

A woman with dark hair tied back, wearing a white short-sleeved shirt and a dark green apron with brown straps, is holding a yellow flower close to her face. She is looking down at the flower with a gentle expression. The background is a solid light yellow color.

AQUIPTA[®]
(atogepant) tablets

YOUR AQUIPTA TREATMENT COMPANION

**A resource to help you keep
track of your migraine journey**

AQUIPTA is a prescription medicine used to prevent migraine in patients who have at least 4 migraine days per month.¹

This booklet is intended exclusively for patients who have been prescribed AQUIPTA to introduce you to your medicine and does not replace the Consumer Medicine Information (CMI). If you have any questions about using AQUIPTA, including the risks and benefits, how much to use, how and when to use it, or the storage conditions, ask your healthcare professional and refer to the CMI available at abbv.ie/nz-aqui-cmi or free phone 0800 900 030. Ask your doctor if AQUIPTA is right for you. Use strictly as directed. If symptoms continue, or you have side effects, see your doctor, pharmacist or healthcare professional.

ABOUT AQUIPTA

How does AQUIPTA help manage migraines?

AQUIPTA is a **preventive treatment**, meaning it aims to prevent migraine from occurring. It is not a treatment that aims to stop a migraine once it has started.¹

Over time, AQUIPTA may help to reduce the number of days you experience migraines each month. If needed, AQUIPTA can be used alongside other treatments designed to stop a migraine once it has started.²

It is important to take AQUIPTA exactly as your doctor has told you. By taking a tablet once daily, even when you are not experiencing a migraine, you may help keep migraine attacks away. Some people may notice improvements within a week, while others may take 12 weeks or longer to experience the effects of AQUIPTA.^{2,3}

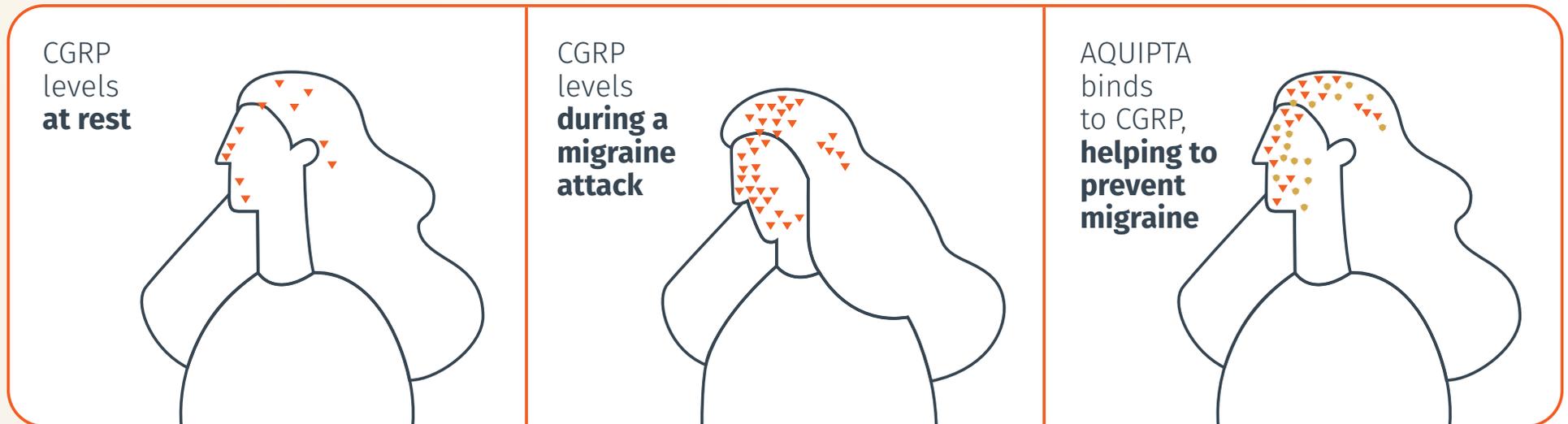


Do not use AQUIPTA if you are allergic to any of the ingredients in it. These can be found in the Consumer Medicine Information leaflet that comes with your medication.

How does AQUIPTA work?^{1,4-6}

Your body has a protein called calcitonin gene-related peptide, or CGRP. CGRP is believed to play a major role in migraine attacks, causing pain and inflammation.

AQUIPTA is designed to block CGRP, and by doing so, it helps to prevent a migraine from occurring.



▼ CGRP

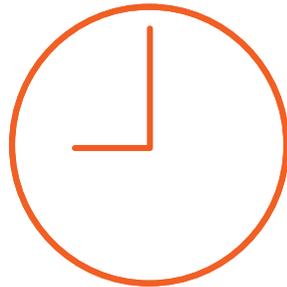
● AQUIPTA

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TAKING AQUIPTA¹



One 60 mg tablet



Once daily, at the same time each day



With or without food



Store in a cool, dry place away from moisture

Keep AQUIPTA out of sight and reach of children.



Always take AQUIPTA exactly as your healthcare professional has told you. Speak to your doctor or pharmacist if you are not sure.

TIPS FOR REMEMBERING TO TAKE YOUR AQUIPTA¹



Keeping track of your medication over the long term can be challenging, but there are strategies you can use to ensure you don't miss a dose:



Form a habit - take AQUIPTA at the same time and place each day.



Set daily reminders on your phone, tablet or computer.



Set reminders to order AQUIPTA in advance so you don't run out.

HEALTHY HABITS TO HELP MANAGE MIGRAINES⁷

There are things you can do to help manage migraines as part of your treatment plan with AQUIPTA.



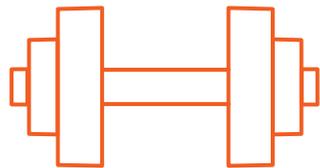
Eat regular,
balanced
meals



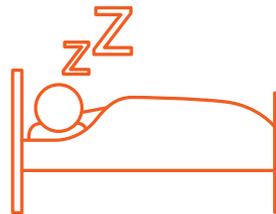
Keep a
migraine
diary



Stay
hydrated



Engage
in regular
physical
activity



Keep a
consistent
sleep
schedule



Manage
stress
through
mindfulness
practices

MY MIGRAINE DIARY

Keeping a migraine diary is useful for tracking your migraine patterns and documenting any changes that may arise. You can also share this information with your doctor during your appointments.⁷

Date (DD/MM/YYYY)	Day (M, T, W, Th, F, S, Su)	Migraine severity (Mild + / Moderate ++ / Severe +++)	Acute medication (P=Paracetamol, N=NSAIDS, T=Triptans, AE=Antiemetic, O=Opioids)	Comments



When assessing the severity of your migraine, consider: how strong the pain feels, how well you can manage it, how much it affects your daily activities, whether you experience nausea or vomiting, how well treatments work for you, how long the migraine lasts, and how often the attacks occur.⁸

Date (DD/MM/YYYY)	Day (M, T, W, Th, F, S, Su)	Migraine severity (Mild + / Moderate ++ / Severe +++)	Acute medication (P=Paracetamol, N=NSAIDS, T=Triptans, AE=Antiemetic, O=Opioids)	Comments



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AQUIPTA is an unfunded medicine. It is available for private purchase, which means you will need to pay for this medicine.

AQUIPTA has risks and benefits.

Common side effects: Tell your doctor if you experience any side effects that make you feel unwell. Common side effects of AQUIPTA include decreased appetite, nausea, constipation, drowsiness (sleepiness) and tiredness.

Do not use AQUIPTA if you have ever had an allergic reaction to atogepant or any of the ingredients. Before you use AQUIPTA, tell your doctor if you have: allergies to any medicines, foods, preservatives or dyes; have any liver or kidney problems; take any medicines for any other condition; are pregnant or plan on becoming pregnant; or are breastfeeding or plan to breastfeed.

If you have any questions about using AQUIPTA, including its risks and benefits, how much to use, how and when to use it, or the storage conditions, consult your healthcare professional and refer to the Consumer Medicine Information available from abbv.ie/nz-aqui-cmi or free phone 0800 900 030. Ask your doctor if AQUIPTA is right for you. Use strictly as directed. If symptoms continue or you have side effects, see your doctor, pharmacist or healthcare professional.



For more information about AQUIPTA, including how to take it and possible side effects, visit migrainetreatment.co.nz or scan the **QR code**



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References: 1. AQUIPTA® (atogepant) Consumer Medicine Information. 2. AQUIPTA® (atogepant) Data Sheet. 3. Schwedt TJ *et al. Cephalalgia* 2022;42(1):3–11. 4. Russo AF. *Annu Rev Pharmacol Toxicol* 2015;55:533–552. 5. Edvinsson L *et al. Nat Rev Neurol* 2018;14(6):338–350. 6. Edvinsson L. *Headache* 2017;57(suppl 2):47–55. 7. Migraine Foundation Aotearoa New Zealand. Manage Your Migraine – Non-medication treatment options. Available at migrainefoundation.org.nz/manage-your-migraine/non-medication-treatment-options/ Accessed: November 2025. 8. Hasnaoui AE *et al. Headache* 2003;43(6):628–635.

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