

# MY EXPERIENCE TRACKER

For recording your symptoms and notes, and sharing them with your dermatologist.

SOTYKTU (deucravacitinib) is a prescription medicine used to treat adults with moderate-to-severe plaque psoriasis who may benefit from taking injections or pills (systemic therapy) or treatment using ultraviolet or UV light (phototherapy). It is not known if SOTYKTU is safe and effective in children under 18 years of age.

## SELECT IMPORTANT SAFETY INFORMATION

SOTYKTU may cause serious side effects, including:

**Serious allergic reactions.** Stop taking SOTYKTU and get emergency medical help right away if you develop any of the following symptoms of a serious allergic reaction: feel faint; swelling of your face, eyelids, lips, mouth, tongue, or throat; trouble breathing or throat tightness; chest tightness; skin rash, hives.

Please see additional Important Safety Information on pages 5-8, as well as [U.S. Full Prescribing Information](#) and [Medication Guide](#) for SOTYKTU.



SOTYKTU<sup>™</sup>  
(deucravacitinib) 6 mg  
tablets

# CREATE A SYMPTOM PHOTO ALBUM ON YOUR PHONE

Now that you're taking SOTYKTU, it's a good idea to use the camera on your phone to keep track of how you're doing and share it with your dermatologist. Here's how to create an album on your phone that's just for photos of your symptoms.

- Open the **"Photos"** app on your phone
- Create a **new album**
  - For iPhone, tap the **"Albums"** button toward the bottom of the screen, then the  **"+"** symbol near the top-left
  - For Android, tap the **"Albums"** tab, then the menu at the top (three vertical dots), then **"Create"**
- **Name your album** ("My psoriasis photos," for example)

Whenever you take a photo of your plaques, **you can save them to the album you just created.**

**Try to take photos of your plaques at regular intervals,** such as once each week or month.

If you want to share photos with your dermatologist, **just bring your phone to your appointment and pull up the album you created.**

Please see additional Important Safety Information on pages 5-8, as well as [U.S. Full Prescribing Information](#) and [Medication Guide](#) for SOTYKTU.



## Scan the QR code

This will add a recurring monthly reminder to your calendar, to help you remember to add photos to your album each month.

# THINGS TO TALK ABOUT WITH YOUR DERMATOLOGIST

**A good dialogue with your dermatologist is important.** Print out a few copies of this page and the following page to help guide your next conversations with your dermatologist.

## Successes I've had:

---

---

---

---

---

## Change in symptoms:

---

---

---

---

---

## How it's going with SOTYKTU:

---

---

---

---

---

## Areas for improvement:

---

---

---

---

---

## Personal goals:

---

---

---

---

---

## Other:

---

---

---

---

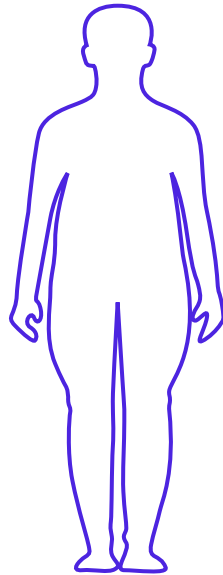
---

Please see additional Important Safety Information on pages 5-8, as well as [U.S. Full Prescribing Information](#) and [Medication Guide](#) for SOTYKTU.

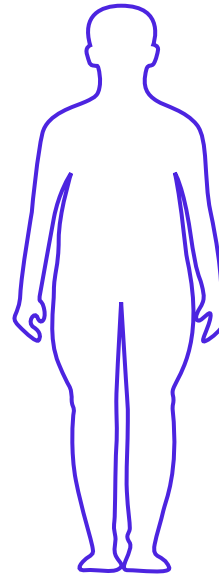
# THINGS TO TALK ABOUT WITH YOUR DERMATOLOGIST

SOTYKTU<sup>™</sup>  
(deucravacitinib) 6 mg  
tablets

Print this sheet and circle the areas below that represent spots on your body you would like to discuss with your dermatologist at your next follow-up.



Front



Back

Please see additional Important Safety Information on pages 5-8, as well as [U.S. Full Prescribing Information](#) and [Medication Guide](#) for SOTYKTU.

# IMPORTANT SAFETY INFORMATION

SOTYKTU<sup>™</sup>  
(deucravacitinib) 6 mg  
tablets

## INDICATION

SOTYKTU (deucravacitinib) is a prescription medicine used to treat adults with moderate-to-severe plaque psoriasis who may benefit from taking injections or pills (systemic therapy) or treatment using ultraviolet or UV light (phototherapy).

It is not known if SOTYKTU is safe and effective in children under 18 years of age.

## IMPORTANT SAFETY INFORMATION about SOTYKTU (deucravacitinib)

SOTYKTU may cause serious side effects, including:

**Serious allergic reactions.** Stop taking SOTYKTU and get emergency medical help right away if you develop any of the following symptoms of a serious allergic reaction:

- feel faint
- swelling of your face, eyelids, lips, mouth, tongue, or throat
- trouble breathing or throat tightness
- chest tightness
- skin rash, hives

**Infections.** SOTYKTU is a medicine that affects your immune system. SOTYKTU can lower the ability of your immune system to fight infections and can increase your risk of infections. Some people have had serious infections while taking SOTYKTU, such as infections of the lungs, including pneumonia and tuberculosis (TB), and COVID-19.

- Your healthcare provider should check you for infections and TB before starting treatment with SOTYKTU and watch you closely for signs and symptoms of TB during SOTYKTU treatment.
- You may be treated for TB before you begin SOTYKTU treatment if you have a history of TB or have active TB.
- If you get a serious infection, your healthcare provider may tell you to stop taking SOTYKTU until your infection is controlled.

SOTYKTU should not be used in people with an active, serious infection, including localized infections. You should not start taking SOTYKTU if you have any kind of infection unless your healthcare provider tells you it is okay.

# IMPORTANT SAFETY INFORMATION

## cont'd

**SOTYKTU**<sup>™</sup>  
(deucravacitinib) 6 mg  
tablets

You may be at a higher risk of developing shingles (herpes zoster).

**Before starting SOTYKTU, tell your healthcare provider if you:**

- are being treated for an infection, or have had an infection that does not go away or keeps coming back
- have TB or have been in close contact with someone with TB
- have or have had hepatitis B or C
- think you have an infection or have symptoms of an infection such as:
  - fever, sweats, or chills
  - muscle aches
  - weight loss
  - cough
  - shortness of breath
  - blood in your phlegm (mucus)
  - warm, red, or painful skin or sores on your body different from your psoriasis

- diarrhea or stomach pain
- burning when you urinate or urinating more often than normal
- feeling very tired

After you start taking SOTYKTU, call your healthcare provider right away if you have an infection or have symptoms of an infection.

SOTYKTU can make you more likely to get infections or make any infections you have worse.

**Cancer.** Certain kinds of cancer including lymphoma have been reported in people taking SOTYKTU. Tell your healthcare provider if you have ever had any type of cancer.

**Muscle problems (rhabdomyolysis).** SOTYKTU can cause muscle problems that can be severe. Treatment with SOTYKTU may increase the level of an enzyme in your blood called creatine phosphokinase (CPK) and can be a sign of muscle damage. Increased CPK is common in people taking SOTYKTU. Your healthcare provider may tell you to stop taking SOTYKTU if the amount of CPK in

# IMPORTANT SAFETY INFORMATION

## cont'd

SOTYKTU<sup>™</sup>  
(deucravacitinib) 6 mg  
tablets

your blood gets too high or if you have signs and symptoms of severe muscle problems. Tell your healthcare provider right away if you have any of these signs or symptoms of severe muscle problems: unexplained muscle pain, tenderness, or weakness, feeling very tired, fever, or dark-colored urine.

**Do not take SOTYKTU if** you are allergic to deucravacitinib or any of the ingredients in SOTYKTU.

**Before taking SOTYKTU, tell your healthcare provider about all of your medical conditions, including if you:** have liver problems or kidney problems, have high levels of fat in your blood (triglycerides), or have recently received or are scheduled to receive an immunization (vaccine), as you should avoid receiving live vaccines during treatment with SOTYKTU.

**Tell your health care provider if you are pregnant, plan to become pregnant, or if you are breastfeeding or plan to breastfeed.** It is not known if SOTYKTU can harm your unborn baby or if SOTYKTU passes into your breast milk.

- Report pregnancies to the Bristol-Myers Squibb Company's Adverse Event reporting line at 1-800-721-5072

**Tell your healthcare provider about all the medicines you take,** including prescription medicines, over-the-counter medicines, vitamins, and herbal supplements. Keep a list of them to show your healthcare provider and pharmacist when you get a new medicine.

**Take SOTYKTU exactly as your healthcare provider tells you to take it.** Take SOTYKTU 1 time every day, with or without food. Do not crush, cut, or chew the SOTYKTU tablets.

**SOTYKTU may cause serious side effects, including:**

- **Changes in certain laboratory test results.** Changes in laboratory tests have happened in some people taking SOTYKTU. Your healthcare provider may do blood tests before you start taking SOTYKTU and during treatment with SOTYKTU to check for the following:

# IMPORTANT SAFETY INFORMATION

## cont'd

SOTYKTU<sup>™</sup>  
(deucravacitinib) 6 mg tablets

- **Increased triglycerides.** Too much fat in your blood can cause problems with your heart.
- **Increased liver enzymes.** If your liver enzymes increase too much, your healthcare provider may need to do additional tests on your liver and may tell you to stop taking SOTYKTU if they think that SOTYKTU is harming your liver.
- **Potential risks from Janus kinase (JAK) inhibition.** SOTYKTU is a tyrosine kinase 2 (TYK2) inhibitor. TYK2 is in the JAK family. It is not known whether taking SOTYKTU has the same risks as taking JAK inhibitors. Increased risk of death (all causes) has happened in people who were 50 years of age and older with at least 1 heart disease (cardiovascular) risk factor who were taking a JAK inhibitor used to treat rheumatoid arthritis (RA) compared to people taking another medicine in a class of medicines called TNF blockers. SOTYKTU is not for use in people with RA.

### The most common side effects of SOTYKTU

**include:** common cold, sore throat and sinus infection (upper respiratory infections), cold sores (herpes simplex), sores on inner lips, gums, tongue, or roof of the mouth (canker sores), inflamed hair pores (folliculitis) and acne.

These are not all of the possible side effects of SOTYKTU.

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

Please see [U.S. Full Prescribing Information](#), including the [Medication Guide](#), for SOTYKTU.



# TIPS FOR REMEMBERING ONCE-DAILY SOTYKTU

SOTYKTU <sup>360</sup> SUPPORT  
(deucravacitinib) <sup>6 mg</sup> <sup>TABLETS</sup>

Following your treatment plan as discussed with your dermatologist can be important to staying on track. Here are some things that may help to make it easier to remember to take your once-daily SOTYKTU:



## Develop a routine

Take SOTYKTU at the same time every day, or as prescribed by your dermatologist.



## Use a pill box

A pill box labeled with days of the week can help you keep track.



## Give yourself a reminder

Place a note on your bathroom mirror or an alert on your phone.



## Record each dose

Use a calendar to check off that you've taken SOTYKTU each day.



## Keep it visible

Leave your medicine in a safe place that's easy to spot.



## Bring extra when traveling

If you'll be traveling, bring extra medication with you in case your trip is unexpectedly extended.

Please see additional Important Safety Information on pages 5-8, as well as [U.S. Full Prescribing Information](#) and [Medication Guide](#) for SOTYKTU.



**Assistance is a call away**  
**1-888-SOTYKTU (768-9588)**  
**Monday through Friday, 8 AM to 8 PM ET**  
**SOTYKTU360SUPPORT.com**



SOTYKTU, SOTYKTU 360 SUPPORT, and SOTYKTU logo are trademarks of Bristol-Myers Squibb Company.  
© 2022 Bristol-Myers Squibb Company.  
1787-US-2200408 09/22