

Supplementary Materials

Figure S1. Study design

^aPatients were not required to remain on treatment with DMF, FTY, or GA for any period of time.

DMF, delayed-release dimethyl fumarate; FTY, fingolimod; GA, glatiramer acetate; GI, gastrointestinal; MS, multiple sclerosis.

Appendix S1. EFFECT GI questionnaire

Appendix S2. Non-oral food recommendations patient handout.

Appendix S3. Symptomatic therapy recommendations patient handout.

**DMF, FTY, or GA therapy initiation
January 2011 to 12 months before
date of medical record abstraction^a**

Medical history and
MS disease, treatment,
and relapse history
were collected

12-month follow-up
post DMF, FTY, or GA
therapy initiation

Rolling medical
record abstraction

Study start
May 2016

Study end
January 2017

Retrospective medical record abstraction

GI questionnaire collection

Dimethyl fumarate 120 mg/240 mg

[image] HOW TO TAKE:

- 1 capsule of 120 mg every 24 hours from _____ until _____
- 1 capsule of 240 mg every 24 hours from _____ until _____
- 1 capsule of 240 mg every 12 hours from _____
- The capsules must be swallowed whole (not opened) to avoid irritating effects in the intestine
- For better tolerance, take with a large, fatty meal

[image] HAVE YOU MISSED A DOSE?:

- Are there more than four hours until your next dose? take the missed dose and then continue with your usual pattern.
- Are there less than four hours until your next dose? skip the missed dose and continue with your usual pattern.

[image] POSSIBLE ADVERSE EFFECTS:

- **RUBEFACTION or FLUSHING:** heat, reddening, stinging and burning sensation on the face and upper chest. Appears in 40% of patients and occurs between 15 and 20 minutes after taking the medication. It usually occurs at the beginning of treatment and disappears with time (generally after one month). It is important to take the medication with a meal to avoid the occurrence of this symptom.

You can take one 300 mg Aspirin® after taking the Tecfidera. If it reoccurs frequently, you can take 300 mg Aspirin® 30 minutes in advance to prevent the occurrence of rubefaction

If you cannot take 300 mg Aspirin® for any reason, you can take Paracetamol 1 g or Ibuprofen 600 mg

- **GASTROINTESTINAL ISSUES:** such as diarrhea, nausea, abdominal pain, pain in the upper abdomen. Appears in 20% of patients. It usually occurs at the beginning of treatment and disappears with time (generally after one month).

For <u>abdominal pain</u> , you can take one Omeprazole® 20 mg or Almax®
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For <u>diarrhea</u> , you can take Fortasec® 2 mg

For <u>nausea</u> , you can take Primperan® 10 mg or Motilium® 10 mg
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Inform your doctor or pharmacist if you experience these or any other adverse effects.

STORAGE CONDITIONS:

- Keep at room temperature (under 30°C) in the original packaging to protect it from light.

[image] **INTERACTIONS:** If you are taking other drugs, medicinal plants or dietary supplements, contact your doctor/pharmacist as it may interact with them.

- **ORAL CONTRACEPTIVES:** Tecfidera can reduce their effectiveness and using other additional methods is recommended.
- **OTHER:** some **antibiotics, diuretics, analgesics** (such as ibuprofen or other anti-inflammatory drugs) and drugs that contain **lithium**.

IF YOUR TREATMENT IS CHANGED FOR ANY REASON AND YOU HAVE LEFTOVER DRUGS, PLEASE RETURN THEM TO THE PHARMACY DEPARTMENT
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THIS INFORMATION SHEET DOES NOT REPLACE THE ORIGINAL PATIENT INFORMATION SHEET. IF YOU NEED MORE INFORMATION OR YOU HAVE QUESTIONS ABOUT YOUR TREATMENT, CALL YOUR USUAL DOCTOR OR THE PHARMACY DEPARTMENT, OUTPATIENT CARE AREA: 93 497 88 74
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Tips for taking dimethyl fumarate

SMALL TRICKS - BIG IMPACT

According to the patient information leaflet, dimethyl fumarate is to be taken as an entire capsule twice daily with a meal and with some water.

- **Twice daily With meals** - not before or after food

Scientific findings and user experience have indicated that the following tips may possibly help you to better tolerate treatment with dimethyl fumarate:

- **Choose dairy products with natural fat content** - e.g. yoghurt or cream cheese
- **Take with substantial meals** - e.g. muesli, bananas, peanut butter or similar
- **In a vegan diet** - replace dairy products with fat-containing soya products
- **Avoid if possible** - Forgo coffee and cola drinks two hours before and after intake
- **It may help you** - to take the capsule with a spoonful of yoghurt

Ask your doctor in case of side effects. Please do not discontinue therapy on your own without having discussed this with your doctor.