

Sick day rules

Follow sick day rules if you have any of the following for more than one episode in a day:

- Vomiting
- Diarrhoea
- Fever, sweats, or shaking

These can all lead to dehydration. If you are sick or have diarrhoea only once, you are less likely to become dehydrated.

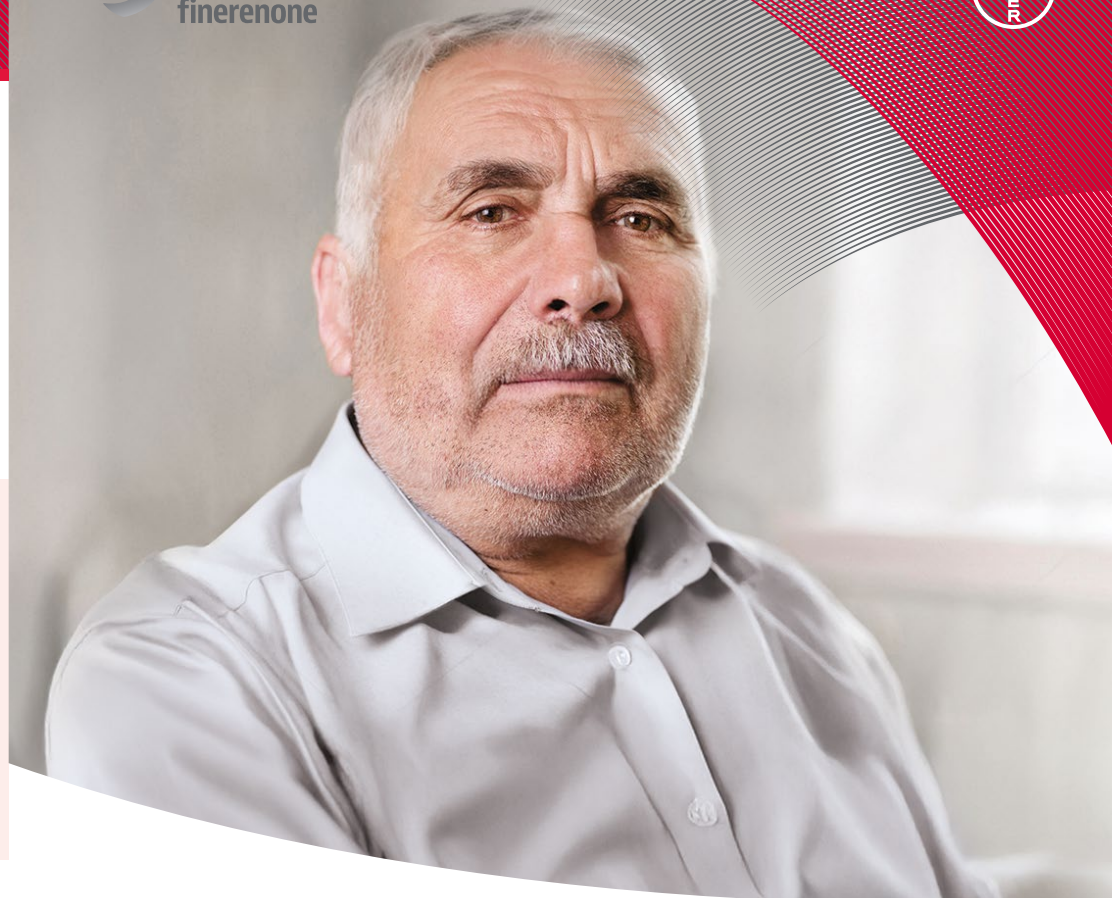
What to do when you become unwell

- Stop taking Kerendia (and other medicines as advised by your doctor).
- Keep drinking fluids in small, regular sips to stay hydrated.
- Rest and monitor your symptoms.
- Restart your paused medicines 24–48 hours after you are eating and drinking normally again.
- Do not take extra doses to “catch up”, i.e. if you are unwell on Monday and miss a tablet, do not take 2 tablets on Tuesday.

It's important to stay on treatment

Your healthcare team has prescribed this medication for you as it blocks the action of certain hormones (mineralocorticoids) that can damage your heart. It's very important that you stay on your treatment as prescribed as your heart failure may continue to get worse without treatment.

For more information on all things heart failure, scan the QR code below for advice and guidance provided by the patient charity Pumping Marvellous:



▼ This medicine is subject to additional monitoring

This will allow quick identification of new safety information. If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects, you can help provide more information on the safety of this medicine.

Bayer PLC is the Kerendia marketing authorisation holder.
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Getting Started with Kerendia[®]▼ (finerenone) for Managing Heart Failure

This booklet is intended for adult patients with **chronic symptomatic heart failure** and left ventricular ejection fraction equal to or greater than 40% (LVEF ≥40%) who have been prescribed Kerendia by their doctor.

Ejection fraction (EF) is a measure of how much blood pumps out of the left side of the heart with each heartbeat. In adults with heart failure with a LVEF ≥40% who exhibit symptoms of heart failure, Kerendia is a once-daily tablet shown to reduce cardiovascular (CV) death and worsening heart failure symptoms that may lead to hospitalisation.

LVEF, left ventricular ejection fraction.

This booklet has been developed and fully funded by Bayer to support patients who have been prescribed Kerendia.

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Please always refer to the Kerendia Patient Information Leaflet provided with your medication. If you have further questions about Kerendia, please speak to your healthcare professional. Adverse event reporting information can be found on the reverse of this booklet.

How it works

Taking Kerendia, along with other medications for heart failure, can help to prevent worsening of heart failure symptoms and lower the risk of heart failure episodes that often require hospital treatment.

Taking your medication

-  If you miss a dose (or forget to take your tablet), don't worry. Just take your prescribed dose as soon as you remember, but only on the same day as the missed dose. **Do not take two doses on the same day.**
-  Kerendia is a tablet you take once a day – with or without food – unless advised differently by your healthcare professional.
-  If you are unable to swallow the tablet whole, crush your medication and mix it with water or soft foods such as apple sauce, and be sure to take it immediately.
-  Avoid eating grapefruit or drinking grapefruit juice for as long as you are being treated with Kerendia. Grapefruit interferes with how your body breaks down your medication.

Try these tips to help you take your medication as directed by your healthcare professional

-  Consider taking Kerendia at the same time as another activity in your daily routine, such as after brushing your teeth.
-  Set an alarm to help you remember to take your medication at the same time every day.
-  Mark it down in a notebook that you've taken your medication that day.



Dietary advice

Before making any dietary changes please consult with your healthcare professional.

Kerendia can increase the level of potassium in your blood. **For some people, potassium levels may rise too high.** This is called hyperkalaemia. **Having too much potassium may cause health problems if not managed.** Potassium is found in many everyday foods and is also sometimes added to processed and packaged foods. The type of food you eat and how it is prepared can affect how much potassium your body takes in.

A simple way to manage your potassium is to focus on eating a healthy, balanced diet based mainly on fresh, home-prepared foods. To help keep your potassium levels in a safe range:

-  Try to cook from scratch where you can, using fresh ingredients.
-  Base your meals on fibre-rich foods such as wholegrains (e.g. oats, wholegrain bread, brown rice), vegetables, beans, and lentils.
-  Limit processed and packaged foods such as ready meals and processed meats, which may contain added potassium.
-  Check ingredient lists for potassium additives (for example, ingredients that include the word “potassium”, such as potassium chloride).
-  Cut back on sugary drinks, fruit juices, and smoothies, which can contain large amounts of potassium in small portions.
-  Be mindful of foods such as chocolate and drinks like coffee, especially in larger amounts. Avoid relying on snack foods such as crisps and other ultra-processed foods.
-  Be careful with salt substitutes (e.g. Lo-Salt®). Many contain potassium and should be avoided unless your doctor says otherwise.
-  Do not take potassium supplements or multivitamins containing potassium unless prescribed by your doctor.

You do not need to cut out whole food groups. Instead, aim for regular meals, sensible portion sizes, and a varied diet to support your overall health.

Scan the QR codes for dietary advice and guidance from Kidney Care UK:



Advice on lowering your potassium level



Advice on healthy eating and lifestyle for your kidneys