

Understanding **BEPREVE**TM treatment and itching associated with allergic conjunctivitis



A guide for BEPREVETM patients

 **BEPREVE**TM

bepotastine besilate ophthalmic solution 1.5% w/v



What is allergic conjunctivitis?

Conjunctivitis is an inflammation of the conjunctiva (the thin transparent layer that covers the inner eyelid and the white portion at the front of the eye, also known as the sclera).

Allergic conjunctivitis occurs when your eye comes into direct contact with something that triggers irritation. Allergic conjunctivitis is not something that can be passed on between people.

These triggers are often categorized as either seasonal or perennial allergies.

Some common seasonal allergies include:



Pollen (from either trees or plants)



Ragweed



Grass

Some common perennial allergies include:



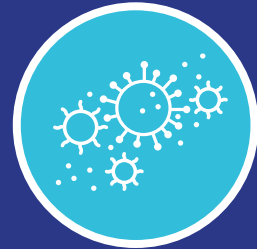
Dust




Certain fabrics



Pet/animal dander



Mold



How does allergic conjunctivitis cause itchy eyes?

Allergic conjunctivitis occurs when your body tries to defend itself against a perceived threat (allergen) which triggers the release of histamine. Histamines are a potent chemical used to fight off the foreign substances (allergens) entering the eye.

Lifestyle tips to help manage itching associated with allergic conjunctivitis

The first step to managing the itching associated with allergic conjunctivitis is to try and avoid the allergen that causes your eyes to itch. To do so you may:



Steer clear: try to avoid or minimize exposure to allergens

- For example, when pollen counts are high, try and remain indoors



Sleep right: use “mite-proof” bedding



Keep it dry: use dehumidifier to keep mold levels down



Be a star: when heading outdoors, wear a wide-brimmed hat or sunglasses to prevent pollen from blowing into your eye



Squeaky clean: wash your hands after petting animals/pets



Lock it out: keep your windows and doors closed when pollen counts are high and use air conditioning when possible; close your car windows while driving



Dust buster: keep furnace and air conditioner filters clean; dust using a damp mop or rag (sweeping can stir up allergens)



Talk to your doctor: if your itching associated with allergic conjunctivitis persists or gets worse, book an appointment with your doctor

When the itching associated with allergic conjunctivitis occurs, try the following management tips to help reduce the severity of the itching.



Avoid rubbing or touching your eyes; this will only make the itching worse.

Holding a clean facecloth soaked in cold water over closed eyes for 5-10 minutes to help reduce itchiness.



Using over-the-counter artificial-tears eye drops, especially if kept cold in the fridge.



Tips for giving eye drops to your child

Giving eye drops to your child can be a difficult task. Preparation, practice and patience will help. The following methods for giving eye drops to your child may be helpful.



Gather all the necessary materials first (medicine, tissues, washcloth, etc.)



Show them how the drops will go in

- Using over-the-counter fake tears, you can show your child exactly how you will be applying the medicine



Reduce distractions

- Children can be easily distracted, and since you will need them to be steady to apply the medicine, it is best to ensure there are no distractions in the room



Rewards

- You can try promising a treat to your child for having good behavior while having the medicine applied



Explain to your child in simple terms what the medicine does and how it may feel



Wash your hands

- It is especially important when applying eye medication that you thoroughly wash your hands before administering the drops



Put a drop of medicine on the back of their hand

- Doing this may help to reduce your child's anxiety about getting their medicine



You may need the help of another person if your child is extremely upset or reluctant to get their eye drops.

UNDERSTANDING

treatment with BEPREVE™

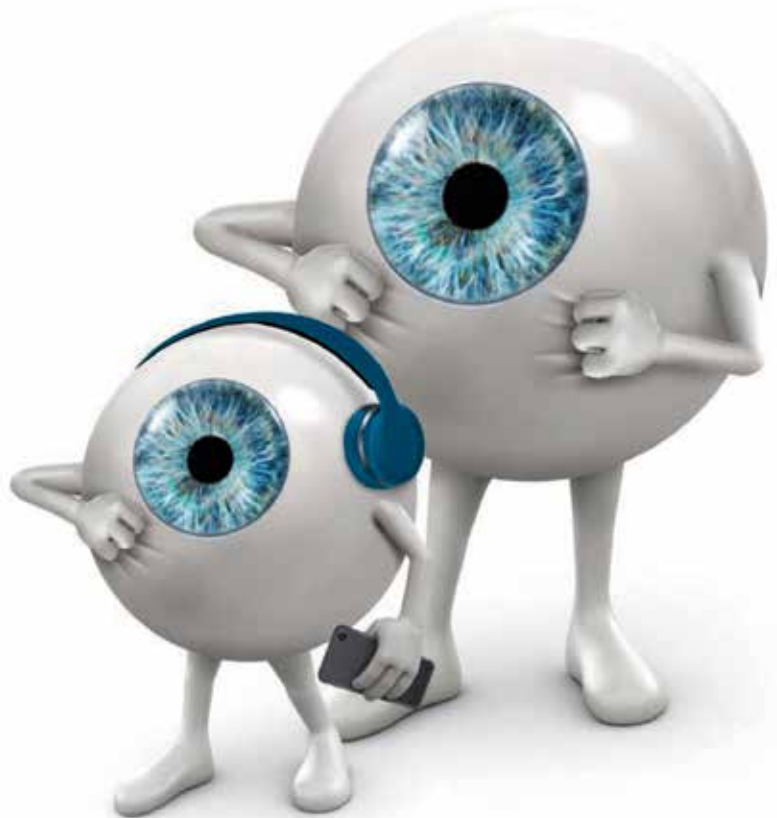
What is BEPREVE™ used for?

BEPREVE™ is used for the treatment of itching associated with allergic conjunctivitis. Allergic conjunctivitis is eye inflammation caused by an allergic reaction to allergens like pollen, house dust or animal dander.

How does BEPREVE™ work?

BEPREVE™ makes allergic reactions less intense by:

1. Blocking the effects of histamine (a chemical that plays an important role in allergic reactions), and
2. Stabilizing mast cells (cells that contain histamine and other chemicals involved in allergic reactions)

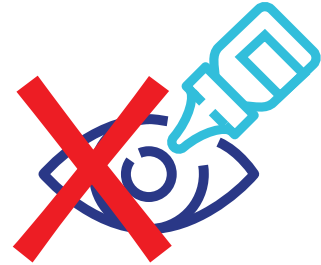


How to take BEPREVE™

Carefully follow the points below for proper administration

When using BEPREVE™:

- Be careful not to touch your eye or surrounding areas with the dropper tip of the bottle, to minimize possible contamination of the dropper tip and medicine



- Keep bottle tightly closed when not in use



- If you wear contact lenses, remove them before using BEPREVE™ and wait 10 minutes after using BEPREVE™ before you put them back in



What are possible side effects from using BEPREVE™?

These are not all the side effects you may feel while taking BEPREVE™.
If you experience any side effect not listed here, contact your doctor.

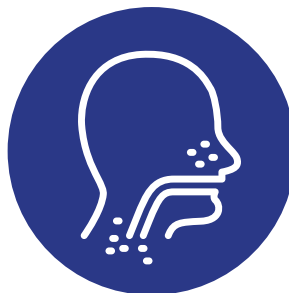
Side effects may include:



Headache



Eye irritation



Inflammation of
the nose or throat



Change in your
sense of taste

If you have a symptom or side effect that is not listed here or becomes bad enough to interfere with your daily activities, talk to your doctor.

Important considerations before using BEPREVE™

Before using BEPREVE™, talk to your doctor about any health conditions or problems you may have, including if you:

- Wear contact lenses
 - BEPREVE™ should not be used to treat contact lens-related irritation.
 - BEPREVE™ should not be used while wearing contact lenses. Remove contact lenses prior to using BEPREVE™.
 - The preservative in BEPREVE™, benzalkonium chloride, may be absorbed by soft contact lenses.
 - Contacts may be re-inserted after 10 minutes following administration of BEPREVE™.
- Are pregnant or breastfeeding
 - If you are pregnant or might get pregnant, talk to your doctor before you use BEPREVE™.
 - If you are breastfeeding, do not use BEPREVE™, as it may pass into your breast milk.

BEPREVE™ is for use in the eyes only.

Tell your doctor about all the medicines you take, including any drugs, vitamins, minerals, natural supplements or alternative medicines.

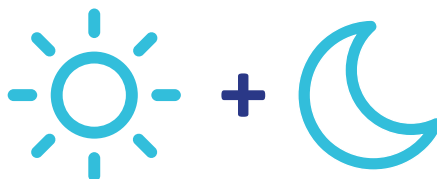


What is the usual dose of BEPREVE™?

The recommended dose of BEPREVE™ is

ONE DROP
INTO THE AFFECTED EYE(S)

TWICE A DAY



Forgot to use BEPREVE™?

If you forget to use BEPREVE™, use a single drop as soon as you remember, and then go back to your normal dosing schedule. Do not try to catch up on missed drops by applying more than one dose at a time.



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 **BEPREVE™**
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