

# Tecfidera® (dimethyl fumarate) for Multiple Sclerosis (MS)

Tecfidera (dimethyl fumarate) is a prescription medication taken by mouth for the treatment of your multiple sclerosis (MS). Please take Tecfidera as directed by your doctor, healthcare provider or pharmacist.

## How do I take Tecfidera?

- Take Tecfidera by mouth twice per day.
- Take Tecfidera at the same time each day as directed by your doctor.
- You can take it with or without food. If you experience upset stomach after taking Tecfidera, taking it with food may help.
- If you miss a dose, take it as soon as you remember on the same day.
- Store Tecfidera in its original packaging away from moisture and light.
- Your doctor may be adjusting your dose as needed.

## What drugs interact with Tecfidera?

- There are no known drugs that interact with Tecfidera

## What side effects occur with Tecfidera?

The following are side effects that commonly occur when taking Tecfidera:

Common Side Effects:	What can I do?	When should I call the clinic?
<ul style="list-style-type: none"> <li>• Flushing (redness of the skin)</li> </ul>	<ul style="list-style-type: none"> <li>• Take Tecfidera with food</li> <li>• Take up to 325 milligrams of aspirin 30 minutes before taking Tecfidera</li> </ul>	<ul style="list-style-type: none"> <li>• Flushing remains frequent and intolerable</li> </ul>

Common Side Effects:	What can I do?	When should I call the clinic?
<ul style="list-style-type: none"> <li>• Headache</li> </ul>	<ul style="list-style-type: none"> <li>• Use an over-the-counter pain medication such as Motrin® (ibuprofen) as directed.</li> </ul>	<ul style="list-style-type: none"> <li>• Headache does not get better within 24 hours of taking Motrin® (ibuprofen).</li> </ul>
<ul style="list-style-type: none"> <li>• Nausea</li> </ul>	<ul style="list-style-type: none"> <li>• Try taking Tecfidera with food</li> <li>• Stay well hydrated</li> <li>• Try to avoid an empty stomach by eating smaller, more frequent meals</li> </ul>	<ul style="list-style-type: none"> <li>• Cannot stay hydrated (cannot drink 8-10 cups of liquid per day)</li> <li>• Nausea is interfering with normal daily activities</li> </ul>
<ul style="list-style-type: none"> <li>• Diarrhea</li> </ul>	<ul style="list-style-type: none"> <li>• Stay well hydrated</li> <li>• Use Imodium® (loperamide) 4 mg (milligrams) when diarrhea begins, then use 2 mg after each loose stool. <b>Do not take more than 8 mg per day.</b></li> </ul>	<ul style="list-style-type: none"> <li>• Cannot stay hydrated (cannot drink 8-10 cups of liquid per day)</li> <li>• Diarrhea does not stop within 48 hours of treatment</li> </ul>

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