

Patient Information
VESicare™ - (VES-ih-care)
(solifenacin succinate)

Read the Patient Information that comes with VESicare before you start taking it and each time you get a refill. There may be new information. This leaflet does not take the place of talking with your doctor or other healthcare professional about your condition or treatment. Only your doctor or healthcare professional can determine if treatment with VESicare is right for you.

What is VESicare?

VESicare is a prescription medicine used in adults to treat the following symptoms due to a condition called overactive bladder:

- Having to go to the bathroom too often, also called "urinary frequency,"
- Having a strong need to go to the bathroom right away, also called "urgency,"
- Leaking or wetting accidents, also called "urinary incontinence."

VESicare has not been studied in children.

What is overactive bladder?

Overactive bladder occurs when you cannot control your bladder contractions. When these muscle contractions happen too often or cannot be controlled, you can get symptoms of overactive bladder, which are urinary frequency, urinary urgency, and urinary incontinence (leakage).

Who should NOT take VESicare?

Do not take VESicare if you:

- are not able to empty your bladder (also called "urinary retention"),
- have delayed or slow emptying of your stomach (also called "gastric retention"),
- have an eye problem called "uncontrolled narrow-angle glaucoma,"
- are allergic to VESicare or any of its ingredients. See the end of this leaflet for a complete list of ingredients.

What should I tell my doctor before starting VESicare?

Before starting VESicare tell your doctor or healthcare professional about all of your medical conditions including if you:

- have any stomach or intestinal problems or problems with constipation,
- have trouble emptying your bladder or you have a weak urine stream,
- have an eye problem called narrow-angle glaucoma,
- have liver problems,
- have kidney problems,
- are pregnant or trying to become pregnant (It is not known if VESicare can harm your unborn baby),
- are breastfeeding (It is not known if VESicare passes into breast milk and if it can harm your baby. You should decide whether to breastfeed or take VESicare, but not both).

Before starting on VESicare, tell your doctor about all the medicines you take including prescription and nonprescription medicines, vitamins, and herbal supplements. While taking VESicare, tell your doctor or healthcare professional about all changes in the medicines you are taking including prescription and nonprescription medicines, vitamins and herbal supplements. VESicare and other medicines may affect each other.

How should I take VESicare?

Take VESicare exactly as prescribed. Your doctor will prescribe the dose that is right for you. Your doctor may prescribe the lowest dose if you have certain medical conditions such as liver or kidney problems.

- You should take one VESicare tablet once a day.
- You should take VESicare with liquid and swallow the tablet whole.
- You can take VESicare with or without food.
- If you miss a dose of VESicare, begin taking VESicare again the next day. Do not take 2 doses of VESicare in the same day.
- If you take too much VESicare or overdose, call your local Poison Control Center or emergency room right away.

What are the possible side effects with VESicare?

The most common side effects with VESicare are:

- blurred vision. Use caution while driving or doing dangerous activities until you know how VESicare affects you.
- dry mouth.
- constipation. Call your doctor if you get severe stomach area (abdominal) pain or become constipated for 3 or more days.
- heat prostration. Heat prostration (due to decreased sweating) can occur when drugs such as VESicare are used in a hot environment.

Tell your doctor if you have any side effects that bother you or that do not go away.

These are not all the side effects with VESicare. For more information, ask your doctor, healthcare professional or pharmacist.

How should I store VESicare?

- Keep VESicare and all other medications out of the reach of children.
- Store VESicare at room temperature, 50° to 86°F (15° to 30°C). Keep the bottle closed.
- Safely dispose of VESicare that is out of date or that you no longer need.

General information about VESicare

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use VESicare for a condition for which it was not prescribed. Do not give VESicare to other people, even if they have the same symptoms you have. It may harm them.

This leaflet summarizes the most important information about VESicare. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about VESicare that is written for health professionals. You can also call (800) 727-7003 toll free, or visit www.VESICARE.com.

What are the ingredients in VESicare?

Active ingredient: solifenacin succinate

Inactive ingredients: lactose monohydrate, corn starch, hypromellose 2910, magnesium stearate, talc, polyethylene glycol 8000 and titanium dioxide with yellow ferric oxide (5 mg VESicare tablet) or red ferric oxide (10 mg VESicare tablet)

Manufactured by:
 Astellas Pharma Technologies Inc.
 Norman, Oklahoma 73072

Marketed by:
 Astellas Pharma US, Inc.
 Deerfield, Illinois 60015-2548

Marketed and Distributed by:
 GlaxoSmithKline
 Research Triangle Park
 North Carolina 27709



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I Did It!

**Bye-Bye,
 93 Pounds!**

Julia Gressick was headed straight toward diabetes, so she dropped major pounds.

As told to Shaun Chavis **AS AN OVERWEIGHT**

teen, I thought the pounds would magically melt off when I hit 20. Instead, I turned 20 and my weight climbed. Within a few years I developed high blood pressure, high cholesterol, and prediabetes.

Boy, was that a wake-up call. So I took a hard look at my habits and noticed that I rarely ate breakfast and usually skipped lunch, but was so hungry after work that I'd just binge. I started exercising, and I used Nutrisystem to help me eat at regular meal times. Soon I had lost 38 pounds.

That summer, my roommate started a "Couch to 5K" program, and she didn't want to run alone. I was so sore after the first day! But soon I loved it. Now I exercise five to six days a week, and I've lost a total of 93 pounds. In October, I finished my first marathon. And I've reversed every single one of those scary health problems.



"I lost weight and regained my health!"

Julia Gressick, 28
Madison, Wisconsin

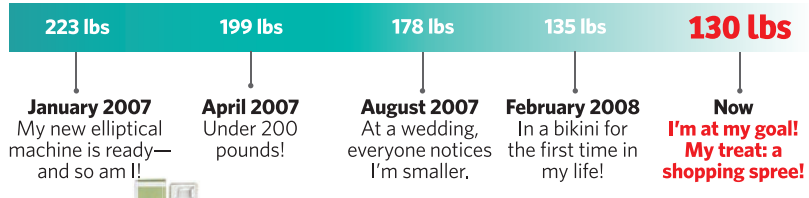
NOW:
130 pounds, size 6

BEFORE:
223 pounds, size 20



GET INSPIRED! Find more success stories at Health.com/success. And to share your own triumphant tale, send an e-mail to Ask@Health.com. **Health.com**

From Size 20 to Size 6



CONGRATS JULIA! PRIORI is celebrating Julia's success by sending her a \$500 gift basket of skin-care products from their new CoffeeBerry Natureceuticals Collection with natural coffeeberry extracts. Nice!