Exercise and Activity

Diet and Nutrition

On the First Day: Getting Started on the Patch

Application Tips

Hand Pressure + 30 Seconds

Do not apply the patch in the same place more than once every 14 days.

Pass the patch firmly with the palm of your hand for 30 seconds to make sure there is good contact with your skin, especially around the edges.

The warmest of your hands helps the adhesive on the patch stick to your skin. Make sure the patch is fall against your skin. There should be no bumps or folds. Wash your hands with soap and water right after handling the patch. Do not touch your eyes until after you have washed your hands.

“My physician has told me I can think of my body as a clock. I should change the patch site clockwise.”

Common Application Questions

What do I need to know about using the NEUPRO Patch on a daily basis?

What if my NEUPRO Patch falls off?

If your patch falls off, put on a fresh patch until the time you usually change your patch. Then put a new patch on a different part of your skin at your regular scheduled time. If the edges of the patch lift, you may tape them down with bandaging tape.

Can I get my NEUPRO Patch wet?

Yes. You can bathe, shower, or swim while wearing the NEUPRO Patch. However, water may loosen your patch. Avoid hot baths, as the heat may cause too much medicine to pass through the skin.

Do I have to apply my NEUPRO Patch around mealtime?

No. Apply your patch when it’s convenient for you, and apply it at the same time each day. Because NEUPRO is delivered through the skin, food should not affect the medication.

What should I avoid while using NEUPRO?

Do not drive, operate machinery, or do other dangerous activities until you know how NEUPRO affects you.

Avoid exposing the NEUPRO Patch you are wearing to heating pads, electric blankets, heat lamps, saunas, hot tubs, heated water beds, and direct sunlight. Too much medicine could be absorbed into your body.

Do not use NEUPRO during certain medical procedures called magnetic resonance imaging (MRI) or cardioversion. Using NEUPRO during these procedures could cause a burn to the site where you applied your NEUPRO Patch.

During the First Week: Beyond the Patch

Exercise and Activity

It makes sense that taking on Parkinson’s may require some training. Following a regular program of physical exercise has been shown to help people with Parkinson’s control their motor symptoms better—and longer.

Among the exercises used by people living with PD are:

• Balance training
• Resistance exercise
• Tai chi

Stretching
Walking on a treadmill

Other benefits of exercise for people with Parkinson’s may include:

• Improving digestion
• Improving balance (potentially reducing falls)
• Improving posture (particularly for PD)
• Improving muscle strength

Be sure to talk to your doctor before starting a new exercise program. He or she may have some specific recommendations for you, based on your complete medical history.

Diet and Nutrition

Although there’s no “Parkinson’s diet,” eating nutritionally balanced meals, including plenty of fresh fruits and vegetables, can contribute to your general health.

So can maintaining a healthy weight. Following general healthy eating guidelines can help you stay strong to face the challenges of living with PD.

Your nutritional concerns may change over time, so it’s good to ask for guidance from your doctor or to get a referral to a nutritionist. This can be particularly important if you’re having trouble maintaining your normal weight. In addition to following a healthy, balanced diet, there are some specific things you can do to help with certain Parkinson’s symptoms.

In the table below are some examples of foods that may cause specific problems for some people with PD. Your doctor or nutritionist can give you more information tailored to your specific needs.

<table>
<thead>
<tr>
<th>Foods to Avoid</th>
<th>Possible Reason</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat, chicken, shellfish, red meat, liver, and dairy products</td>
<td>Protein in these foods may interfere with the absorption of certain medications</td>
</tr>
<tr>
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<td>Protein in these foods may interfere with the absorption of certain medications</td>
</tr>
<tr>
<td>Tomatoes and tomato sauce</td>
<td>These foods may trigger acid reflux or make it worse</td>
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<tr>
<td>Citrus fruits</td>
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<tr>
<td>Coffee, tea, and cola</td>
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<td>Alcohol</td>
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<td>Garlic</td>
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<td>Chocolate</td>
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Everyday Choices for Better Health

The information provided here is for general informational purposes only and is not intended or recommended as a substitute for professional medical advice. Always seek the advice of your doctor or another qualified healthcare provider regarding any medical condition or treatment.

A holistic approach to wellness

PHYSICAL ACTIVITY

MEDICINE

DET

SUPPORT
**NEUPRO** (rotigotine transdermal system) is a small, thin, flesh-colored patch that comes in 4 dosing strengths for Parkinson’s disease (PD): 2 mg, 4 mg, 6 mg, and 8 mg. Your doctor should start you on a low dose of **NEUPRO**. Your doctor will change the dose weekly until you are taking the right amount of medication to control your symptoms. It may take several weeks before you reach the dose that controls your symptoms best.

**NEUPRO** provides stable, continuous delivery 24 hours a day, so you get a consistent level of medication throughout the day.

The **NEUPRO** Patch offers once-daily dosing. Simply choose the time of day that works best for you and apply the patch at the same time each day.

The medication in the **NEUPRO** Patch does not go through your digestive system, so food doesn’t interfere with how it works and there is no need to schedule **NEUPRO** around meals. **NEUPRO** can cause nausea, vomiting, indigestion, or upset stomach, which may occur more frequently when you first start using the patch. Skin reactions may occur at the site where you apply **NEUPRO**. Tell your doctor if you get a rash, redness, swelling, or itching that will not go away at the skin site where you applied **NEUPRO**. Do not stop or change your treatment with **NEUPRO** without telling your doctor.

**First Month:** What to Watch for While on **NEUPRO**

### Side Effects

**NEUPRO** can cause serious side effects. Please see the Important Safety Information above.

The most common side effects of **NEUPRO** for Parkinson’s disease are:

- **Nausea**
- **Vomiting**
- **Sleepiness**
- **Difficulty falling asleep and staying asleep**
- **Increased sweating**
- **Dizziness**
- **Vision problems**
- **Drooling**

**NEUPRO** can cause or worsen psychotic symptoms including hallucinations (seeing or hearing things that are not real), confusion, excessive suspiciousness, aggressive behavior, agitation, delusions, and things that are not real, and disorganized thinking. The chances of having hallucinations or other psychotic changes are higher in people with Parkinson’s disease who are elderly, taking **NEUPRO**, or taking higher doses of **NEUPRO**. If you have any of these problems, talk to your doctor.

**NEUPRO** can cause decreases in blood pressure, especially when you start or increase your doses. Increases in blood pressure and heart rate, fainting, weight gain, and fluid retention also can occur. If you feel or feel dizzy, nauseated, or sway when you stand up from sitting or lying down, or have an unusually high increase in weight, swelling, or fluid retention, especially in the ankles or legs, tell your doctor.

Some patients using **NEUPRO** get urges to behave in a way that is unusual for them, such as unusual urges to gamble, strong urges to spend money, binge eating, or increased sexual urges and behaviors, if you or your family notice you are developing any unusual behaviors, talk to your doctor.

**NEUPRO** may cause hallucinations, disorganized thinking, and disorganized or unusual behaviors in elderly people and people who are taking medicines that cause drowsiness may increase your chances of becoming drowsy. Medicines that cause drowsiness may increase your chances of becoming drowsy. Medicines that cause drowsiness may increase your chances of becoming drowsy. Medicines that cause drowsiness may increase your chances of becoming drowsy. Medicines that cause drowsiness may increase your chances of becoming drowsy.

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**NEUPRO** may make you fall asleep suddenly or without warning while doing normal activities, such as driving, which may result in accidents. Tell your doctor right away if this happens. Drinking alcohol or taking other medicines that cause drowsiness may increase your chances of becoming drowsy while using **NEUPRO**. Do not drive, use hazardous machinery, or do dangerous activities until you know how **NEUPRO** affects you.

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