



A GOOD START

THINGS TO KNOW WHEN STARTING ON SEROQUEL XR

Please see Important Safety Information starting on page 10 and [Prescribing Information](#), including [Boxed Warnings](#) and [Medication Guide](#).

Once-daily
 **SEROQUEL XR**[®]
quetiapine fumarate
extended-release tablets

COPING WITH BIPOLAR DEPRESSION

You've been diagnosed with bipolar depression, so you know what an ongoing struggle it can be to live with this condition.

SEROQUEL XR may be able to help. It is FDA approved to treat bipolar depression.

SEROQUEL XR is also convenient to take. It is an extended-release tablet that many people only have to take once a day.

In the following pages, you'll learn more about bipolar depression and how SEROQUEL XR may be able to help you.

Please see Important Safety Information starting on page 10 and [Prescribing Information](#), including [Boxed Warnings](#) and [Medication Guide](#).

Once-daily
SEROQUEL XR[®]
quetiapine fumarate
extended-release tablets



SEEK HELP FOR BIPOLAR DISORDER

If you're living with the depressive symptoms of bipolar disorder, you aren't alone. This condition affects millions of American adults.

But there is good news—SEROQUEL XR is proven effective to treat the depressive episodes of bipolar disorder.

How it is thought to work

The way SEROQUEL XR works is unknown, however, it is thought to help regulate the balance of certain chemicals in the brain, which may help improve the depressive symptoms of bipolar disorder.

Helps reduce the risk of relapse

There's never a good time for the depressive episodes of bipolar disorder. SEROQUEL XR is also approved for the long-term maintenance treatment of bipolar disorder when added to lithium or divalproex.

Please see Important Safety Information starting on page 10 and [Prescribing Information](#), including [Boxed Warnings](#) and [Medication Guide](#).



Once-daily
SEROQUEL XR[®]
quetiapine fumarate
extended-release tablets

TAKE SEROQUEL XR

JUST AS YOUR HCP RECOMMENDS

Your health care provider (HCP) may recommend that you take SEROQUEL XR once daily in the evening (for example, 3-4 hours before bedtime). By establishing a routine, it may help you to remember when to take SEROQUEL XR each evening.

Take SEROQUEL XR exactly as your health care provider tells you to take it. Do not change the dose yourself. SEROQUEL XR should be taken by mouth, with a light meal (approximately 300 calories) or without food. It should be swallowed whole and not split, chewed, or crushed. If you feel you need to stop SEROQUEL XR, talk with your health care provider first.

Please see Important Safety Information starting on page 10 and Prescribing Information, including Boxed Warnings and Medication Guide.

If you suddenly stop taking SEROQUEL XR, you may experience side effects such as trouble sleeping or trouble staying asleep (insomnia), nausea, and vomiting. If you miss a dose, take it as soon as you remember. If it is close to the next dose, skip the missed dose. Just take the next dose at your regular time. Do not take 2 doses at the same time unless your health care provider tells you to. If you are not sure about your dosing, call your health care provider.

If you take too much SEROQUEL XR, call your health care provider or poison control center at 1-800-222-1222 right away or go to the nearest hospital emergency room.

Once-daily
SEROQUEL XR[®]
quetiapine fumarate
extended-release tablets

TELL YOUR HCP

IF YOU HAVE OR HAVE HAD THE FOLLOWING
BEFORE STARTING SEROQUEL XR

- diabetes or high blood sugar in you or your family: your HCP should check your blood sugar before you start SEROQUEL XR and also during therapy
- high levels of total cholesterol, triglycerides, or LDL-cholesterol, or low levels of HDL-cholesterol
- low or high blood pressure
- low white blood cell count
- cataracts
- seizures
- abnormal thyroid tests
- high prolactin levels
- heart problems
- liver problems
- any other medical condition

Tell your HCP if you are pregnant, or if you have plans to become pregnant. It is not known if SEROQUEL XR will harm your unborn baby.

Also tell your HCP if you are breast-feeding or have plans to breast-feed. SEROQUEL XR can pass into your breast milk. You and your HCP should decide if you will take SEROQUEL XR or breast-feed. You should not do both.

Tell your HCP about all the medicines that you take or recently have taken including prescription medicines, nonprescription medicines, herbal supplements, and vitamins.

Please see **Important Safety Information** starting on page 10 and **Prescribing Information**, including **Boxed Warnings** and **Medication Guide**.

Once-daily
SEROQUEL XR[®]
quetiapine fumarate
extended-release tablets

IMPORTANT SAFETY INFORMATION ABOUT SEROQUEL XR

Elderly patients with dementia-related psychosis (having lost touch with reality due to confusion and memory loss) treated with this type of medicine are at an increased risk of death, compared to placebo (sugar pill). SEROQUEL XR is not approved for treating these patients.

Antidepressants have increased the risk of suicidal thoughts and actions in some children, teenagers, and young adults. Patients of all ages starting treatment should be watched closely for worsening of depression, suicidal thoughts or actions, unusual changes in behavior, agitation, and irritability. Patients, families, and caregivers should pay close attention to any changes, especially sudden changes in mood, behaviors, thoughts, or feelings. This is very important when an antidepressant medicine is started or when the dose is changed. Report any change in these symptoms immediately to the doctor. SEROQUEL XR is not approved for patients under the age of 18 years.

Please see Important Safety Information starting on page 10 and [Prescribing Information](#), including [Boxed Warnings](#) and [Medication Guide](#).

- Stop SEROQUEL XR and call your doctor right away if you have some or all of the following symptoms: high fever; stiff muscles; confusion; sweating; changes in pulse, heart rate, and blood pressure. These may be symptoms of neuroleptic malignant syndrome (NMS), a rare and serious condition that can lead to death
- High blood sugar and diabetes have been reported with SEROQUEL XR and medicines like it. If you have diabetes or risk factors such as obesity or a family history of diabetes, your doctor should check your blood sugar before you start taking SEROQUEL XR and also during therapy. If you develop symptoms of high blood sugar or diabetes, such as excessive thirst or hunger, increased urination, or weakness, contact your doctor. Complications from diabetes can be serious and even life threatening
- Increases in triglycerides and in LDL (bad) cholesterol and decreases in HDL (good) cholesterol have been reported with SEROQUEL XR. Your doctor should check your cholesterol levels before you start SEROQUEL XR and during therapy
- Weight gain has been reported with SEROQUEL XR. Your doctor should check your weight regularly

(continued on next page)

Once-daily
SEROQUEL XR[®]
quetiapine fumarate
extended-release tablets

IMPORTANT SAFETY INFORMATION AND INDICATIONS FOR SEROQUEL XR (continued)

- Tell your doctor about any movements you cannot control in your face, tongue, or other body parts, as they may be signs of a serious condition called tardive dyskinesia (TD). TD may not go away, even if you stop taking SEROQUEL XR. TD may also start after you stop taking SEROQUEL XR
- Other risks include feeling dizzy or lightheaded upon standing, decreases in white blood cells (which can be fatal), or trouble swallowing. Tell your doctor if you experience any of these
- Before starting treatment, tell your doctor about all prescription and nonprescription medicines you are taking. Also tell your doctor if you have or have had low white blood cell count, seizures, abnormal thyroid tests, high prolactin levels, heart or liver problems, or cataracts. An eye exam for cataracts is recommended at the beginning of treatment and every 6 months thereafter
- Since drowsiness has been reported with SEROQUEL XR, you should not participate in activities such as driving or operating machinery until you know that you can do so safely. Avoid becoming overheated or dehydrated while taking SEROQUEL XR. Do not drink alcohol while taking SEROQUEL XR

Please see Important Safety Information starting on page 10 and [Prescribing Information](#), including Boxed Warnings and [Medication Guide](#).

- Tell your doctor if you are pregnant or intend to become pregnant. Avoid breast-feeding while taking SEROQUEL XR
- The most common side effects are drowsiness, dry mouth, constipation, dizziness, increased appetite, upset stomach, weight gain, fatigue, disturbance in speech and language, and stuffy nose
- Do not stop taking SEROQUEL XR without talking to your doctor. Stopping SEROQUEL XR suddenly may cause side effects

This is not a complete summary of safety information. Please discuss the full Prescribing Information with your health care provider.

INDICATIONS

SEROQUEL XR is a once-daily tablet approved in adults for acute depressive episodes in bipolar disorder; acute manic or mixed episodes in bipolar disorder alone or with lithium or divalproex; and long-term treatment of bipolar disorder with lithium or divalproex.

Please see Important Safety Information starting on page 10 and [Prescribing Information](#), including Boxed Warnings and [Medication Guide](#).

Once-daily
SEROQUEL XR[®]
quetiapine fumarate
extended-release tablets



WHEN MAY YOU SEE RESULTS?

It may take you several weeks before you start to feel better. Feeling better happens in a series of small steps. Everyone responds differently to therapy, so try to be patient. It is important to take SEROQUEL XR exactly as prescribed and to report your progress to your HCP. Always stop and give yourself credit when you move forward. And should you have a setback, try to learn from those experiences.

Please see Important Safety Information starting on page 10 and [Prescribing Information](#), including [Boxed Warnings](#) and [Medication Guide](#).

Once-daily
SEROQUEL XR[®]
quetiapine fumarate
extended-release tablets

THINGS TO AVOID WHILE TAKING SEROQUEL XR

Do not drive, operate machinery, or do other dangerous activities until you know how SEROQUEL XR affects you. SEROQUEL XR may make you drowsy.

- Avoid getting overheated or dehydrated
 - Do not over-exercise
 - In hot weather, stay inside in a cool place if possible
 - Stay out of the sun. Do not wear too much or heavy clothing
 - Drink plenty of water
- Do not drink alcohol while taking SEROQUEL XR. It may make some side effects of SEROQUEL XR worse

Please see Important Safety Information starting on page 10 and Prescribing Information, including Boxed Warnings and Medication Guide.



Once-daily
SEROQUEL XR[®]
quetiapine fumarate
extended-release tablets

TIPS THAT MAY HELP YOU

Talk to your health care provider (HCP) about possibly tailoring your treatment around your work schedule. For example, you may want to start taking SEROQUEL XR when you're at home for a couple days, giving your body time to adjust to a new medication.

Your doctor can tell you if it is safe to take SEROQUEL XR with your other medicines. SEROQUEL XR and other medicines may affect each other causing serious side effects. SEROQUEL XR may affect the way other medicines work, and other medicines may affect how SEROQUEL XR works.

Do not start or stop any medicines while taking SEROQUEL XR without talking to your HCP first. It's useful to keep a list of your medicines with you so you can show your HCP and pharmacist before receiving a new medication.

Please see Important Safety Information starting on page 10 and Prescribing Information, including Boxed Warnings and Medication Guide.

MORE YOU SHOULD KNOW ABOUT SEROQUEL XR

You should also be sure to

- Take SEROQUEL XR as prescribed by your HCP
- Monitor your symptoms every day
- Keep track of your progress
- Let your HCP know how you are feeling on SEROQUEL XR
- Contact your HCP if you feel the need to stop treatment

Follow your HCP's instructions to stay on treatment to help improve your symptoms. By responding to treatment, you may be able to do more of the things your condition may have kept you from doing.

Once-daily
 **SEROQUEL XR**[®]
quetiapine fumarate
extended-release tablets

STAY ON SCHEDULE AND FOLLOW A ROUTINE

Taking SEROQUEL XR® (quetiapine fumarate) and working closely with your HCP are important steps that may help you manage your condition. But even small lifestyle changes may also have an impact.

SLEEP

- Make a sleep schedule that works for you
- Try to go to bed and wake up at the same time every day
- Keep regular hours for daily activities like taking medication

DIET

- Ask your HCP about a healthy diet that may help you maintain a healthy weight
- Have meals at regular hours
- Avoid overeating
 - You may also find it helpful to avoid caffeine and limit sugar

EXERCISE

- Talk to your doctor about setting up an exercise program
- Avoid overexercising
- Drink plenty of water to avoid becoming dehydrated or overheated

TOOLS DESIGNED TO HELP YOU

Go online to www.SEROQUELXR.com for information about treating your condition with SEROQUEL XR® (quetiapine fumarate) and to find helpful tools you can use to help manage your condition, including

- **Mood Diary**—Keep track of your moods, personal goals, and treatment plan from day to day
- **Medication Reminder Calendar**—A handy calendar that helps you keep track of daily medications, as well as appointments with HCPs
- **Prescription Refill/Medication Testing Log**—Keep track of when to refill prescriptions and go for medical tests

Please see **Important Safety Information** starting on page 10 and **Prescribing Information**, including **Boxed Warnings** and **Medication Guide**.

If you're without prescription coverage and can't afford your medication, AstraZeneca may be able to help. For more information, please visit www.AstraZeneca-us.com.

Please see Important Safety Information starting on page 10 and Prescribing Information, including Boxed Warnings and Medication Guide.

Patient photos are intended to be representative of typical patients with bipolar disorder and are not of actual patients.

SEROQUEL XR is a registered trademark of the AstraZeneca group of companies.
©2011 AstraZeneca. All rights reserved. 1486503 11/11