

Making the Most of Your Doctor's Appointments

➤ Doctor's appointments are a great chance for you to learn more about your disease and treatment.

Use this worksheet to help you think about what you can do before, during, and after your appointment to get the most out of the time with your doctor.

Before: Get ready for your appointment

Think of questions you'd like to ask. Write down your questions and list the most important ones first. This can help you make sure you have time to ask them.

Example: What can I do to help manage some side effects?

Bring the materials you need. Keep track of your symptoms and side effects by taking notes or keeping a journal. You can download tracking calendars at www.youandisupport.com/resources. Bring your notes with you to your appointment. *Try these steps to track your symptoms or side effects.*

What was the symptom or side effect? _____

When did you feel it? _____

How long did it last? _____

How would you rate it (1-10)? _____

Please see the Important Side Effect Information on the following pages.

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During: Make sure you and your doctor understand each other

Tell your doctor how you're feeling. You can talk about your physical health as well as your social and emotional well-being. It's important to talk about:

- Any side effects you've been feeling and how to manage them
- How you've been doing with your medication routine
- Your needs for support, such as joining a support group

Get the information you need. If you are confused about anything your doctor says, try asking your doctor to explain it again in a different way.

Take notes to help you remember. Writing down your doctor's instructions can help you follow them later.

After: Have a plan for what's next

Write down your next steps. Keep a calendar to help yourself remember upcoming medical events such as



Your next
appointment



Your monthly
shipment of
IMBRUVICA®



Your lab work
schedule

Follow-up if you have questions. Call your doctor's office if you have a new question or forgot to ask something during your last appointment.

Please see the Important Side Effect Information on the following pages.

IMPORTANT SIDE EFFECT INFORMATION

Before taking IMBRUVICA®, tell your healthcare provider about all of your medical conditions, including if you:

- have had recent surgery or plan to have surgery. Your healthcare provider may stop IMBRUVICA® for any planned medical, surgical, or dental procedure.
- have bleeding problems.
- have or had heart rhythm problems, smoke, or have a medical condition that increases your risk of heart disease, such as high blood pressure, high cholesterol, or diabetes.
- have an infection.
- have liver problems.
- are pregnant or plan to become pregnant. IMBRUVICA® can harm your unborn baby. If you are able to become pregnant, your healthcare provider will do a pregnancy test before starting treatment with IMBRUVICA®. Tell your healthcare provider if you are pregnant or think you may be pregnant during treatment with IMBRUVICA®.
 - **Females** who are able to become pregnant should use effective birth control (contraception) during treatment with IMBRUVICA® and for 1 month after the last dose.
 - **Males** with female partners who are able to become pregnant should use effective birth control, such as condoms, during treatment with IMBRUVICA® and for 1 month after the last dose.
- are breastfeeding or plan to breastfeed. Do not breastfeed during treatment with IMBRUVICA® and for 1 week after the last dose.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Taking IMBRUVICA® with certain other medicines may affect how IMBRUVICA® works and can cause side effects.

How should I take IMBRUVICA®?

- Take IMBRUVICA® exactly as your healthcare provider tells you to take it.
- Take IMBRUVICA® 1 time a day.
- Swallow IMBRUVICA® capsules or tablets whole with a glass of water.
- Do not open, break or chew IMBRUVICA® capsules.
- Do not cut, crush or chew IMBRUVICA® tablets.
- Take IMBRUVICA® at about the same time each day.
- If you miss a dose of IMBRUVICA® take it as soon as you remember on the same day. Take your next dose of IMBRUVICA® at your regular time on the next day. Do not take extra doses of IMBRUVICA® to make up for a missed dose.
- If you take too much IMBRUVICA® call your healthcare provider or go to the nearest hospital emergency room right away.

What should I avoid while taking IMBRUVICA®?

- You should not drink grapefruit juice, eat grapefruit, or eat Seville oranges (often used in marmalades) during treatment with IMBRUVICA®. These products may increase the amount of IMBRUVICA® in your blood.

Continued on the following page.

IMPORTANT SIDE EFFECT INFORMATION CONTINUED

What are the possible side effects of IMBRUVICA®?

IMBRUVICA® may cause serious side effects, including:

- **Bleeding problems (hemorrhage) are common** during treatment with IMBRUVICA®, and can also be serious and may lead to death. Your risk of bleeding may increase if you are also taking a blood thinner medicine. Tell your healthcare provider if you have any signs of bleeding, including: blood in your stools or black stools (looks like tar), pink or brown urine, unexpected bleeding, or bleeding that is severe or that you cannot control, vomit blood or vomit looks like coffee grounds, cough up blood or blood clots, increased bruising, dizziness, weakness, confusion, change in your speech, or a headache that lasts a long time or severe headache.
 - **Infections** can happen during treatment with IMBRUVICA®. These infections can be serious and may lead to death. Tell your healthcare provider right away if you have fever, chills, weakness, confusion, or other signs or symptoms of an infection during treatment with IMBRUVICA®.
 - **Decrease in blood cell counts.** Decreased blood counts (white blood cells, platelets, and red blood cells) are common with IMBRUVICA®, but can also be severe. Your healthcare provider should do monthly blood tests to check your blood counts.
 - **Heart rhythm problems (ventricular arrhythmias, atrial fibrillation and atrial flutter).** Serious heart rhythm problems and death have happened in people treated with IMBRUVICA®, especially in people who have an increased risk for heart disease, have an infection, or who have had heart rhythm problems in the past. Tell your healthcare provider if you get any symptoms of heart rhythm problems, such as feeling as if your heart is beating fast and irregular, lightheadedness, dizziness, shortness of breath, chest discomfort, or you faint. If you develop any of these symptoms, your healthcare provider may do a test to check your heart (ECG) and may change your IMBRUVICA® dose.
 - **High blood pressure (hypertension).** New or worsening high blood pressure has happened in people treated with IMBRUVICA®. Your healthcare provider may start you on blood pressure medicine or change current medicines to treat your blood pressure.
 - **Second primary cancers.** New cancers have happened during treatment with IMBRUVICA®, including cancers of the skin or other organs.
 - **Tumor lysis syndrome (TLS).** TLS is caused by the fast breakdown of cancer cells. TLS can cause kidney failure and the need for dialysis treatment, abnormal heart rhythm, seizure, and sometimes death. Your healthcare provider may do blood tests to check you for TLS.
- The most common side effects of IMBRUVICA® in adults with B-cell malignancies (MCL, CLL/SLL, WM and MZL) include:**
- diarrhea
 - tiredness
 - muscle and bone pain
 - rash
 - bruising

Continued on the following page.

IMPORTANT SIDE EFFECT INFORMATION CONTINUED

The most common side effects of IMBRUVICA® in adults with cGVHD include:

- tiredness
- bruising
- diarrhea
- mouth sores (stomatitis)
- muscle spasms
- nausea
- pneumonia

Diarrhea is a common side effect in people who take IMBRUVICA®. Drink plenty of fluids during treatment with IMBRUVICA® to help reduce your risk of losing too much fluid (dehydration) due to diarrhea. Tell your healthcare provider if you have diarrhea that does not go away.

These are not all the possible side effects of IMBRUVICA®. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

General information about the safe and effective use of IMBRUVICA®

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use IMBRUVICA® for a condition for which it was not prescribed. Do not give

IMBRUVICA® to other people, even if they have the same symptoms that you have. It may harm them. You can ask your pharmacist or healthcare provider for information about IMBRUVICA® that is written for health professionals.

USES

What is IMBRUVICA® (ibrutinib)?

IMBRUVICA® (ibrutinib) is a prescription medicine used to treat adults with:

- Mantle cell lymphoma (MCL) who have received at least one prior treatment
- Chronic lymphocytic leukemia (CLL)/ Small lymphocytic lymphoma (SLL)
- Chronic lymphocytic leukemia (CLL)/ Small lymphocytic lymphoma (SLL) with 17p deletion
- Waldenström's macroglobulinemia (WM)
- Marginal zone lymphoma (MZL) who require a medicine by mouth or injection (systemic therapy) and have received a certain type of prior treatment
- Chronic graft versus host disease (cGVHD) after failure of 1 or more lines of systemic therapy

It is not known if IMBRUVICA® is safe and effective in children.

Please see the full Important Product Information on www.imbruvica.com.

