Patient Education

Please review the Important Side Effect Information on pages 27-29.
Please see the full Important Product Information on www.imbruvica.com.
When you start a new treatment, you have a lot to consider.

The YOU&i™ Support Program can help you answer some of the questions you may have, so you can feel ready to take IMBRUVICA® as your doctor prescribed.

Contents

**About IMBRUVICA®**

*Pages 3-4*

Learn about how IMBRUVICA® works and some side effects related to treatment

**YOU&i™ Support Program**

*Pages 5-10*

Discover the educational resources designed to help you throughout your treatment

**Activities and Tools**

*Pages 11-15*

Explore strategies to help make your treatment part of your day

**Calendar**

*Pages 16-24*

Track your medication routine, symptoms and side effects, and appointment schedule

---

*Please review the Important Side Effect Information on pages 27-29.*
About IMBRUVICA® (ibrutinib)

Find out how IMBRUVICA® works in this section.
About IMBRUVICA® (ibrutinib)

Starting treatment with IMBRUVICA® can feel like a big step. You can work together with your doctor to understand what to expect with your treatment plan for IMBRUVICA®.

IMBRUVICA® is an oral therapy that you take once a day, at about the same time each day, exactly as directed by your doctor1.

IMBRUVICA® Works Differently1

The way that IMBRUVICA® works is different than other treatments, such as chemotherapy.

- Bruton’s tyrosine kinase (BTK) is a protein found in your B cells. It sends “signals” that help B cells stay alive and multiply.
- IMBRUVICA® blocks BTK signaling. This helps stop cancerous B cells from surviving and multiplying.

Because of how IMBRUVICA® works, it may cause side effects. A relationship between how IMBRUVICA® works and why it helps to treat certain diseases has not been clearly identified1.

IMPORTANT SIDE EFFECT INFORMATION

IMBRUVICA® may cause serious side effects, including bleeding problems (hemorrhage), infections, decrease in blood cell counts, heart rhythm problems (ventricular arrhythmias, atrial fibrillation and atrial flutter), high blood pressure (hypertension), second primary cancers and tumor lysis syndrome (or TLS).

The most common side effects of IMBRUVICA® include diarrhea, tiredness, muscle and bone pain, rash, and bruising.
It’s important to know where you can get support when you need it. This section explains how YOU&i™ is here to help.
Educational Resources From YOU&i™

As you take IMBRUVICA® (ibrutinib) over time as your doctor prescribed, you may have questions about your treatment.

Choose education and support options designed to help you and your caregiver throughout your treatment with IMBRUVICA®.

YOU&i™ Support Communications
YOU&i™ Support Website
YOU&i™ Nurse Educators

Sign up for support at www.youandisupport.com or 1-877-877-3536.
Monday-Friday, 8:00 AM-8:00 PM | Saturday, 8:00 AM-5:00 PM ET

Please review the Important Side Effect Information on pages 27-29.
YOU&i™ Support Communications

Receive emails to learn about IMBRUVICA® (ibrutinib) and try new strategies that can help you work with your healthcare team throughout different stages of your treatment.

YOU&i™ Support Communications provide information, tips, and ideas for your day-to-day treatment experience.

YOU&i™ Support Communications cover topics such as

- Building a routine with IMBRUVICA®
- Talking to your healthcare team
- Setting goals for treatment over time
- Coping with and adjusting to treatment

Sign up for support at www.youandisupport.com or 1-877-877-3536.
Monday-Friday, 8:00 AM-8:00 PM | Saturday, 8:00 AM-5:00 PM ET

Please review the Important Side Effect Information on pages 27-29.
YOU&i™ Support Website

Explore [www.youandisupport.com](http://www.youandisupport.com) for information and support during your treatment with IMBRUVICA® (ibrutinib). This site can help you get connected with other support resources, too.

**You may wonder how to**

- Stay motivated
- Talk to your doctor about side effects
- Reach out to family and friends for help
- Make the most of your doctor’s appointments

If you have questions about these topics or others, you can download interactive worksheets and activities from the YOU&i™ website that may help.

Caregivers can also find resources designed to help them with their role on the treatment team.

Sign up for support at [www.youandisupport.com](http://www.youandisupport.com) or 1-877-877-3536.

Monday-Friday, 8:00 AM-8:00 PM | Saturday, 8:00 AM-5:00 PM ET

Please review the Important Side Effect Information on pages 27-29.
YOU&i™ Nurse Educators

If you have questions during treatment, you can speak to a YOU&i™ Nurse Educator on the phone.

They can answer questions such as

- Are there foods I should avoid?
- What do I do if I miss a dose?
- What questions should I ask my doctor?

YOU&i™ Nurse Educators can play an important supporting role on your team by answering questions about treatment with IMBRUVICA® (ibrutinib).

YOU&i™ Nurse Educators are experts on IMBRUVICA®, but the members of your healthcare team are experts on your care. YOU&i™ Nurse Educators do not replace medical advice from your doctor and will direct you to your healthcare team if you have a specific question about your treatment.

Call a YOU&i™ Nurse Educator
1-877-877-3536
Monday-Friday, 8:00 AM-8:00 PM ET

Please review the Important Side Effect Information on pages 27-29.
Use this space to take notes when you have your first call with your YOU&i™ Nurse Educator.
Call 1-877-877-3536. Monday-Friday, 8:00 AM-8:00 PM ET.

My YOU&i™ Nurse Educator’s name:

Questions I have:

Notes from my call:

Topic to discuss on my next call:

Please review the Important Side Effect Information on pages 27-29.
Activities and Tools

Adjusting to treatment with IMBRUVICA® (ibrutinib) can take some time. Try the activities in this section and find the strategies that work for you.
Keep Moving Forward

When starting a new treatment like IMBRUVICA® (ibrutinib), it can help to think of your own personal reasons for wanting to take this medication.

What’s important to you as you get started with treatment?

*In the circles, write down a few reasons why you want to take IMBRUVICA®.*

Please review the Important Side Effect Information on pages 27-29.
Talking With Your Healthcare Team About Side Effects

You rely on your healthcare team for medical advice. Your healthcare team relies on you for information about how you’re feeling during treatment with IMBRUVICA® (ibrutinib).

The information you provide your healthcare team is important. It can help them make decisions about your care.

IMBRUVICA® can cause side effects. Not everyone taking IMBRUVICA® experiences the same side effects or feels them in the same way. That’s why it’s important to keep track of how you feel and tell your healthcare team. This information helps your healthcare team figure out the best treatment plan for you.

IMBRUVICA® may cause serious side effects, including bleeding problems (hemorrhage), infections, decrease in blood cell counts, heart rhythm problems (ventricular arrhythmias, atrial fibrillation, and atrial flutter), high blood pressure (hypertension), second primary cancers, and tumor lysis syndrome (TLS).

In clinical trials, the most common side effects of IMBRUVICA® in adults with B-cell malignancies were:
- Low platelet count
- Diarrhea
- Tiredness
- Muscle and bone pain
- Low white blood cell count
- Rash
- Low red blood cell count
- Bruising

In clinical trials, the most common side effects of IMBRUVICA® in adults with cGVHD were:
- Tiredness
- Bruising
- Diarrhea
- Low platelet count
- Mouth sores (stomatitis)
- Muscle spasms
- Nausea
- Bleeding (hemorrhage)
- Low red blood cell count
- Pneumonia

These are not all the possible side effects of IMBRUVICA®. Tell your doctor about the side effects you experience.
Tips for Tracking Symptoms and Side Effects

Your healthcare team may ask you to describe how you’re feeling while you’re taking IMBRUVICA® (ibrutinib). One way you can be ready to answer that question is to **keep track of how you feel day to day**.

*Try taking some quick notes that answer these questions.*

- **What** was the symptom or side effect?
- **When** did you feel it?
- **How long** did it last?
- **How would you rate it** (1-10)?

Use the calendar starting on page 16 to help you keep track. Try taking a couple of notes each day. Then, at the end of each week, you can look back and decide how you felt overall.

*You can download more calendar pages on www.youandisupport.com.*

This information can help you and your healthcare team see patterns in how you feel and make decisions about your treatment plan.

Please review the Important Side Effect Information on pages 27-29.
Build Your Routine With IMBRUVICA® (ibrutinib)

It’s important to take IMBRUVICA® each day as your doctor prescribed. But building a routine isn’t always easy. You may need to try different strategies until you find one that works for you.

Try one of these strategies or think of your own.

**Alarm Bell**

Set an alarm on your watch or phone and take IMBRUVICA® when you hear the alarm. If you have a busy lifestyle, an alarm can travel with you, so you don’t miss a dose.

**Creature of Habit**

What’s the one thing you never forget to do every day? Take IMBRUVICA® at the same time as you do another daily routine, like brushing your teeth.

**Make It Stick**

Write yourself a note reminding you to take IMBRUVICA® and stick it to something you know you’ll see every day, like your bathroom mirror or your refrigerator door.

**Check It Off**

If you keep an agenda for yourself, add IMBRUVICA® to your daily to-do list and check it off when you take it. Try the calendar on the next page to get started.

My Own Reminder Strategy

---

Please review the Important Side Effect Information on pages 27-29.
A good medication routine starts with taking IMBRUVICA® (ibrutinib) each day as your doctor prescribed, but can include other elements, too.

Use the calendar in this section to build your routine over time by keeping track of how you feel and planning ahead for schedule changes.
Month 1

Let’s get started!

This month, keep track of when you take IMBRUVICA® (ibrutinib) each day as prescribed.

Try to find a routine and a medication reminder strategy that work for you. Look back on page 15 to review some reminder strategies.

EXAMPLE:

Monday

Take a look at this sample Monday to see how you could use your calendar to mark when you take IMBRUVICA®. Then, try it throughout the month.

Tip

At the end of the week, take some time to reflect and decide how you felt overall. This can help you see how you’re feeling at a quick glance! Mark how you felt as well as any symptoms or side effects you noticed in the boxes at the end of each week.

Call your doctor if you have questions about symptoms or side effects.

Please review the Important Side Effect Information on pages 27-29.
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
</table>

**Notes or questions about my treatment:**

Please review the Important Side Effect Information on pages 27-29.
Month 2

Let’s try something new!

This month, use your calendar to keep track of how you feel while taking IMBRUVICA®, as well as when you take your medicine.

Look back at pages 13-14 for a reminder of what to track.

Try taking notes that answer these questions:

- What?
- When?
- How long?
- 1-10?

**EXAMPLE:**

<table>
<thead>
<tr>
<th>Tuesday</th>
</tr>
</thead>
<tbody>
<tr>
<td>22</td>
</tr>
<tr>
<td>☕️ TIREDNESS</td>
</tr>
<tr>
<td>☕️ MORNING</td>
</tr>
<tr>
<td>☕️ 2 HOURS</td>
</tr>
<tr>
<td>☕️ 4/10 (MEDIUM)</td>
</tr>
</tbody>
</table>

Take a look at this sample Tuesday to see how you could write down notes. Then, try it throughout the month.

Some side effects of IMBRUVICA® (ibrutinib) can be serious. It’s important to talk to your doctor if you think you’re experiencing any side effects. Look back at page 13 for more information.

Call your doctor if you have questions about symptoms or side effects.

Please review the Important Side Effect Information on pages 27-29.
Please review the Important Side Effect Information on pages 27-29.
Month 3

Keep it going!
Your medication routine includes taking IMBRUVICA® (ibrutinib) and tracking how you feel.
This month, add in your appointments, lab schedule, or calls with your YOU&i™ Nurse Educator.

**EXAMPLE:**

| 23 | DOCTOR, 11:00 |
| TIREDNESS | MORNING |
| 2 HOURS | 4/10 (MEDIUM) |

Take a look at this sample Wednesday to see how you can keep track of your schedule. Then, try it throughout the month.

**Tip**
Show your calendar pages to your doctor at your next appointment to help you have a conversation about your symptoms and side effects. You can download more calendar pages at [www.youandisupport.com](http://www.youandisupport.com).

Call your doctor if you have questions about symptoms or side effects.

Please review the Important Side Effect Information on pages 27-29.
Please review the Important Side Effect Information on pages 27-29.
Month 4

Now you’ve got it!

You’re settling into your routine with IMBRUVICA® (ibrutinib). This month, try using the calendar to plan for anything that could get in the way of your routine.

Is something changing in your schedule? Write it down so you can think about how you’ll make sure you stick to your routine.

**EXAMPLE:**

<table>
<thead>
<tr>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>26</td>
</tr>
<tr>
<td>DAY OFF</td>
</tr>
<tr>
<td>TIREDNESS</td>
</tr>
<tr>
<td>MORNING</td>
</tr>
<tr>
<td>2 HOURS</td>
</tr>
<tr>
<td>4/10 (MEDIUM)</td>
</tr>
</tbody>
</table>

Take a look at this sample Friday to see how you can plan ahead. Then, try it throughout the month.

When something changes in your schedule, it can help to have a backup reminder in place. If you usually take IMBRUVICA® at the same time as another daily activity, an alarm on your phone can help remind you if you don’t do that activity today.

*Call your doctor if you have questions about symptoms or side effects.*
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>😊😊😊😊</td>
<td>😊😊😊😊</td>
<td>😊😊😊😊</td>
<td>😊😊😊😊</td>
<td>😊😊😊😊</td>
<td>😊😊😊😊</td>
<td>😊😊😊😊</td>
</tr>
<tr>
<td>😊😊😊😊</td>
<td>😊😊😊😊</td>
<td>😊😊😊😊</td>
<td>😊😊😊😊</td>
<td>😊😊😊😊</td>
<td>😊😊😊😊</td>
<td>😊😊😊😊</td>
</tr>
<tr>
<td>😊😊😊😊</td>
<td>😊😊😊😊</td>
<td>😊😊😊😊</td>
<td>😊😊😊😊</td>
<td>😊😊😊😊</td>
<td>😊😊😊😊</td>
<td>😊😊😊😊</td>
</tr>
<tr>
<td>😊😊😊😊</td>
<td>😊😊😊😊</td>
<td>😊😊😊😊</td>
<td>😊😊😊😊</td>
<td>😊😊😊😊</td>
<td>😊😊😊😊</td>
<td>😊😊😊😊</td>
</tr>
</tbody>
</table>

**Notes or questions about my treatment:**

- **Month:**
- **How did you feel this week?**

Please review the Important Side Effect Information on pages 27-29.
YOU&i™ Support Program

Support Throughout Your Treatment

With the YOU&i™ Support Program, you have access to a network of people, resources, and information available to help you during treatment with IMBRUVICA® (ibrutinib).

IMBRUVICA® Cost and Coverage

Access Specialists are able to help you understand your insurance coverage and discuss potential financial support options for IMBRUVICA®, even if your insurance plan changes later.

Educational Resources

Sign up to receive emails with information and tips for managing treatment with IMBRUVICA®.

YOU&i™ Nurse Educators can also answer some of your questions about IMBRUVICA®.

Sign up for support at www.youandisupport.com or 1-877-877-3536.

Monday-Friday, 8:00 AM-8:00 PM | Saturday, 8:00 AM-5:00 PM ET

Please review the Important Side Effect Information on pages 27-29.
**Medisafe for IMBRUVICA®**

You can use smartphone apps like Medisafe to get medication and refill reminders for each of your medications.

With Medisafe, you can

- Access information about IMBRUVICA®
- Organize your prescriptions and keep track of doctor’s appointments
- Keep a friend or family member informed of when you take IMBRUVICA® so they can help you remember, too

Visit [www.medisafeapp.com](http://www.medisafeapp.com) to learn more or download Medisafe for your device from the Apple or Google Play store.

Please review the Important Side Effect Information on pages 27-29.
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.
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, seize, 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
IMPORTANT SIDE EFFECT INFORMATION (cont’d)

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.

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