

GIVE SEIZURES THE SPRAYER™

with  VALTOCO®
(diazepam nasal spray) ©



Esteban, a resilient college graduate who carries VALTOCO

YOUR GUIDE TO VALTOCO

Inside this guide, you'll find useful tips and resources, answers, and support—and hear from others who ***carry confidence on the go***

VALTOCO is an immediate-use seizure medication for ***episodes of frequent seizures***.



SELECT IMPORTANT SAFETY INFORMATION

What is VALTOCO® (diazepam nasal spray)?

- VALTOCO is a prescription medicine used for short-term treatment of seizure clusters (also known as “episodes of frequent seizure activity” or “acute repetitive seizures”) that are different from a person’s normal seizure pattern in people 2 years of age and older.
- VALTOCO is a federally controlled substance (CIV) because it can be abused or lead to dependence. Keep VALTOCO in a safe place to prevent misuse and abuse. Selling or giving away VALTOCO may harm others and is against the law. Tell your healthcare provider if you have abused or been dependent on alcohol, prescription drugs, or street drugs.
- It is not known if VALTOCO is safe and effective in children under 2 years of age.

Please see Important Safety Information on pages 14-15, and refer to the [Prescribing Information](#) and [Medication Guide](#).

 VALTOCO®
(diazepam nasal spray) ©

Many experience similar feelings about their seizures



You're not alone

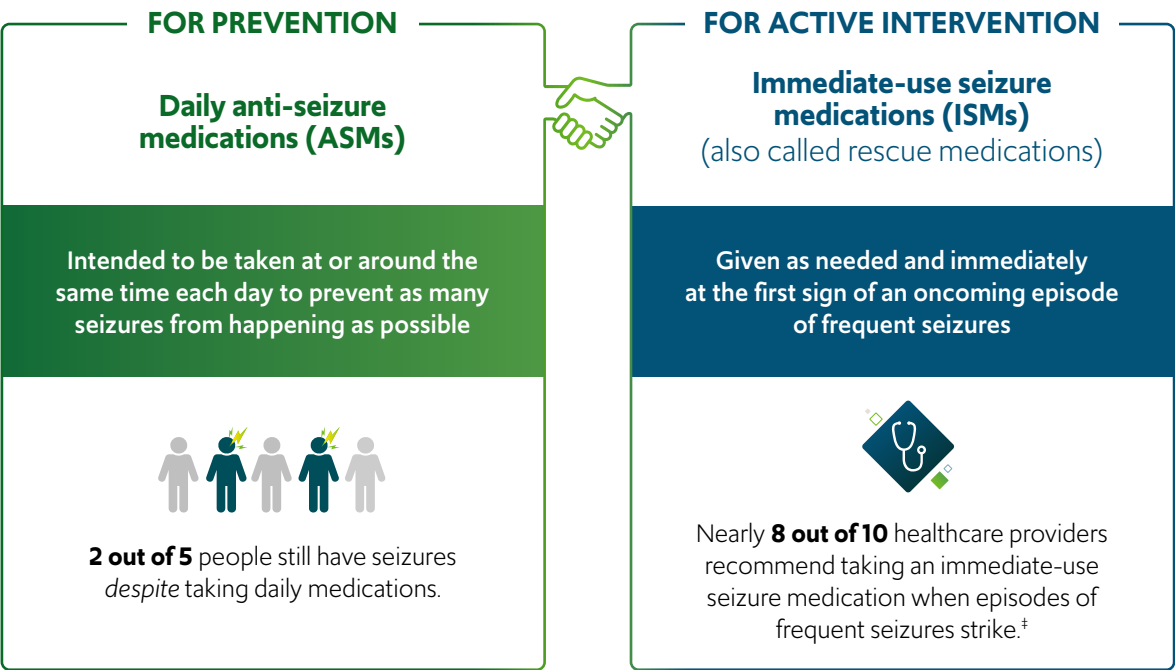
Nearly **3.5 million people** are living with epilepsy in the US. Many of them share anxious feelings and worry about their seizures.

About **75% live in fear** of having a seizure at any time.*

Gain the confidence to treat as many seizures as possible†

It starts with understanding the importance of **2 kinds of treatment** as different parts of a seizure management plan.

†Individual results may vary.



*Results from a survey of 259 people with epilepsy.
‡In a survey of 339 neurologists and epileptologists.

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about VALTOCO?

- VALTOCO is a benzodiazepine medicine. Taking benzodiazepines with opioid medicines, alcohol, or other central nervous system (CNS) depressants (including street drugs) can cause severe drowsiness, breathing problems (respiratory depression), coma, and death. Get emergency help right away if any of the following happens:
 - Shallow or slowed breathing
 - Breathing stops (which may lead to the heart stopping)
 - Excessive sleepiness (sedation)

Expect more from your treatment

Help your healthcare provider understand how seizures are impacting your life

You may feel uncomfortable talking about your seizures. But remember—only you know how you feel and what you need.



I want to combat the stigma around the condition through education and open and frank conversations."

- Danielle, a world traveler and community advocate with episodes of frequent seizures



BE **VOCAL**...

BE **HONEST**...

BE **SPECIFIC**...

about how seizures cause you to limit your social life or work. Don't assume your healthcare provider knows this if you aren't telling them.



Download a free Doctor Discussion Guide

Bring the guide to your next appointment and consider including a care partner to help reinforce the impact episodes of frequent seizures are having.

Scan here to get your **free** Doctor Discussion Guide, and discover other resources at [VALTOCO.com](https://www.valtocono.com).

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about VALTOCO? (cont'd)

- Risk of abuse, misuse, and addiction. There is a risk for abuse, misuse, and addiction with benzodiazepines, including VALTOCO, which can lead to overdose and serious side effects including coma and death.
- Serious side effects have happened in people who have abused or misused benzodiazepines, including diazepam (the active ingredient in VALTOCO). These serious side effects may also include delirium, paranoia, suicidal thoughts or actions, seizures, and difficulty breathing. Call your healthcare provider or go to the nearest hospital emergency room right away if you get any of these serious side effects.
- Use VALTOCO exactly as your healthcare provider prescribed.

Please see Important Safety Information on pages 14-15, and refer to the [Prescribing Information](#) and [Medication Guide](#).



VALTOCO[®]
(diazepam nasal spray)

Carry confidence with VALTOCO[®] (diazepam nasal spray)

What is VALTOCO?

VALTOCO is the *only* prescription nasal spray used to **immediately treat** episodes of frequent seizures in adults and children 2 years of age and older.



**VALTOCO stops seizures
fast and lasts all day.*†**

*Individual results may vary.



The **trusted experience of diazepam** in a convenient nasal spray



Diazepam, the active ingredient in VALTOCO, has been used by doctors and nurses for **more than 55 years** in the treatment of epilepsy.



Diazepam rectal gel has been used by nonmedical care partners, like family and friends, teachers, and coworkers, for **more than 25 years**.

VALTOCO was developed for **dignified administration** through the nose



VALTOCO delivers the same active ingredient as diazepam rectal gel **without the embarrassing delivery.**

†People with epilepsy used a single dose of VALTOCO for 87% of treated seizure episodes within a 24-hour period.

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about VALTOCO? (cont'd)

- Physical dependence and withdrawal reactions. Benzodiazepines, including VALTOCO, can cause physical dependence and withdrawal reactions, especially if you use VALTOCO daily. VALTOCO is not intended for daily use.

What to know about safety

The safety of VALTOCO® (diazepam nasal spray) has been well established

The most common local side effects were mild to moderate and included nose discomfort (5%), altered taste (2%), nosebleeds (2%), and runny nose (1%).

These are not all of the possible side effects of VALTOCO. Please see the Important Safety Information on pages 14-15 and the [Prescribing Information](#) and [Medication Guide](#).



*Usually, I feel exhausted after I have a seizure and leave work early to go home and rest. I was surprised to notice how I didn't feel as fatigued after using VALTOCO as I normally would."**

- Dejah, an outgoing traveler who found confidence to venture out with VALTOCO

Hear from people who trust and use VALTOCO

Find out how they've gained the confidence to stop episodes of frequent seizures at [VALTOCOstories.com](https://www.valtoco.com/stories).*

*Individual results may vary.



IMPORTANT SAFETY INFORMATION

What is the most important information I should know about VALTOCO? (cont'd)

- VALTOCO can make you sleepy or dizzy and can slow your thinking and motor skills.
 - Do not drive, operate heavy machinery, or do other dangerous activities until you know how VALTOCO affects you.
 - Do not drink alcohol or take opioid medicines that make you sleepy or dizzy while taking VALTOCO until you talk to your healthcare provider. When taken with alcohol or medicines that can cause sleepiness or dizziness, VALTOCO may make your sleepiness or dizziness worse.

Please see Important Safety Information on pages 14-15, and refer to the [Prescribing Information](#) and [Medication Guide](#).

 **VALTOCO®**
(diazepam nasal spray) 

You can never predict seizures,
but you can always be ready for them

When your daily anti-seizure
medications may only get you so far,
VALTOCO® (diazepam nasal spray)
is there

VALTOCO is used to treat
episodes of frequent seizures.



Luke, an active teen whose family
stays prepared with VALTOCO



Mobile phone

VALTOCO sprayer

Actual size comparison.



Ready to use

- VALTOCO is ready to use right out of the box
- VALTOCO comes in a box of 5, so you can reach for it the moment it's needed, without hesitation*



On the go

- VALTOCO comes in an easy-to-carry package that can stay with you anywhere—at home, at work, or anywhere you often go
- VALTOCO fits in your pocket or a small bag



With VALTOCO by your side, there's no reason to hold back when you need to stop episodes of frequent seizures fast.*

*If needed, a second dose may be used at least 4 hours after the first. Do not use more than 2 doses per episode. Do not use VALTOCO for more than 1 episode every 5 days. Do not use VALTOCO for more than 5 episodes in 1 month.

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about VALTOCO? (cont'd)

- Like other antiepileptic drugs, VALTOCO may cause suicidal thoughts or actions in a very small number of people, about 1 in 500. Call a healthcare provider right away if you have any new or worsening suicidal thoughts or related symptoms, especially unusual changes in mood, behaviors, thoughts or feelings.

Know your VALTOCO® (diazepam nasal spray) dose



Personalized dosing to fit your individual needs

When the right dose is used, VALTOCO puts the power to stop episodes of frequent seizures in your hands.*

VALTOCO is available in 4 treatment doses

Your healthcare provider will determine your dose based on your age and weight.

*Individual results may vary.



5 mg



10 mg



15 mg



20 mg

Over time, a dose adjustment may be needed as you age or if your weight changes. Routinely check with your healthcare provider to ensure you have the correct dose.



From childhood to adulthood, the right dose of VALTOCO can help you **confidently navigate every stage of life** with episodes of frequent seizures.*

If needed, a second dose may be used at least 4 hours after the first. Do not use more than 2 doses per episode. Do not use VALTOCO for more than 1 episode every 5 days. Do not use VALTOCO for more than 5 episodes in 1 month.

IMPORTANT SAFETY INFORMATION

How can I watch for early symptoms of suicidal thoughts or actions?

- Pay attention to any changes, especially sudden changes in mood, behaviors, thoughts, or feelings.
- Keep all follow-up visits with your healthcare provider as scheduled.
- Call your healthcare provider between visits as needed, especially if you are worried about symptoms. Suicidal thoughts or actions can be caused by things other than medicines. If you have suicidal thoughts or actions, your healthcare provider may check for other causes.

Do not use VALTOCO if you:

- Are allergic to diazepam.
- Have an eye problem called acute narrow-angle glaucoma.

Please see Important Safety Information on pages 14-15, and refer to the [Prescribing Information](#) and [Medication Guide](#).

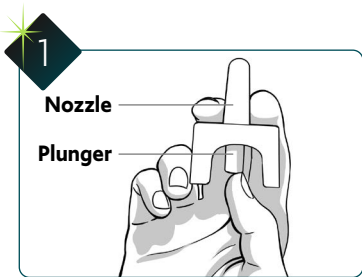


Feel confident using VALTOCO® (diazepam nasal spray)

VALTOCO is used in 3 easy steps

VALTOCO can be promptly given at the first sign of an oncoming episode of frequent seizures or during or between those seizures.

How to use VALTOCO nasal spray



Hold VALTOCO with your thumb on the bottom of the plunger and your first and middle fingers on either side of the nozzle. **DO NOT test or prime; each device sprays only one time.**

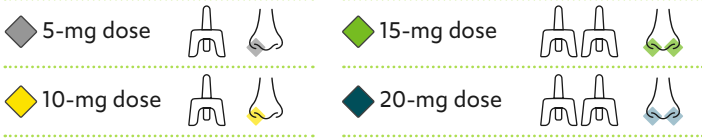


Insert the tip of the nozzle into one nostril until your fingers, on either side of the nozzle, are against the bottom of the person's nose. **For nasal use only.**



Press the bottom of the plunger firmly with your thumb to give VALTOCO. **Throw away nasal spray device(s) after use.**

When using a 15-mg or 20-mg dose, repeat the steps and use the second device in the other nostril to give the full dose of VALTOCO.



These are not all the steps for using VALTOCO. Scan to watch instructional videos, and see the complete instructions at [VALTOCO.com](https://www.valtocono.com).

IMPORTANT SAFETY INFORMATION

What should I tell my doctor before taking VALTOCO?

Before using VALTOCO, tell your healthcare provider about all of your medical conditions, including if you:

- Have asthma, emphysema, bronchitis, chronic obstructive pulmonary disease, or other breathing problems.
- Have a history of alcohol or drug abuse.
- Have a history of depression, mood problems, or suicidal thoughts or behavior.
- Have liver or kidney problems.
- Are pregnant or plan to become pregnant. VALTOCO may harm your unborn baby.

Become a pro at VALTOCO.com

Watch easy-to-follow videos

Discover VALTOCO® (diazepam nasal spray) instructions and other seizure-related topics:



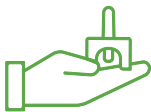
The emotional
impact of
seizures



Immediate-use
seizure medication



Life with
VALTOCO



Using
VALTOCO



The role of a
care partner



Personal
stories



Paul, a golfer who advocates for seizure awareness in schools with his mom and care partner, Colleen



Request a **free VALTOCO Demo Kit** that includes a training device, quick-start guide, medication guide, and more.

Scan here or sign up at [VALTOCO.com](https://www.valtocho.com).

IMPORTANT SAFETY INFORMATION

What should I tell my doctor before taking VALTOCO? (cont'd)

- Are breastfeeding or plan to breastfeed. VALTOCO passes into your breast milk and may harm your baby. Talk to your healthcare provider about the best way to feed your baby if you use VALTOCO.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Please see Important Safety Information on pages 14-15, and refer to the [Prescribing Information](#) and [Medication Guide](#).



Frequently asked questions

Should I continue to take my daily ASMs if I’m prescribed VALTOCO® (diazepam nasal spray)?

Yes, continue to take your ASMs as prescribed by your healthcare provider. VALTOCO should be used in addition to your ASMs. It is an immediate-use seizure medication that you use only when needed to stop episodes of frequent seizures.



What are episodes of frequent seizures?

This refers to seizures that are different from a person’s typical seizure pattern. They may last longer or occur in clusters of 2 or more in a 24-hour period.

Where can I keep VALTOCO?

Store VALTOCO in a purse, bag, desk, or anywhere safe at room temperature between 68 °F to 77 °F (20 °C to 25 °C). VALTOCO should be kept in its blister pack until you need it and should be kept out of direct light.



Other important things to remember when storing VALTOCO:

- Do not freeze VALTOCO
- Keep VALTOCO and all medicines out of reach of children

How long should I wait to take VALTOCO?

VALTOCO should be taken immediately when episodes of frequent seizures start. If a second dose is needed, it should be taken at least 4 hours after the first dose is taken. Check with your healthcare provider for any additional instructions on taking VALTOCO.

IMPORTANT SAFETY INFORMATION

How should I use VALTOCO?

- Read the Instructions for Use for detailed information about the right way to use VALTOCO.
- Use VALTOCO exactly as prescribed by the healthcare provider.
- Your healthcare provider will tell you:
 - When and how to give VALTOCO
 - What to do after you give VALTOCO if the seizures do not stop or there is a change in breathing, behavior, or condition that worries you



Amy, a caring pharmacy technician and camp counselor who carries VALTOCO

What should I do after giving VALTOCO® (diazepam nasal spray)?

If you are giving VALTOCO to someone else, you should:

- Stay with the person and watch them closely
- Make a note of the time VALTOCO was given
- Call for emergency help if their seizure behavior is different from other episodes or is alarming
- Throw away (discard) the nasal spray device and the blister pack after use

Remind them to request more VALTOCO to replace the used dose, if needed.



VALTOCO is easy to use, and we have trained our friends and family to use it."

- Ami, a trained nurse and care partner for her son, Luke



These are not all the steps for using VALTOCO.

Scan here or visit [VALTOCO.com](https://www.valtocho.com) to learn how to use your sprayer.

IMPORTANT SAFETY INFORMATION

How should I use VALTOCO? (cont'd)

- You should carry VALTOCO with you in case you need to control your seizure clusters.
- VALTOCO is given in the nose (nasal) only.
- Each VALTOCO only sprays 1 time and cannot be reused. Do not test or prime the nasal spray before use.
- Each dose of VALTOCO is provided in an individual pack. Use all of the medicine in 1 pack for a complete dose.

Please see Important Safety Information on pages 14-15, and refer to the [Prescribing Information](#) and [Medication Guide](#).



VALTOCO®
(diazepam nasal spray) 

Frequently asked questions


Is VALTOCO® (diazepam nasal spray) covered by insurance?

VALTOCO is covered by almost all commercial insurance plans. However, many may require a prior authorization to approve coverage.

Neurelis®, the company that makes VALTOCO, offers a support program called myNEURELIS®. Contact one of our representatives through myNEURELIS to check insurance coverage.

What if my insurance doesn't cover VALTOCO?

If you do not have prescription coverage for VALTOCO and lack the financial resources to pay for your medicine, you may be able to receive VALTOCO at no cost through the myNEURELIS Patient Assistance Program. See if you qualify.



Call **1-866-myNEURELIS** (1-866-696-3873) to learn more.

Maurene, a career mom with episodes of frequent seizures who keeps VALTOCO nearby



Find more answers to frequently asked questions at [**VALTOCO.com.**](https://www.valtoco.com)

Let's stay connected

 VALTOCO®
(diazepam nasal spray)

 @valtoco_official

 @valtoco

IMPORTANT SAFETY INFORMATION

What are the most common side effects of VALTOCO?

The most common side effects of VALTOCO include:

- Feeling sleepy or drowsy
- Headache
- Nose discomfort




Get personalized support from a dedicated team

Neurelis®, the company that makes VALTOCO® (diazepam nasal spray), offers a support program for you and your care partners called myNEURELIS®. It's a flexible program that allows you to select the level of support you need with your VALTOCO prescription.



 myNEURELIS.com

 **1-866-myNEURELIS**
(1-866-696-3873)

Monday-Friday
8 AM to 8 PM ET

With myNEURELIS, you gain access to nurse educators who can provide:

- A review of your Seizure Action Plan
- Answers to any questions related to VALTOCO
- One-on-one virtual training on how to give VALTOCO



Scan to get the Copay Card.

Pay as little as \$20* for your VALTOCO prescription with the Copay Card.

*For people with commercial insurance only. Must meet eligibility criteria.



IMPORTANT SAFETY INFORMATION

What are the most common side effects of VALTOCO? (cont'd)

These are not all of the possible side effects of VALTOCO. Call your healthcare provider if you experience any side effects following administration of VALTOCO. You may report side effects to Neurelis, Inc. at 1-866-696-3873 or to FDA at 1-800-FDA-1088.

Please see Important Safety Information on pages 14-15, and refer to the [Prescribing Information](#) and [Medication Guide](#).



IMPORTANT SAFETY INFORMATION

What is VALTOCO® (diazepam nasal spray)?

- VALTOCO is a prescription medicine used for short-term treatment of seizure clusters (also known as “episodes of frequent seizure activity” or “acute repetitive seizures”) that are different from a person’s normal seizure pattern in people 2 years of age and older.
- VALTOCO is a federally controlled substance (CIV) because it can be abused or lead to dependence. Keep VALTOCO in a safe place to prevent misuse and abuse. Selling or giving away VALTOCO may harm others and is against the law. Tell your healthcare provider if you have abused or been dependent on alcohol, prescription drugs, or street drugs.
- It is not known if VALTOCO is safe and effective in children under 2 years of age.

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about VALTOCO?

- VALTOCO is a benzodiazepine medicine. Taking benzodiazepines with opioid medicines, alcohol, or other central nervous system (CNS) depressants (including street drugs) can cause severe drowsiness, breathing problems (respiratory depression), coma, and death. Get emergency help right away if any of the following happens:
 - Shallow or slowed breathing
 - Breathing stops (which may lead to the heart stopping)
 - Excessive sleepiness (sedation)
- Risk of abuse, misuse, and addiction. There is a risk for abuse, misuse, and addiction with benzodiazepines, including VALTOCO, which can lead to overdose and serious side effects including coma and death.
 - Serious side effects have happened in people who have abused or misused benzodiazepines, including diazepam (the active ingredient in VALTOCO). These serious side effects may also include delirium, paranoia, suicidal thoughts or actions, seizures, and difficulty breathing. Call your healthcare provider or go to the nearest hospital emergency room right away if you get any of these serious side effects.

- Use VALTOCO exactly as your healthcare provider prescribed.
- Physical dependence and withdrawal reactions. Benzodiazepines, including VALTOCO, can cause physical dependence and withdrawal reactions, especially if you use VALTOCO daily. VALTOCO is not intended for daily use.
- VALTOCO can make you sleepy or dizzy and can slow your thinking and motor skills.
 - Do not drive, operate heavy machinery, or do other dangerous activities until you know how VALTOCO affects you.
 - Do not drink alcohol or take opioid medicines that make you sleepy or dizzy while taking VALTOCO until you talk to your healthcare provider. When taken with alcohol or medicines that can cause sleepiness or dizziness, VALTOCO may make your sleepiness or dizziness worse.
- Like other antiepileptic drugs, VALTOCO may cause suicidal thoughts or actions in a very small number of people, about 1 in 500. Call a healthcare provider right away if you have any new or worsening suicidal thoughts or related symptoms, especially unusual changes in mood, behaviors, thoughts or feelings.

How can I watch for early symptoms of suicidal thoughts or actions?

- Pay attention to any changes, especially sudden changes in mood, behaviors, thoughts, or feelings.
- Keep all follow-up visits with your healthcare provider as scheduled.
- Call your healthcare provider between visits as needed, especially if you are worried about symptoms. Suicidal thoughts or actions can be caused by things other than medicines. If you have suicidal thoughts or actions, your healthcare provider may check for other causes.

Do not use VALTOCO if you:

- Are allergic to diazepam.
- Have an eye problem called acute narrow-angle glaucoma.



IMPORTANT SAFETY INFORMATION (CONT'D)

What should I tell my doctor before taking VALTOCO?

Before using VALTOCO, tell your healthcare provider about all of your medical conditions, including if you:

- Have asthma, emphysema, bronchitis, chronic obstructive pulmonary disease, or other breathing problems.
- Have a history of alcohol or drug abuse.
- Have a history of depression, mood problems, or suicidal thoughts or behavior.
- Have liver or kidney problems.
- Are pregnant or plan to become pregnant. VALTOCO may harm your unborn baby.
- Are breastfeeding or plan to breastfeed. VALTOCO passes into your breast milk and may harm your baby. Talk to your healthcare provider about the best way to feed your baby if you use VALTOCO.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

How should I use VALTOCO?

- Read the Instructions for Use for detailed information about the right way to use VALTOCO.
- Use VALTOCO exactly as prescribed by the healthcare provider.
- Your healthcare provider will tell you:
 - What seizure clusters are
 - Exactly how much VALTOCO to give
 - When and how to give VALTOCO
 - What to do after you give VALTOCO if the seizures do not stop or there is a change in breathing, behavior, or condition that worries you
- You should carry VALTOCO with you in case you need to control your seizure clusters.
- VALTOCO is given in the nose (nasal) only.
- Each VALTOCO only sprays 1 time and cannot be reused. Do not test or prime the nasal spray before use.
- Each dose of VALTOCO is provided in an individual pack. Use all of the medicine in 1 pack for a complete dose.

What should I do after I give VALTOCO?

- Stay with the person after you give VALTOCO and watch them closely.
- Make a note of the time VALTOCO was given.
- Call for emergency help if any of the following happen:
 - Seizure cluster behavior is different than other seizure clusters the person has had.
 - You are alarmed by how often the seizures happen, by how severe the seizure is, by how long the seizure lasts, or by the color or breathing of the person.
- Throw away (discard) the used VALTOCO.

If needed, a second dose may be given at least 4 hours after the first dose, using a new pack of VALTOCO. Do not give more than 2 doses of VALTOCO to treat a seizure cluster.

A second dose should not be given if there is concern about the person's breathing, they need help with their breathing, or have extreme drowsiness.

Do not use VALTOCO for more than 1 seizure cluster episode every 5 days. Do not use VALTOCO for more than 5 seizure cluster episodes in 1 month.

What are the most common side effects of VALTOCO?

The most common side effects of VALTOCO include:

- Feeling sleepy or drowsy
- Headache
- Nose discomfort

These are not all of the possible side effects of VALTOCO. Call your healthcare provider if you experience any side effects following administration of VALTOCO. You may report side effects to Neurelis, Inc. at 1-866-696-3873 or to FDA at 1-800-FDA-1088.

Please see [Prescribing Information](#) and [Medication Guide](#) for additional important safety information.

Be ready to **STOP SEIZURES**
anytime, anywhere*

VALTOCO® (diazepam nasal spray)
is the **only** nasal spray that
works fast and lasts all day
to stop episodes of frequent
seizures for people ages 2 and older.*,[†]

*Individual results may vary.

Learn more and hear from people
who carry confidence on the go

VALTOCO.com

[†]People with epilepsy used a single dose of VALTOCO for 87% of treated seizure episodes within a 24-hour period.

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Please see Important Safety Information on pages 14-15, and refer to the [Prescribing Information](#) and [Medication Guide](#).



VALTOCO®
(diazepam nasal spray)



@valtoco_official



@valtoco

 **NEURELIS**

 **VALTOCO**®
(diazepam nasal spray) ©

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