflammation of the bladder (cystitis).

**For further information, please talk to your healthcare professional and see accompanying Patient Product Information and complete Prescribing Information for Myrbetriq<sup>®</sup> (mirabegron).**

**You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.**

Myrbetriq<sup>®</sup> is a registered trademark of Astellas Pharma Inc. All other trademarks or registered trademarks are the property of their respective owners.

The Progress Tracker is a form on which you can keep track of your bladder habits for three days in a row. Keep your *Momentum* Progress Tracker with you throughout the day so you can record information immediately.

		What did you drink and how much?	How many times did you go to the bathroom?	How many times did you have to rush to the bathroom?	Describe any activity that this interrupted.	How many times did you have any leakage?	What were you doing at the time of the leakage?
DAY 1	6AM–8AM						
	8AM–10AM						
	10AM–12PM						
	12PM–2PM						
	2PM–4PM						
	4PM–6PM						
	6PM–8PM						
	8PM–10PM						
	10PM–12AM						
	12AM–2AM						
	2AM–4AM						
	4AM–6AM						

		What did you drink and how much?	How many times did you go to the bathroom?	How many times did you have to rush to the bathroom?	Describe any activity that this interrupted.	How many times did you have any leakage?	What were you doing at the time of the leakage?
DAY 2	6AM–8AM						
	8AM–10AM						
	10AM–12PM						
	12PM–2PM						
	2PM–4PM						
	4PM–6PM						
	6PM–8PM						
	8PM–10PM						
	10PM–12AM						
	12AM–2AM						
	2AM–4AM						
	4AM–6AM						

		What did you drink and how much?	How many times did you go to the bathroom?	How many times did you have to rush to the bathroom?	Describe any activity that this interrupted.	How many times did you have any leakage?	What were you doing at the time of the leakage?
DAY 3	6AM–8AM						
	8AM–10AM						
	10AM–12PM						
	12PM–2PM						
	2PM–4PM						
	4PM–6PM						
	6PM–8PM						
	8PM–10PM						
	10PM–12AM						
	12AM–2AM						
	2AM–4AM						
	4AM–6AM						



## Bladder Symptoms Checklist

**Complete this simple checklist if you have frequent bladder urges and worry about leakage. Check all the statements that apply to you.**

- ☐ It seems like I'm always going to the bathroom.
- ☐ The need to go to the bathroom comes suddenly, and sometimes I worry I won't make it in time.
- ☐ I'm careful about when I drink liquids so I don't have to go to the bathroom at the wrong time.
- ☐ I avoid places that may not have a convenient, clean bathroom.
- ☐ I don't have accidents, but sometimes I worry I might leak.
- ☐ Having to use the bathroom so much can affect my daily activities.
- ☐ From time to time, I notice that I leak a little.



## Progress Tracker

**Keeping track of your bladder habits is a great way to show your healthcare professional (HCP) how your symptoms affect you.**

Just complete one page each day, for three days in a row. Remember to keep your *Momentum* Progress Tracker with you throughout the day so you can immediately record information.

MOMENTUM



**This Progress Tracker is based on a bladder diary developed by the National Kidney and Urologic Diseases Information Clearinghouse.**



Frequent urges and leaks aren't just a part of aging. Overactive bladder (OAB) is a medical condition with symptoms that can be managed. An estimated 1 in 3 American adults 40 years of age or older report symptoms of OAB, at least "sometimes." But you don't have to manage your bladder symptoms on your own – you have *Momentum* on your side. Sharing your symptoms with your HCP is the first step in trying to manage your OAB. Use the *Momentum* Progress Tracker to help track your symptoms and show your HCP how your OAB symptoms are affecting you.

**Complete the Bladder Symptoms Checklist and Progress Tracker for your next office visit with your HCP.**

**Sharing your results can help you and your HCP find a treatment option that's right for you.**