

My hives and itch tracker

When you live with chronic hives with no known external triggers, every day is different. Use this tracker to keep tabs on your hives and itch, any meds you're taking, and how it's impacting your day to day. Keeping track can help you make more informed decisions with your doctor.

How to score

Here's some guidance on how to rate your daily symptoms on the next page. You should use the tracker in the morning and at night since hives and itch can change throughout the course of a day. The more accurate your notes, the more informed the next conversation with your doctor can be.

Hives and itch severity scores

0 = No hives, no itch

1 = **Hives:** 1 to 6 hives (every 12 hours)
Itch: mild (minimal awareness, easily tolerated)

2 = **Hives:** 7 to 12 hives (every 12 hours)
Itch: moderate (definite awareness, bothersome but tolerable)

3 = **Hives:** >12 hives (every 12 hours)
Itch: severe (difficult to tolerate)

Get the answers you need. Ask your doctor if RHAPSIDO[®] (remibrutinib) could be a fit for you.

Current treatment(s): _____

How much/what dose: _____

Started on: _____

1. Could RHAPSIDO be right for me?

2. What makes RHAPSIDO different?

3. What are the potential benefits and risks of RHAPSIDO?

Approved Use

What is RHAPSIDO?

RHAPSIDO is a prescription medicine used to treat adults with chronic spontaneous urticaria (CSU) who continue to have symptoms that are not controlled with antihistamine treatment. RHAPSIDO should not be used to treat any other forms of hives (urticaria). It is not known if RHAPSIDO is safe and effective in children.

Please see Important Safety Information on the last page and full [Prescribing Information](#), including [Patient Information](#).

More tools. More support.

Scan the QR code to get ongoing updates and tools for managing chronic hives with no known external triggers.



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Month _____

Date	Hives (morning)	Itch (morning)	Hives (night)	Itch (night)	Notes (duration of symptoms, relief measures taken, medications, etc)
	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	

Date	Hives (morning)	Itch (morning)	Hives (night)	Itch (night)	Notes (duration of symptoms, relief measures taken, medications, etc)
	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	

Date	Hives (morning)	Itch (morning)	Hives (night)	Itch (night)	Notes (duration of symptoms, relief measures taken, medications, etc)
	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	

Additional notes. For example, how do symptoms impact your day to day?

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Month _____

Date	Hives (morning)	Itch (morning)	Hives (night)	Itch (night)	Notes (duration of symptoms, relief measures taken, medications, etc)
	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	

Date	Hives (morning)	Itch (morning)	Hives (night)	Itch (night)	Notes (duration of symptoms, relief measures taken, medications, etc)
	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	

Date	Hives (morning)	Itch (morning)	Hives (night)	Itch (night)	Notes (duration of symptoms, relief measures taken, medications, etc)
	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	

Additional notes. For example, how do symptoms impact your day to day?

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Important Safety Information

Before taking RHAPSIDO, tell your health care provider about all of your medical conditions, including if you:

- Have had a recent surgery or plan to have surgery. Your health care provider may tell you to stop taking RHAPSIDO for at least 3 to 7 days before and after any planned medical or surgical procedures
- Have bleeding problems or are taking a blood thinner medicine
- Have liver problems
- Are pregnant or plan to become pregnant. It is not known if RHAPSIDO will harm your unborn baby. If you become pregnant during treatment with RHAPSIDO, talk to your health care provider about registering in the pregnancy exposure registry for RHAPSIDO
- Are breastfeeding or plan to breastfeed. It is not known if RHAPSIDO passes into your breast milk
- Have recently received or are scheduled to receive an immunization (vaccine). Talk to your health care provider about receiving any immunizations before taking RHAPSIDO. You should not receive live or live-attenuated vaccines during treatment with RHAPSIDO

Tell your health care provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Taking RHAPSIDO with certain other medications may affect how RHAPSIDO or your other medications work, and can cause side effects.

What are possible side effects of RHAPSIDO?

RHAPSIDO may cause serious side effects, including:

- **Risk of bleeding.** Bleeding may happen while being treated with RHAPSIDO. Your health care provider will monitor you for signs and symptoms of bleeding and may stop your treatment if bleeding happens. Your risk of bleeding may increase if you are also taking a blood thinner medicine. Tell your health care provider right away if you get any signs or symptoms of bleeding, such as:
 - Bruising or red or purple skin marks
 - Pink or brown urine
 - Headache, dizziness, confusion, or feeling weak
 - Red or black stools that look like tar

The most common side effects with RHAPSIDO may include nasal congestion, sore throat, and runny nose (nasopharyngitis), bleeding, headache, nausea, and abdominal pain.

These are not all the possible side effects of RHAPSIDO.

Call your health care provider for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see full [Prescribing Information](#), including [Patient Information](#).