

Website for patients who
use Dupixent®



<https://www.support-allergy.com>

It provides product information on Dupixent®
and other useful information.

Website for patients with
allergic diseases in Japan



<https://www.allergy-i.jp>

This is an allergy information site
for patients who aim to maintain their usual
performance while dealing with allergies.

アレルギー-i



Learn more about the Dupixent® 300 mg
pen and syringe the easy way with videos!

For patients who use the Dupixent® 300 mg pen or syringe,
we have prepared videos to help you learn more.

Please scan the QR code below.



How Dupixent®
works



Self-injection
procedure (syringe)



Self-injection
procedure (pen)



Things you should know
about the medical expense
subsidy systems

For questions about how to operate Dupixent® injectors or
the medical fee support system, please contact the Dupixent® Consultation Office.

Dupixent® Consultation Office

Toll-free
number

0120-50-4970

An expert
staff member
will take
your call

1 Questions about how to operate injectors
24 hours a day, 365 days a year

2 Questions about the medical fee support system
Mon. to Sat. 9:00 to 21:00
(closed Sun. and holiday)

* Service **2** offers a rough estimate of medical fees based on the medical fee support system; we cannot respond to queries about medical practices or the details of treatment. Furthermore, as the medical fee support system varies according to municipality, please contact the city, town, or village in which you live.

* Dupixent® Consultation Office records calls for the purpose of improving our customer service. Thank you in advance for your understanding.

11th Edition

For chronic rhinosinusitis patients
with nasal polyps who use

DUPIXENT®

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sanofi | **REGENERON**

Chronic rhinosinusitis is a chronic disease that causes inflammation of the sinuses.

Some types of chronic rhinosinusitis are difficult to treat and may recur repeatedly even with conventional drug therapy or surgery.

Dupixent® is a type of drug that works by a different mechanism than conventional drugs.

Even if your symptoms were not well controlled with your previous medication, you can expect to improve your symptoms and maintain control with Dupixent®.

This brochure explains the characteristics, usage, and side effects of **Dupixent®**. If you have any questions or concerns, please do not hesitate to consult your physician, nurse, or pharmacist.

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Your treatment goal

The goal of treatment for chronic rhinosinusitis is to **"maintain control of nasal symptoms and live your life like a healthy person"**.

What is your treatment goal? (What do you want to do after your nasal symptoms subside?)

Write your treatment goal here.

Examples of treatment goals

Sleep well at night



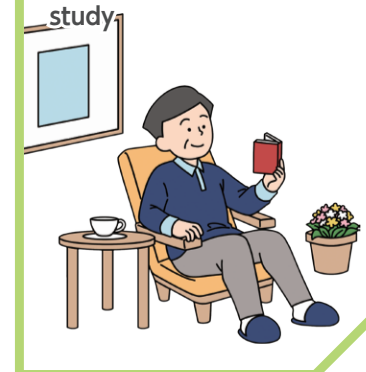
Enjoy the sense of smell



Enjoy eating



Have the ability to concentrate on work and study



Symptoms and disease burden (difficulties in your daily life) associated with chronic rhinosinusitis with nasal polyps

>> Nasal congestion



- I can't sleep well. Severe insomnia can lead to mental instability.



- I hesitate to travel now because I was told that my snoring is noisy.



- Nasal congestion and lack of sleep make it hard to concentrate. Driving is dangerous.



- Asthma attacks or choking on phlegm makes it so hard to breathe that I'm afraid I will suffocate.



- Severe nasal congestion makes me lose my breath right away when exercising. I can't refresh myself with tennis, so I tend to feel low.



- Going out makes me tired, so I tend to spend my weekends at home.

>> I can't smell anything (smell disorder)



- I can't smell the aroma of foods, so eating is no fun.



- I can't smell gas leaks or know if food has gone bad.



- I am concerned about my body odor and whether it is bothering others.



- I neglect to change my elderly mother's adult diaper because I've lost my sense of smell.



- Wine was my hobby, but now that I can't smell the bouquet of my favorite wines, some of the fun has gone out of daily life.



- I feel isolated because my inability to enjoy the aroma of food has reduced the number of times I go out for drinks with colleagues or dine together with business partners.

Inflammation and type of chronic rhinosinusitis with nasal polyps

When inflammation in the nose (mainly type 2 inflammation) persists, symptoms of chronic rhinosinusitis appear. Also, nasal polyps develop in the nose and become large.

Major symptoms

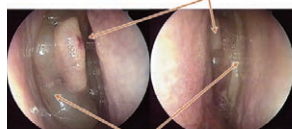


- Nasal discharge
- Loss of smell
- Nasal congestion



Nasal polyps

Olfactory cleft polyps



Middle meatus polyps



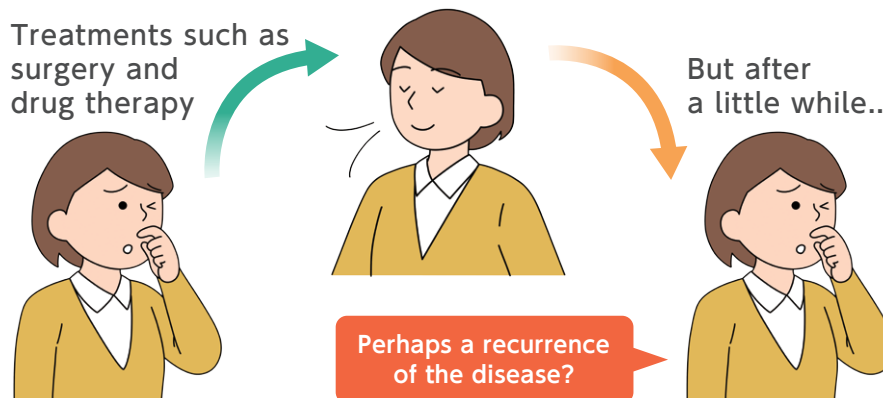
Inflammation
other than type 2

Type 2 inflammation

Tendency of nasal polyps to recur in chronic rhinosinusitis with nasal polyps

In chronic rhinosinusitis with nasal polyps, the nasal polyps may recur despite surgery or treatment with drugs.

Treatments such as surgery and drug therapy



JESREC study: data based on follow-up for approx. 3 years (22.6 months)
Among patients with eosinophilic rhinosinusitis, 23.4% to 51.8% had relapse after surgery for chronic rhinosinusitis with nasal polyps.

Types of chronic rhinosinusitis	Nasal polyp recurrence rate (about 3 years of follow-up)	
Non-eosinophilic rhinosinusitis	12.7%	
Eosinophilic rhinosinusitis (mild)	23.4%	
Eosinophilic rhinosinusitis (moderate)	31.1%	
Eosinophilic rhinosinusitis (severe)	51.8%	

Fujieda S, et al: Nippon Jibiinkoka Gakkai kaiho. 2015; 118: 728-735
Japan Intractable Diseases Information Center: Eosinophilic rhinosinusitis (designated intractable disease 306)
<https://www.nanbyou.or.jp/entry/4538> [accessed May 1, 2026]

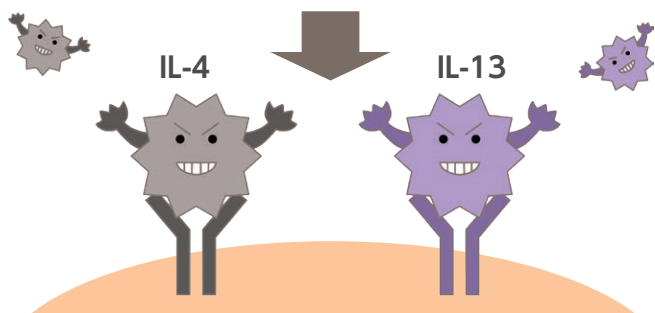
What is happening in your nose and sinuses

Annoying nasal symptoms such as nasal congestion, nasal discharge, and smell disorder.

These symptoms are caused by “inflammation” that occurs in your nose and paranasal sinuses. The substances IL-4 (interleukin-4) and IL-13 (interleukin-13), which are produced by immune cells, are deeply involved in inflammation.

What is happening in chronic rhinosinusitis

Infections Living environment Allergies, etc.

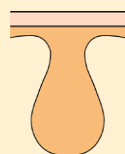


Symptoms of rhinosinusitis



- Nasal congestion
- Loss of smell
- Sticky nasal discharge

Nasal polyps form

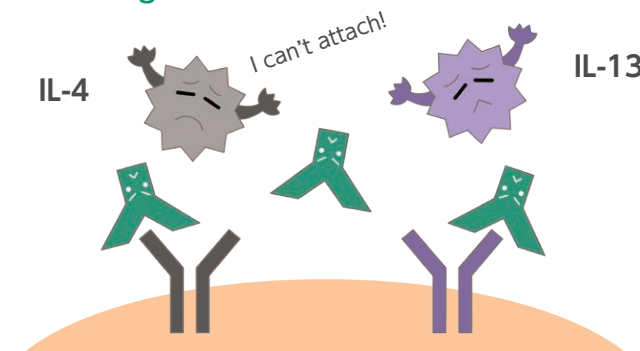


How Dupixent® works

Dupixent® suppresses nasal and sinus inflammation by inhibiting the actions of IL-4 and IL-13.

Reducing inflammation is expected to reduce nasal polyps and improve nasal symptoms such as nasal congestion and loss of smell.

You can expect treatment with Dupixent® to have the following effects:



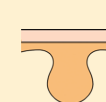
Suppression of inflammation

Improves symptoms of rhinosinusitis



- Airflow in the nose improves
- Sense of smell improves
- Symptoms of nasal discharge are alleviated

Shrinks nasal polyps



Effects of Dupixent®

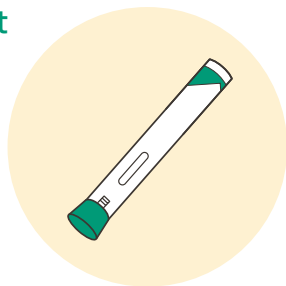
Dupixent® suppresses the functions of **IL-4 and IL-13** which play a **central role** in inflammation and the symptoms of chronic rhinosinusitis.

Even in patients who did not have good control with conventional treatment, Dupixent® can be expected to inhibit inflammation to **improve symptoms of rhinosinusitis and shrink nasal polyps**.

Continued treatment with Dupixent® can also be expected to **maintain a good condition for a long period of time**.

Beneficial effects you can expect from Dupixent®

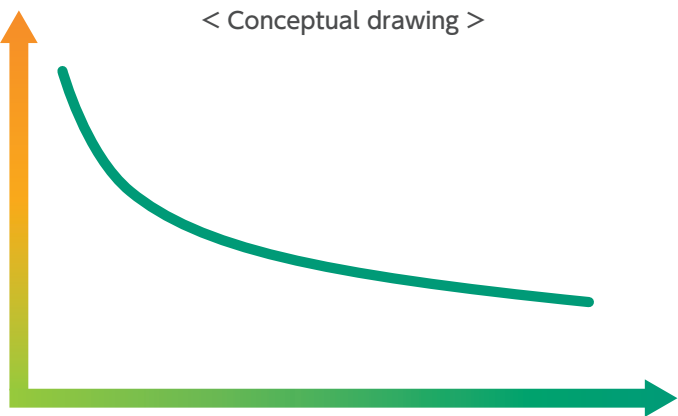
- Makes nasal polyps smaller
- Improves nasal congestion
- Improves loss of smell
- Improves nasal discharge, etc.



Large nasal polyps, severe symptoms



< Conceptual drawing >



Small nasal polyps, mild symptoms

Duration of treatment with Dupixent®

Patients who can be treated with Dupixent®

Patients who can receive Dupixent®

Dupixent® can be used by patients with chronic rhinosinusitis with nasal polyps whose symptoms do not improve even with drug therapy such as systemic steroids, or who cannot maintain a long-term improvement or have relapsed after surgery.



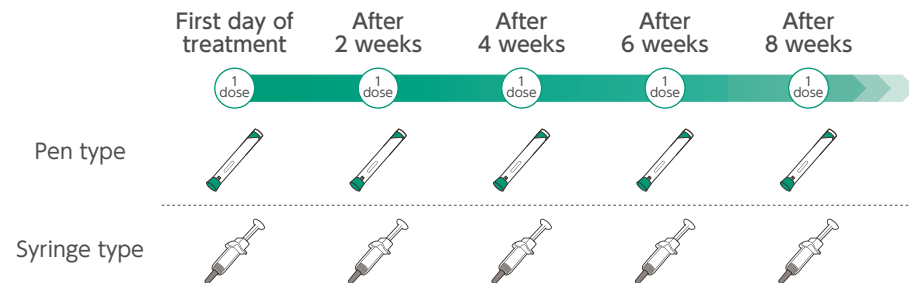
Patients who require careful administration

- Patients with parasitic infection
- Patients who are scheduled to receive live vaccines
- Women who are pregnant or could be pregnant, lactating women
- Elderly patients
- Patients with asthma or other allergic conditions

How to proceed with treatment with Dupixent®

» Dosing schedule

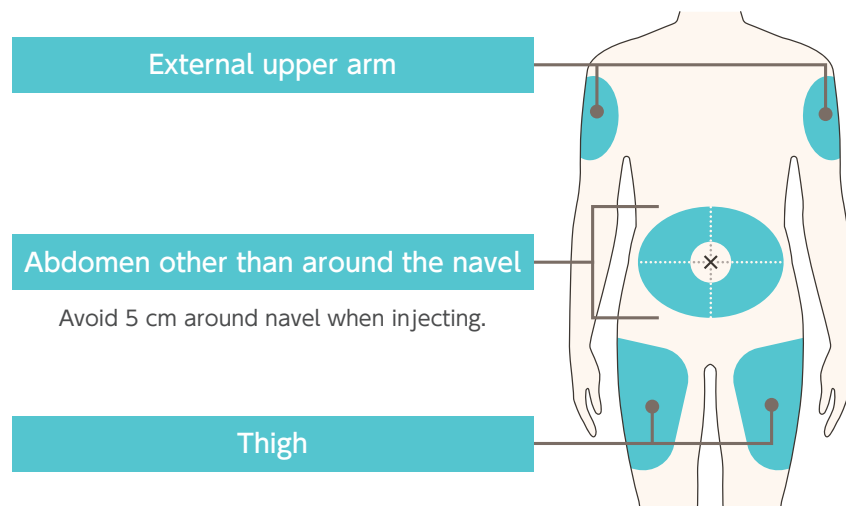
Dupixent® is given by subcutaneous injection once every 2 weeks. After the symptoms become stable, the dosing frequency may be changed to every 4 weeks at the discretion of your attending physician. Be sure to follow your doctor's instructions.



After the symptoms become stable, the drug will be administered at 2-week intervals or 4-week intervals at the discretion of the physician.

» Administration site

There are three suitable injection sites:



*For self-injection, use abdomen (except for around navel) or thigh.

» You can inject Dupixent® yourself

"Self-injection" is possible with Dupixent®. This means that you inject it yourself under the doctor's supervision.



» Benefits of self-injection

- Treatment can better fit your lifestyle, saving the time and burden of hospital visits.
- Flexibility in visit dates expands your range of activities in work, travel, etc.



What do I do about my existing treatment?

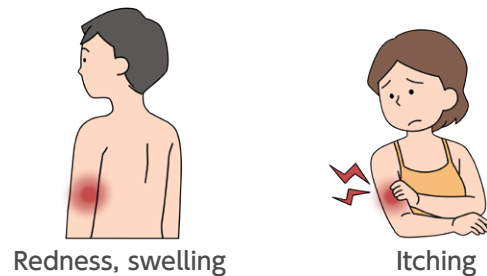
If you had other treatment or care prior to receiving Dupixent®, do not stop it at your own discretion. Consult your doctor and follow instructions.



Major known side effects

Injection site reaction

This is a reaction in which pain, redness, swelling, itching, or bleeding occurs in the part you injected (arm, abdomen, thigh).

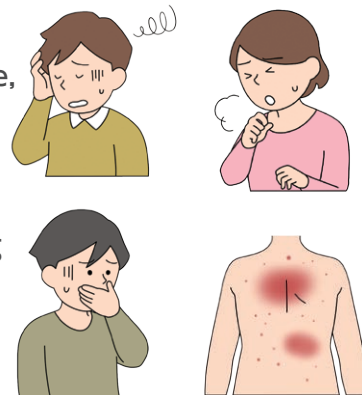


Side effects that are unlikely but require special attention

Symptoms due to anaphylactic reaction

This is a hypersensitivity reaction that generally occurs immediately after administration of medication. It has the following symptoms.

- Dizziness, lightheadedness, dizziness on standing up, lassitude, decreased consciousness
- Respiratory distress, wheezing when you breathe
- Abdominal pain, nausea, vomiting
- Itching, redness, swelling of skin, systemic rash
- Swollen lips or tongue, etc.



Japanese Society of Allergology: Anaphylaxis Guidelines 2022 (1st Edition), Medical Review Co., Ltd., 2023, p.2, 17, 18

Symptoms due to acute generalized exanthematous pustulosis

Dupixent® may cause acute generalized exanthematous pustulosis. The main symptoms include the following:

- Fever
- Widespread appearance of red skin, a rash with tiny pustules appears here and there, etc.

Symptoms due to increase in eosinophil count

Dupixent® may cause a temporary increase in blood eosinophil count in some patients. A slight increase in eosinophil count alone is not usually associated with symptoms, but the following symptoms may occasionally occur:

- Cough, fever, lassitude, shortness of breath, respiratory distress, wheezing when you breathe, bloody sputum (phlegm mixed with blood)
- Palpitations, difficulty breathing
- Rash, swelling
- Hand and foot numbness, paralysis(difficulty moving), etc.



Administration of Dupixent® can cause side effects. If you experience side effects, tell your doctor, nurse, or pharmacist immediately.

Precautions for patients with asthma or other allergic conditions

Dupixent® can cause changes in the symptoms of asthma or other allergic diseases.

If you have other allergic diseases or type 2 inflammatory diseases (such as bronchial asthma, atopic dermatitis, urticaria, chronic obstructive pulmonary disease) in addition to your current condition, please be sure to inform the physician who is treating those coexisting allergic diseases about your Dupixent® treatment.

Don't reduce or stop medication for asthma, atopic dermatitis, or urticaria at your own discretion. Be sure to follow your doctor's instructions.

Tell the doctor treating you for chronic rhinosinusitis

I use inhalants for the treatment of asthma.



Tell the doctor about your use of medications to treat asthma and other allergic conditions

Tell the doctor treating you for asthma or other allergic condition

I have started using Dupixent® for the treatment of chronic rhinosinusitis.



Tell the doctor that you are using Dupixent®

Keep a "treatment diary"

If you have any symptoms on the day you inject, record them in your treatment diary and show it to your doctor when you visit the hospital.

Example of entry

Rate your symptoms on the day of injection as follows:

- 0 = No symptoms
 - 1 = Mild (slight symptoms that you can ignore)
 - 2 = Moderate (bothersome but tolerable)
 - 3 = Severe (interferes with daily life, intolerable)
- Circle the one that describes your symptoms.

Record any other concerns you may have

Day of injection	Nasal congestion	Can't smell anything	Nasal discharge	Other
4 / 1	0 1 2 3	0 1 2 3	0 1 2 3	Redness at the injection site
How bothersome are your rhinosinusitis symptoms? 0 _____ 10				

Mark the rating scale with a vertical line showing how much you are bothered by rhinosinusitis symptoms (0 = Can ignore them, 10 = The most bothersome symptoms imaginable)

Day of injection	Nasal congestion	Can't smell anything	Nasal discharge	Other
/	0 1 2 3	0 1 2 3	0 1 2 3	
How bothersome are your rhinosinusitis symptoms? 0 _____ 10				

Day of injection	Nasal congestion	Can't smell anything	Nasal discharge	Other
/	0 1 2 3	0 1 2 3	0 1 2 3	
How bothersome are your rhinosinusitis symptoms? 0 _____ 10				

Day of injection	Nasal congestion	Can't smell anything	Nasal discharge	Other
/	0 1 2 3	0 1 2 3	0 1 2 3	
How bothersome are your rhinosinusitis symptoms? 0 _____ 10				

Day of injection	Nasal congestion	Can't smell anything	Nasal discharge	Other
/	0 1 2 3	0 1 2 3	0 1 2 3	
How bothersome are your rhinosinusitis symptoms? 0 _____ 10				

Day of injection	Nasal congestion	Can't smell anything	Nasal discharge	Other
/	0 1 2 3	0 1 2 3	0 1 2 3	
How bothersome are your rhinosinusitis symptoms? 0 _____ 10				

Let's take a look at the programs that can help reduce your out-of-pocket medical expenses

You may be able to take advantage of various programs, including tax relief, subsidies provided by your local municipality, and benefits from your health insurance society.



For those who want to know more about the medical expense subsidy system

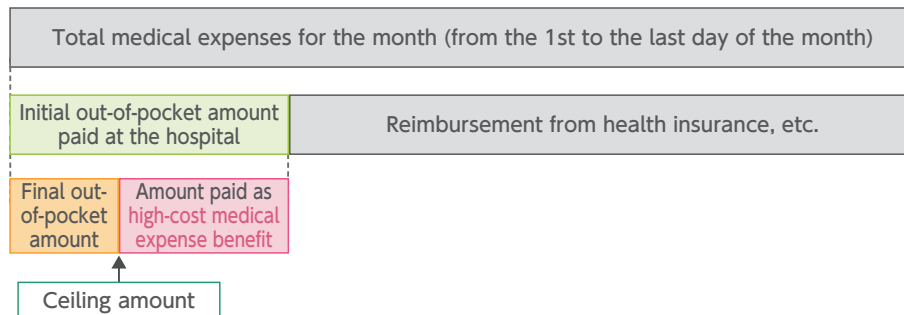
High-cost medical expense benefit system

Healthcare system

In this system, if the amount to be paid at the payment counter of a medical institution (copayment amount) exceeds a certain amount in a month (from the 1st to the last day of the month), the copayment can be reduced to a certain amount (ceiling amount). The ceiling amount for your monthly out-of-pocket expenses depends on your age and household income.

⇒**Contact:** Your insurance provider (such as your health insurance society)

How the high-cost medical expense benefit system works



System for “multiple applications”

Healthcare system

If you need to continuously receive expensive medical care, there is a system by which the upper limit of your out-of-pocket expenses (“ceiling amount”) can be further reduced.

If you have received 3 or more applications of the high-cost medical expense benefit system within the past 12 months (referred to as “multiple applications”), the ceiling amount for the 4th and subsequent months will be further reduced.



To use the high-cost medical expense benefit system, you will need to obtain an “Eligibility Certificate for Ceiling-Amount Application” in advance if you are not using your My Number Card as a health insurance card. Please contact the office of your health insurance provider for details.

Medical expenses deduction

Income tax/tax return

If the total medical expenses paid in 1 year (January 1 to December 31) by you and your family members who share the same livelihood exceed ¥100,000*, you may be eligible for the medical expenses deduction. This can result in a tax refund depending on your income level.

To claim the medical expenses deduction, you must attach a “Statement for Medical Expenses Deduction” to your income tax return and submit it to the nearest tax office.

⇒**Contact:** Nearest tax office

How to calculate the medical expenses deduction

$$\left(\text{Total medical expenses paid in 1 year} - \text{Amount covered by insurance money, etc.} \right) - 100,000 \text{ yen}^* = \text{Amount of medical expenses deduction}$$

*5% of the total income if the total income is less than 2 million yen

Additional benefit systems

Systems unique to specific health insurance societies, etc.

Depending on your public health insurance plan, some insurers offer an “additional benefit” on top of the high-cost medical expense benefit system. This can further lower your monthly out-of-pocket limit.

⇒**Contact:** Your insurance provider (such as your health insurance society)

Medical expense subsidy system for designated intractable diseases

Medical expense subsidy

If a patient is diagnosed with a government-designated intractable disease, the medical expenses for the treatment of the disease can be subsidized. Because eosinophilic rhinosinusitis is a designated intractable disease, patients receiving Dupixent® who have been diagnosed with eosinophilic rhinosinusitis may be able to receive medical expense subsidies.

⇒**Detailed explanation on the following pages**

Medical expense subsidy system for designated intractable diseases

What is a designated intractable disease?

The following are the characteristics of an intractable disease:

- (1) The mechanism of onset is not clear.
- (2) There is no established treatment method.
- (3) It is a rare disease.
- (4) It requires long-term medical care.

Among intractable diseases, those that meet criteria specified by the government are referred to as designated intractable diseases.

If you are diagnosed with a specified intractable disease, part of the medical expenses for the treatment of the disease will be subsidized.

If you have eosinophilic rhinosinusitis, you may be eligible for a medical subsidy

Eosinophilic rhinosinusitis is designated as an intractable disease, and patients who meet certain criteria can receive medical subsidies.



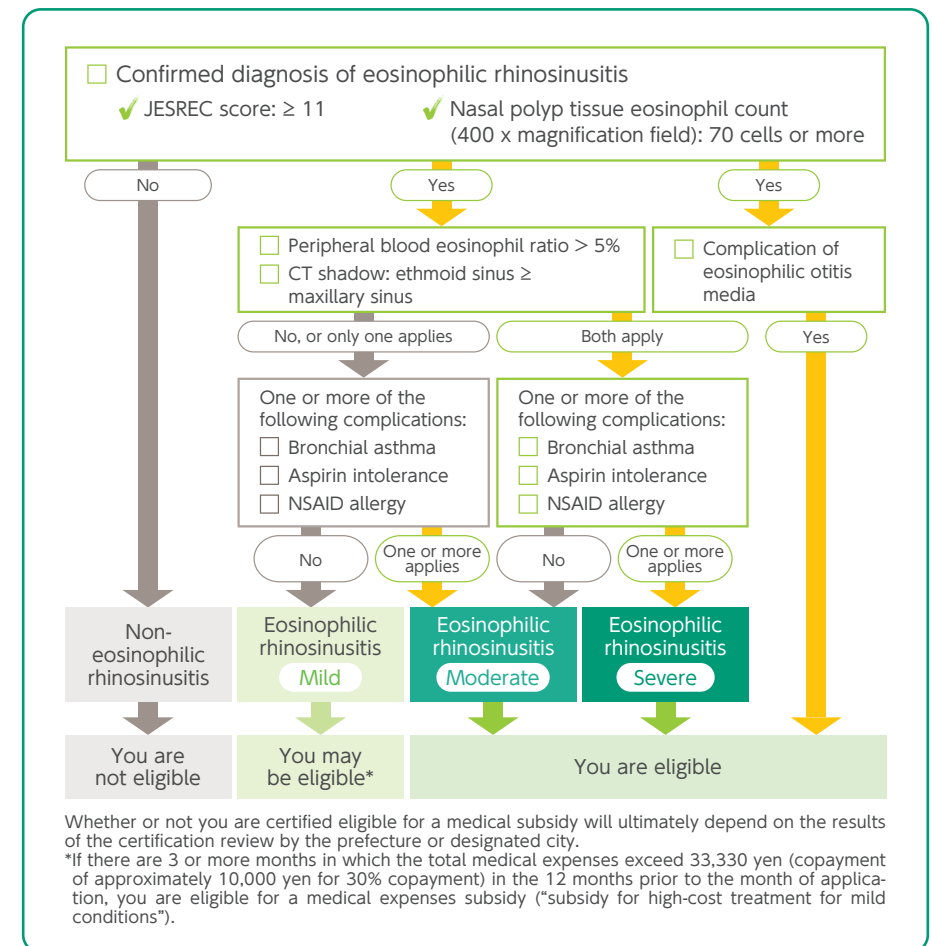
Medical expense subsidy system for designated intractable diseases [Patients to whom it applies]

The medical subsidy program for designated intractable diseases is applicable to any of the following patients.

Among patients with a confirmed diagnosis of eosinophilic rhinosinusitis:

- (1) Patients with moderate or severe symptoms
- (2) Patients with the complication of eosinophilic otitis media
- (3) Patients with mild symptoms who need to continue receiving high-cost medical care (Patients with mild symptoms are eligible if their medical care costs are high)

Please check with your doctor to find out which of the following conditions are present in your case.

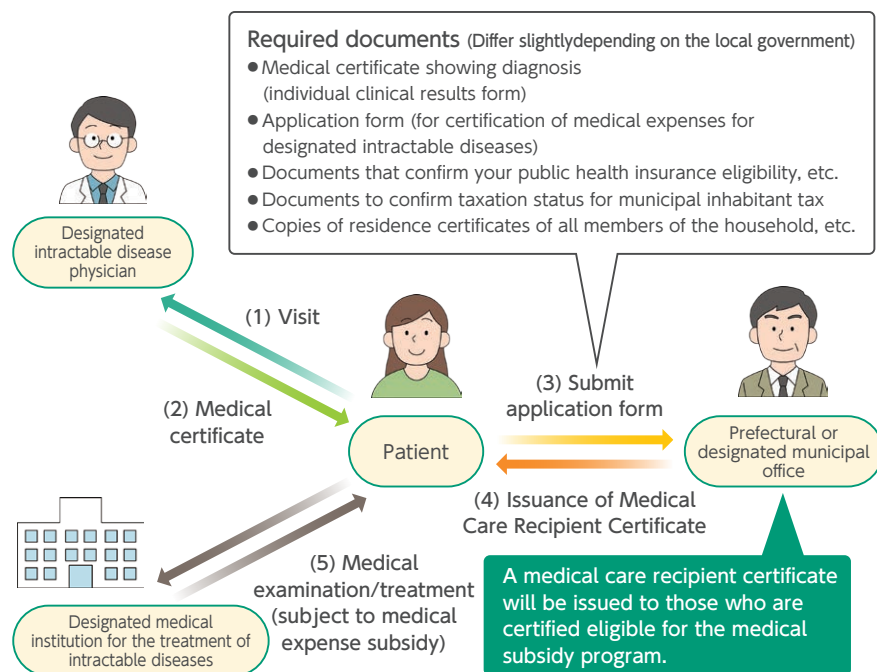


Medical expense subsidy system for designated intractable diseases [To receive subsidy]

To receive subsidies for medical expenses, you need to apply to your prefecture or designated city in advance to receive certification. To apply, you will need a medical certificate showing that you have been diagnosed with a designated intractable disease.

Once you are certified, a medical care recipient certificate will be issued. When you visit a medical institution for designated intractable diseases specified by the prefecture or designated city, you can use the subsidy system if you present the medical care recipient certificate.

Flow chart of subsidy system



- Certification has an expiration date.
- If you still wish to receive the subsidy after the expiration date, you will need to apply for renewal every year.

For details of the application method, necessary documents, etc., please ask at the service counter of your prefectural or designated city office.

Medical expense subsidy system for designated intractable diseases [Amount of copayment]

If you use the medical expense subsidy system, your copayment for medical expenses will be 20%*.

In addition, the monthly ceiling amount for your copayment is determined according to your household income, and you do not need to pay more than the ceiling amount.

If you continue high-cost medical care for a long time (high-cost and long-term), the ceiling amount for your copayments will become even lower.

*Please also refer to page 20 for age-based copayment ratios.

Ceiling amount (monthly amount)

(Unit: yen)

Income Bracket	Classification Criteria (The figures in parentheses represent the approximate annual income for 2-member households (husband and wife))		Maximum amount of copayment (outpatient + inpatient) (patient copayment ratio: 20%)		
			General	High cost and long term**	Ventilator, etc.
Livelihood protection	—		0	0	0
Low income I	Municipal inhabitant's tax Not imposed (Household)	Employee's annual income Up to 809,000 yen	2,500	2,500	1,000
Low income II		Employee's annual income More than 809,000 yen	5,000	5,000	
General income I	Municipal inhabitant's tax Less than 71,000 yen (About 1.6 million to 3.7 million yen)		10,000	5,000	
General income II	Municipal inhabitant's tax 71,000 yen to not more than 251,000 yen (About 3.7 million to 8.1 million yen)		20,000	10,000	
Upper income	Municipal inhabitant's tax: 251,000 yen or more (About 8.1 million yen or more)		30,000	20,000	
Food cost at hospital admission			Patient pays full amount		

**High-cost and long-term treatment benefit is applicable if there are 6 or more months in a year where the total medical expenses for treatment of certified intractable diseases exceed 50,000 yen.

Medical expense subsidy system for designated intractable diseases [Copayment ceiling amount management]

For the treatment of designated intractable diseases, you may visit multiple medical institutions or receive drugs at dispensing pharmacies outside the hospital. **However, medical expenses can be subsidized only when you are treated for designated intractable diseases at medical institutions (hospitals/clinics, pharmacies, visiting nursing stations) that have been designated beforehand by the prefectural government, etc.**

If you visit multiple hospitals or receive drugs at dispensing pharmacies outside the hospital, then even if the copayment at one medical institution does not exceed the ceiling limit, you will still be eligible for the medical subsidy system if the total of copayments at all of the medical institutions you visited exceeds the ceiling amount. For this reason, the amounts of copayments must be recorded and managed in the “**Copayment Ceiling Amount Management Form**” that is issued with the medical care recipient certificate.

When you pay medical expenses at a medical institution, the medical institution will enter the total amount of medical expenses and the amount of copayment in the form. If the total amount reaches your ceiling amount, you will not need to make any more copayment that month.

Copayment Ceiling Amount Management Form for February 2026					
Name of examinee	〇 〇 △ △		Examinee number	0012345	
Monthly ceiling amount:			10,000 yen		
Date	Name of designated medical institution	Total medical expenses (100% of expenses)	Amount of copayment	Cumulative amount of copayment (Monthly amount)	Collection seal
February 1	〇〇〇Hospital	30,000 yen	6,000 yen	6,000 yen	Seal
February 1	××Pharmacy	6,000 yen	1,200 yen	7,200 yen	Seal
February 20	〇〇〇Hospital	25,000 yen	2,800 yen	10,000 yen	Seal
February 20	××Pharmacy	4,000 yen			
As shown above, the monthly ceiling amount has been reached.					
Date	Name of designated medical institution				Confirmation seal
February 20	〇〇〇Hospital				Seal

*The format of the Copayment Ceiling Amount Management Form differs depending on the

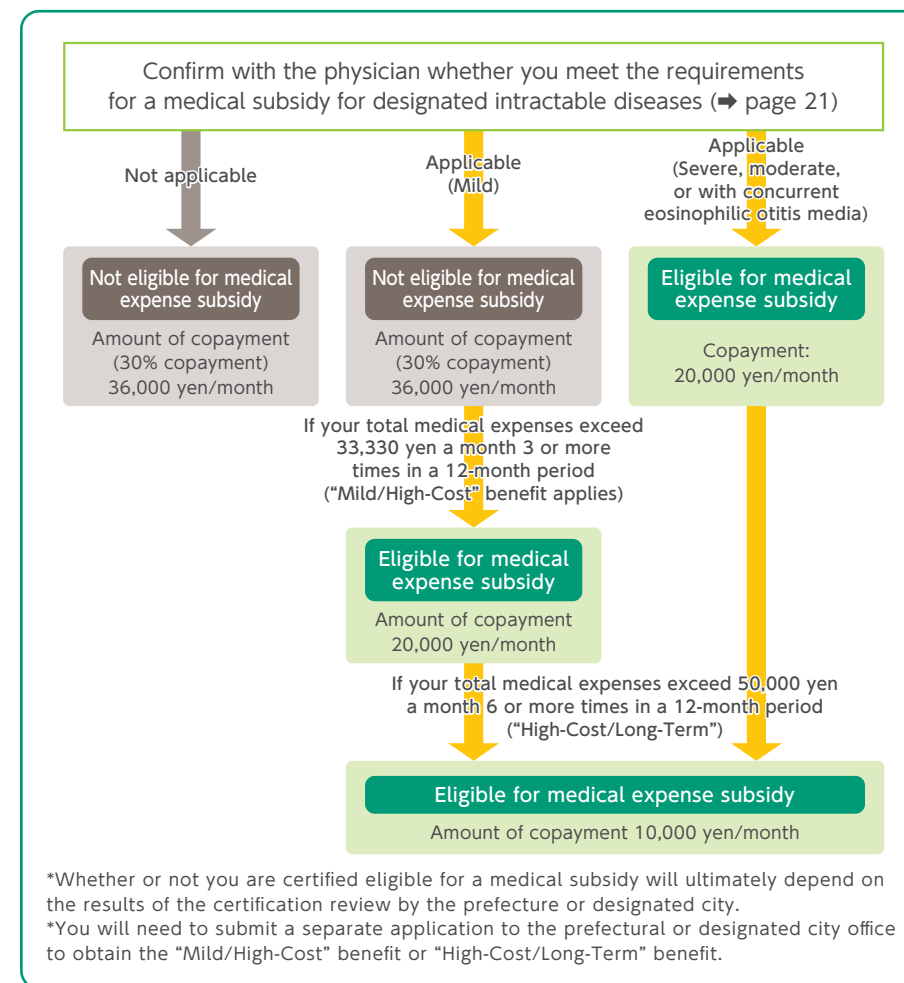
Amount of copayment when using Dupixent® [Model case]

Examples



Annual income
4.5 million yen
40 years old

Medical expenses (medical consultation fee + drug expenses)	120,000 yen
Amount of copayment (30% copayment)	36,000 yen
(20% copayment)	24,000 yen



Q&A about treatment with Dupixent®

Q Will I feel the effects of Dupixent® right away after the first injection?

The timing and degree of improvement vary from person to person. In addition to how you feel, your doctor will regularly check your condition with blood tests, endoscopy, and other examinations of the nasal passages to determine whether it is working effectively.

Q Is it okay to take other medications while using Dupixent®?

Please consult your treating physician or pharmacist. Especially if you are being treated for other allergic diseases (such as asthma, atopic dermatitis, or urticaria), your symptoms may change. When you visit any other medical institutions, be sure to inform the doctor that you are using Dupixent®.

Q What are biologic medicines?

Biologics are relatively new medications produced using biotechnology. They are injectable drugs that can be effective for patients whose symptoms have not been well controlled with conventional treatments. Biologics are made of proteins called antibodies that suppress substances responsible for causing inflammation. Dupixent® works by blocking the action of two key cytokines—IL-4 and IL-13—that play a central role in inflammation, thereby improving symptoms of chronic rhinosinusitis with nasal polyps.

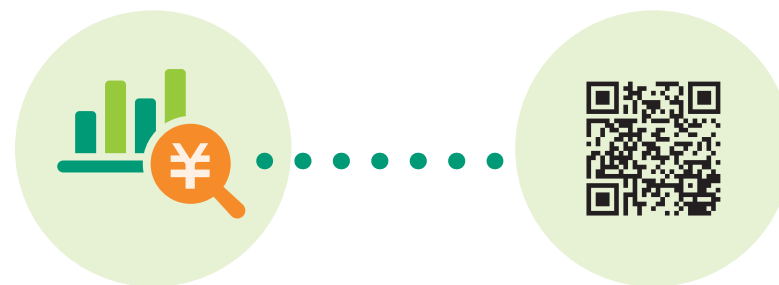
Q I'm worried about side effects. Do they always happen?

Every medicine can have side effects. The most common side effect with Dupixent® is reactions at the injection site. For more serious side effects, if you ever feel even slightly unwell or notice anything unusual, please contact your doctor right away.

Q How much does Dupixent® treatment cost?

The cost of treatment varies from patient to patient. If your condition is eosinophilic chronic rhinosinusitis, you may be eligible for medical expense subsidies. Eosinophilic chronic rhinosinusitis is designated as an intractable disease in Japan, and patients who meet certain criteria can receive subsidies for their medical expenses. You can check an approximate cost using the “Medication Cost Simulator”.

Access the Medication Cost Simulator



Q How long do I need to continue Dupixent® treatment?

In the treatment of chronic rhinosinusitis with nasal polyps, one goal is **to maintain a state where you no longer rely on oral steroids and can live without symptoms such as nasal congestion or loss of smell.** In other words, the aim is to keep your nose clear, breathe comfortably, and continue to enjoy your sense of smell for a long time. Please discuss with your doctor what kind of condition you personally would like to achieve. Even when symptoms have settled down, continuing treatment helps maintain that good condition. If you ever consider stopping treatment, it is important to fully discuss the advantages and disadvantages with your doctor first.