

CFTR MODULATORS

Name: _____

Date: _____

Note: This is not a test. This assessment has been developed to help you become more knowledgeable about your CF, with the help of your CF care team.

This assessment is to be completed by a person who is 16 or older with cystic fibrosis (CF). For each question, please read all the answer choices carefully before choosing the one answer you think is best. If you don't know an answer, leave it blank and move on to the next question.

1. True or False: CFTR modulators are effective for all people with CF.

- a) True
- b) False

2. Once you start on CFTR modulators, what should you do about your other CF treatments?

- a) Slowly stop them as you start to feel better
- b) Stop them all as soon as you start to feel better
- c) Stop any inhaled treatments before starting on CFTR modulators
- d) Talk to your doctor before making any changes

3. What's the best way to take your CFTR modulators?

- a) On an empty stomach
- b) Just with water
- c) With a meal or snack high in healthy fats
- d) It doesn't matter
- e) With food that requires you to take creon to help absorption (if pancreatic insufficient)

4. What foods should you avoid eating if you are taking Kalydeco, Symdeko, or Trikafta?

- a) Avocado
- b) Grapefruit
- c) Pasta
- d) Chicken

5. Which types of medications should you make sure your CF care team know you're taking if you are on CFTR modulators?

- a) Some types of antidepressants
- b) Some types of hormonal contraceptives
- c) Some types of antibiotics
- d) All of the above

6. If you are thinking about becoming pregnant and are taking CFTR modulators, which of these is an important first step you can take?

- a) Stop taking your CFTR modulator immediately.
- b) Increase the dose of your CFTR modulator.
- c) Talk to your doctor about your plans to become pregnant.
- d) None of the above

7. True or False: People with CF don't need to worry about birth control.

- a) True
- b) False

8. What are common side effect(s) of CFTR modulators?

- a) Headache
- b) Nausea
- c) Sinus congestion
- d) All of the above

For each question, please read all the answer choices carefully before choosing the one answer you think is best. If you don't know an answer, leave it blank and move on.

9. Which of the following is true about CFTR modulators?

- a) While on CFTR modulators, you don't need to be as careful with your food choices
- b) Some people with CF may gain weight while on CFTR modulators.
- c) It is best to take CFTR modulators on an empty stomach
- d) All of the above are true

10. What are some possible effects of CFTR modulators?

- a) Better lung function
- b) Fewer flare ups of CF in your lungs
- c) Weight gain
- d) All of the above

11. How do CFTR modulators help people with CF?

- a) They "cure" CF for all those who have it
 - b) They work specifically in the lungs, not helping any other areas affected by CF
 - c) They are designed to help the underlying cause of CF
 - d) All of the above are true
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