

# Talking to Your Doctor Discussion Guide

It's important to recognize changes in your walking due to multiple sclerosis (MS). Answer these simple questions and share the results with your doctor. The first 12 questions of this Discussion Guide are based on the 12-Item Multiple Sclerosis Walking Scale (or MSWS-12)—a validated, self-reported patient questionnaire rating the effect of MS on walking.

Discuss this Guide with your doctor and ask about treatment options that may help.

Name:

Created on:

## My Responses to the Discussion Guide

**In the past two weeks:**

**1. How much has MS limited your ability to walk?**

Not at all | A little | Moderately | Quite a bit | Extremely

**2. How much has MS limited your ability to run?**

Not at all | A little | Moderately | Quite a bit | Extremely

**3. How much has MS limited your ability to climb up and down stairs?**

Not at all | A little | Moderately | Quite a bit | Extremely

**4. How much has MS made standing when doing things more difficult?**

Not at all | A little | Moderately | Quite a bit | Extremely

**5. How much has MS limited your balance when standing or walking?**

Not at all | A little | Moderately | Quite a bit | Extremely

**6. How much has MS limited how far you are able to walk?**

Not at all | A little | Moderately | Quite a bit | Extremely

**7. How much has MS increased the effort needed for you to walk?**

Not at all | A little | Moderately | Quite a bit | Extremely

**8. How much has MS made it necessary for you to use support when walking indoors (e.g., holding on to furniture, using a stick, etc.)?**

Not at all | A little | Moderately | Quite a bit | Extremely

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## My Responses to the Discussion Guide

In the past two weeks:

**9. How much has MS made it necessary for you to use support when walking outdoors (e.g., using a stick, a frame, etc.)?**

Not at all | A little | Moderately | Quite a bit | Extremely

**10. How much has MS slowed down your walking?**

Not at all | A little | Moderately | Quite a bit | Extremely

**11. How much has MS affected how smoothly you walk?**

Not at all | A little | Moderately | Quite a bit | Extremely

**12. How much has MS made you concentrate on your walking?**

Not at all | A little | Moderately | Quite a bit | Extremely

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# Talking to Your Doctor Discussion Guide

As you prepare to speak to your doctor about your walking, the following 8 questions may help you have a meaningful discussion about AMPYRA as a treatment option.

Discuss this Guide with your doctor and ask about treatment options that may help improve your walking.

Name:

Created on:

## Questions to Ask My Healthcare Provider

☐ How might AMPYRA® (dalfampridine) help? Can you explain how it works?

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☐ How long do you think I'll need to take AMPYRA before I see results?

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☐ Can I take AMPYRA with other medications?

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☐ What are possible side effects of AMPYRA?

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☐ What should I do if I experience any side effects while taking AMPYRA?

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### Indication

AMPYRA® (dalfampridine) Extended Release Tablets, 10 mg, is the first and only brand prescription medicine indicated to help improve walking in adults with multiple sclerosis (MS). This was demonstrated by an increase in walking speed.

### Selected Important Safety Information

Do not take AMPYRA if you have ever had a seizure, have certain types of kidney problems, or are allergic to dalfampridine (4-aminopyridine), the active ingredient in AMPYRA.

**Please see additional Important Safety Information included with this Doctor Discussion Guide.**

# Talking to Your Doctor Discussion Guide

Discuss this Guide with your doctor and ask about treatment options that may help improve your walking.

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Created on:

## Questions to Ask My Healthcare Provider

☐ How will I know if AMPYRA is working for me?

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☐ Can I get help paying for AMPYRA?

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☐ How is AMPYRA taken?

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Notes:

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**Please see additional Important Safety Information on the next page.**

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## Indication

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## Important Safety Information

Do not take AMPYRA if you:

- have ever had a seizure,
- have certain types of kidney problems, or
- are allergic to dalfampridine (4-aminopyridine), the active ingredient in AMPYRA.

Take AMPYRA exactly as prescribed by your doctor.

Before taking AMPYRA, tell your doctor if you:

- have any other medical conditions
- are taking compounded 4-aminopyridine
- are taking any other prescription or OTC medicines, such as cimetidine
- are pregnant or plan to become pregnant. It is not known if AMPYRA will harm your unborn baby.
- are breastfeeding or plan to breastfeed. It is not known if AMPYRA passes into your breast milk. Talk with your healthcare provider about the best way to feed your baby if you take AMPYRA.

Stop taking AMPYRA and call your doctor right away if you have a seizure while taking AMPYRA. You could have a seizure even if you never had a seizure before. Your chance of having a seizure is higher if you take too much AMPYRA or if your kidneys have a mild decrease of function, which is common after age 50. Your doctor may do a blood test to check how well your kidneys are working before you start AMPYRA.

AMPYRA should not be taken with other forms of 4-aminopyridine (4-AP, fampridine), since the active ingredient is the same.

AMPYRA may cause dizziness or vertigo. If you have these symptoms do not drive, operate machinery or do other dangerous activities.

AMPYRA may cause serious side effects, including severe allergic reactions. Stop taking AMPYRA and call your doctor right away or get emergency medical help if you have shortness of breath or trouble breathing, swelling of your throat or tongue, or hives.

The most common side effects for AMPYRA in MS patients were urinary tract infection; trouble sleeping; dizziness; headache; nausea; weakness; back pain; problems with balance; multiple sclerosis relapse; burning, tingling, or itching of your skin; irritation in your nose and throat; constipation; indigestion; and pain in your throat.

**Please see the Patient Medication Guide by visiting <https://ampyra.com/medication-guide.pdf>**



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