



MY PERSONAL THERAPY GUIDE FOR TAGRISSO®

A therapy companion for patients who have been prescribed TAGRISSO®.

DEAR PATIENT,

Your doctor has prescribed TAGRISSO® to you for targeted therapy of lung cancer.

From the moment of your diagnosis until today, your journey with cancer has been fraught with many emotions, challenges and certainly also a lot of new information. We would like to make this journey easier for you with this brochure, by providing you with information and tools to help you manage your life in the best possible way while taking TAGRISSO®.

TAGRISSO® can help patients with advanced-stage tumours to slow down or stop the growth of the tumour in their lungs. At this stage, it may also help to shrink the tumour. At the early tumour stage, TAGRISSO® can help to prevent or delay the recurrence of the disease after removal of the tumour tissue.

We are sure you have many questions about the treatment with this medication. This brochure contains practical information and tips on what a targeted therapy such as TAGRISSO® involves, how to take the medication correctly, what side effects may occur and how you can prevent them or alleviate possible symptoms.

In addition, this brochure contains a therapy diary to support you and your attending doctor during your treatment with TAGRISSO®. The more your doctor knows about your experiences, the better informed they are and the better they can care for you during therapy. With your therapy diary you can observe the individual course of your disease and document your treatment with TAGRISSO®.

We would like to support you with this brochure. However, this brochure is not a substitute for talking to your doctor. Please always consult your treating doctor if there is anything you are unsure about with regard to TAGRISSO® therapy and/or if you experience side effects which may occur.

We wish you much strength during your therapy.

Your AstraZeneca Oncology Team

YOUR CONTACT PERSON

If you would like more information about your treatment with TAGRISSO®, the mode of action of the medication or possible side effects, read the package leaflet or ask your treating doctor or pharmacist for advice.



Physician's stamp

This brochure is intended for distribution to TAGRISSO® patients only.

TABLE OF CONTENTS

Various therapeutic approaches for lung cancer	06
Stages of non-small cell lung cancer (NSCLC): your therapy options	07
A test brings certainty your way	08
Targeted therapy with TAGRISSO®	09
What you should discuss with your doctor before taking TAGRISSO®	10
What you should know before taking TAGRISSO®	11
How to take TAGRISSO® correctly	12
What to do if I take it incorrectly?	14
What side effects are possible?	16
Serious side effects	17
How to alleviate side effects and prevent them	18
Tips for the doctor's consultation	22
Further support	22
Your TAGRISSO® Diary	23

VARIOUS THERAPEUTIC APPROACHES IN LUNG CANCER

Through intensive research and development of new medicines, one finding has become increasingly clear in recent years: a personalised treatment decision for lung cancer is important.

Every tumour is a complex entity with specific characteristics, such as a particular location, a certain size and type of tissue. Today, molecular biological assessment of cancer plays an important role in both early and advanced stages. For example, if a pathologist or human geneticist detects a specific mutation in the DNA (permanent change in the genetic material) of a cancer cell, this can be decisive for the choice of therapy. Therefore, such mutation tests are now routinely performed in most treatment centres.

The use of medicines that specifically intervene in the metabolism of a tumour

sometimes depends on the tissue type, and very often on genetic characteristics of the tumour. Thus, not every patient with lung cancer receives the same therapy.

A personalised treatment decision thus depends on many factors and is made individually for each person in order to achieve the best possible treatment success.

TAGRISSO® is used to treat a specific type of lung cancer called non-small cell lung cancer (NSCLC). Its use is possible if a mutation in the gene of the epidermal growth factor receptor (EGFR) has been detected.



Your doctor will explain to you exactly what type of lung cancer you have and which treatment is best for you. Talk to your doctor if you are unsure or if something is unclear to you!

STAGES OF NON-SMALL CELL LUNG CANCER (NSCLC): YOUR THERAPY OPTIONS

Various treatment options are available for the treatment of NSCLC. Their selection depends essentially on the stage of the tumour.

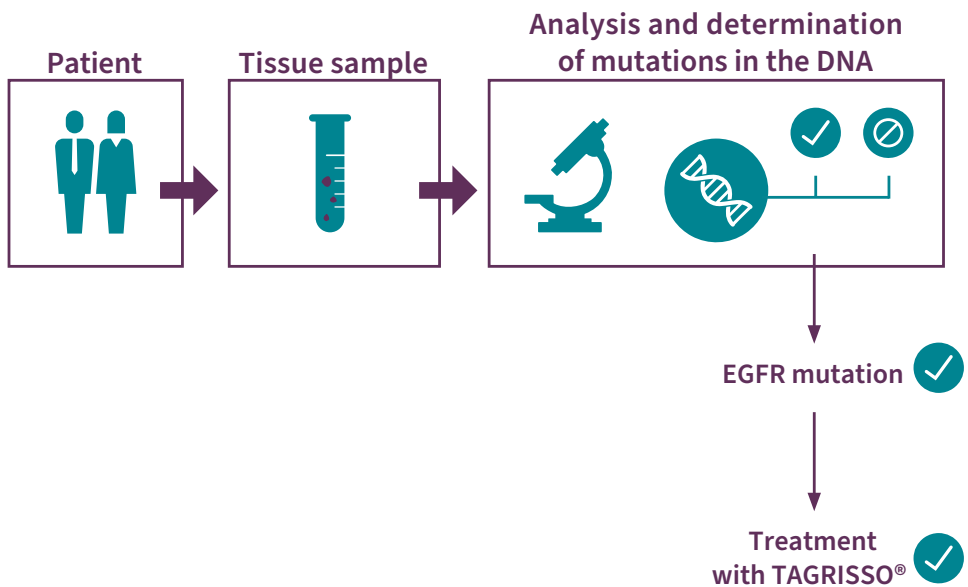
Early stage

If the tumour is limited to the lung or only locally advanced, the tumour is often removed by surgery. Despite surgery, it is possible that individual cancer cells remain behind and cannot be removed. In order to stop the growth of these cancer cells and support the therapeutic success of the surgery, post-treatment with chemotherapy and/or a targeted therapy such as TAGRISSO® is therefore recommended. This is called adjuvant therapy.

Advanced stage

If the tumour has spread within the lung and affected distant lymph nodes or formed secondary tumours known as metastases in other organs, a systemic drug therapy is recommended. Depending on the type of lung cancer, this can be combination chemotherapy, immunotherapy or targeted therapy, such as TAGRISSO®.

A TEST BRINGS CERTAINTY YOUR WAY



For patients in whom the EGF receptor is genetically modified, i.e. mutated, there is the possibility of a personalised, so-called targeted lung cancer therapy. This applies to about 10% to 15% of patients with non-small cell lung cancer. To determine whether such a mutation is present, a sample of the tumour must be taken and

genetically examined in a pathological institute. If the test result is positive (“EGFR M+” or “mutation-positive”), therapy with TAGRISSO® is an option.

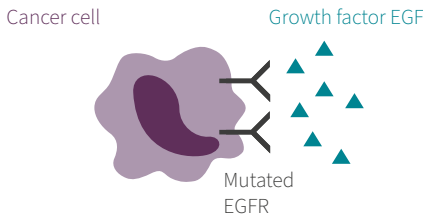
If the test result is negative, we know that another therapy is more suitable.

TARGETED THERAPY WITH TAGRISSO®

How does TAGRISSO® work and what is it used for?

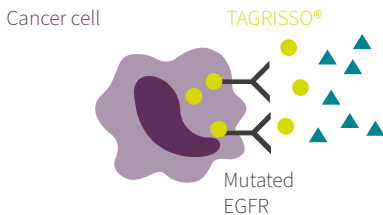
TAGRISSO® with the active substance osimertinib is a selective inhibitor of the EGF receptor (EGFR), whose function is disrupted by mutations. TAGRISSO® acts preferentially on EGF receptors of cancer

cells by specifically blocking their growth and proliferation. Due to its targeted mode of action on the EGF receptor, TAGRISSO® is one of the targeted therapies.



Cancer cells multiply uncontrollably and independently of growth factor EGF due to a mutation in the EGF receptor.

The cancer cell can divide and spread uncontrollably.



TAGRISSO® penetrates into the cell and inhibits the EGF receptor from the inside so that cell division is prevented.

The cancer cell cannot multiply and spread in the body.



If you have any questions about how this medicine works or why it was prescribed for you, talk to your doctor.

WHAT YOU SHOULD DISCUSS WITH YOUR DOCTOR BEFORE TAKING TAGRISSO®

Tell your doctor if you are taking any of the following medicines before taking TAGRISSO®:

- Phenytoin, carbamazepine or phenobarbital – to prevent epileptic seizures
- Rifabutin or rifampicin – for the treatment of tuberculosis
- St. John's wort (*Hypericum perforatum*) – herbal medicinal product for depression
- Rosuvastatin – to lower cholesterol levels
- Warfarin or dabigatran – prevents the formation of blood clots
- Theophylline – asthma drug, substance name also aminophylline
- Digoxin – for the treatment of cardiac insufficiency
- Tizanidine – for muscle relaxation
- Aliskiren – for lowering blood pressure
- Fexofenadine – for allergies



TAGRISSO® may affect the way some other medicinal products work. Some other medicinal products may affect the way TAGRISSO® works. Tell your doctor about all the medicines you are taking. This applies to prescription medicines as well as to herbal and non-prescription medicinal products.

WHAT YOU SHOULD KNOW BEFORE TAKING TAGRISSO®

Before taking TAGRISSO®, please discuss the following things with your doctor:

Pre-existing conditions

- If you have had pneumonia (a condition called “interstitial lung disease”).
- If you have ever had heart problems in the past – your doctor will want to monitor you carefully in this regard.

Desire to have children

- If you are pregnant, think you may be pregnant or are planning to have a baby.

Contraception – information for women and men

You must use an effective form of contraception during treatment. Inform your doctor immediately if you are pregnant.

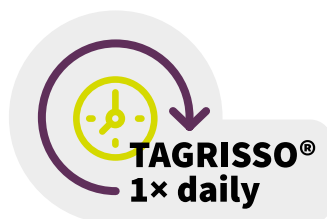
Breastfeeding

Do not take this medicinal product if you are breastfeeding. It is not known whether taking it poses a risk to your baby.



If any of the above applies to you (or if you are not sure), please ask your doctor, pharmacist or healthcare professional before taking this medicinal product.

HOW TO TAKE TAGRISSO® CORRECTLY



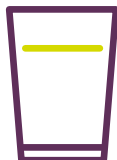
TAGRISSO® is taken once a day:

The recommended dosage is **one 80 mg tablet once daily.**

How is it taken?



Take the tablet at the same time every day.



Swallow the tablet whole with sufficient water. Do not crush, split or chew the tablet.*



You can take the tablet with or independently of meals.

* If you have problems swallowing, discuss this with your doctor. TAGRISSO® can be dissolved in a glass of non-carbonated water.



**Always take this medicinal product exactly as discussed with your doctor.
Ask your doctor if you are unsure.**

Reminders for taking the tablet

TAGRISSE® will accompany you for a long time, depending on the prescription of your treating doctor. This is a long time for you to have to think about taking it every day. Because only if you take the medicine regularly and as recommended by your doctor will you get the best possible therapeutic result.



On a Sunday, for example, fill a tablet dispenser with compartments for each day of the following week. Put this in a place that you will see in any event, for example next to your toothbrush.



Use the reminder function (e.g. alarm clock or calendar reminders) on your smartphone and let your digital companion remind you to take your medicine.



Particularly if you need to keep track of various medicines, an automatic tablet dispenser is a good idea. At a preset time, it releases the compartment containing the tablets to be taken and draws attention to this with an optical or acoustic signal.

Reminder sticker

Put this sticker on your mirror or fridge, for example. This way, you will remember to take it even if your mind may be somewhere else.



WHAT TO DO IF I TAKE IT INCORRECTLY?

If you have forgotten to take it



If you have forgotten a dose, take the omitted tablet as soon as you notice. However, if the next dose has to be taken in less than 12 hours, skip the omitted dose. Take the next dose at the usual time.

In case of overdose

If you have taken more than your prescribed dose, notify your doctor or the nearest hospital immediately.



Do not simply stop taking this medicinal product – talk to your doctor first. It is important that you take this medicinal product every day for the period prescribed by your doctor.

WHAT SIDE EFFECTS ARE POSSIBLE?

Like all medicinal products, TAGRISSO® can also cause side effects, although not everybody gets them.

The following side effects are very common:



Nail changes, for example redness around the fingernails



Diarrhoea



Skin changes, for example rash, dry skin, itching, acne



Inflammation of the oral mucosa



Loss of appetite



Decreased number of platelets and white blood cells

Side effects are not always avoidable. Good side effect management can help to limit your side effects.



Contact your doctor as soon as you notice any side effects. Your general practitioner can also help you with side effect management and refer you to the right specialist if needed.

SERIOUS SIDE EFFECTS

Please inform your doctor immediately if you notice one or more of the following serious side effects:

- Sudden shortness of breath together with cough and fever – these can be signs of pneumonia (a disease called “interstitial lung disease”).
- Watery eyes, sensitivity to light, eye pain, eye redness or changes in vision can be indications of corneal inflammation (keratitis).
- Reddish target-like skin discolourations on the trunk or circular spots often with blisters in the centre, detachment of the skin, ulcers in the mouth, throat, nose and genitals and possibly preceded by flu-like symptoms and fever indicate Stevens-Johnson syndrome.
- Fast or irregular heartbeat, dizziness, light-headedness, tightness in the chest, shortness of breath and fainting.



Tell your doctor immediately if you notice the following serious side effect: sudden shortness of breath together with cough and fever – these may be signs of pneumonia.

HOW TO ALLEVIATE SIDE EFFECTS AND PREVENT THEM



Changes in the skin

What you can do for your skin:

- To prevent skin reactions, it is good to use soothing, moisturising creams or lotions:
 - Make sure to cleanse gently with fragrance-free shower or bath oils.
 - Use a disinfectant that is gentle on the skin for hand disinfection.
 - Moisturisers are ideal for facial skin.
 - In particular, you should moisturise your hands and feet well, for example with a fragrance-free skin cream with oil or ointment containing urea.
- For rashes, you can use disinfecting cleansing gels that remove superfluous oil.
- For acne, you can gently cleanse your skin with fragrance-free wash lotions and use oil-free water-based moisturisers to avoid clogging your skin pores.
- If your skin is dry, chapped or flaky, you should opt for moisturising or even lipid replenishing products that are free of fragrances so that they do not further irritate your skin.

What you should avoid:

- Water that is too hot
- Forceful dry rubbing
- Too much direct sunlight
- Wearing clothes that are too tight
- Frequent handwashing
- Direct contact with irritating substances such as household cleaners and juices of citrus fruits
- Creams with strong fragrances



Changes in the nails

This is how to care for your nails:

- For inflamed nail beds, you can support healing with lukewarm, antibacterial baths with curd soap or povidone iodine.
- A nail balm can have a nourishing and protective effect.
- Walking in open sandals can do your nails good (if the season allows it).

What you should avoid:

- Do not cut your fingernails and toenails too short, and not “round”, but “straight” so that they cannot grow inward.
- Do not wear uncomfortable shoes that press on your toes or nails.



If you have persistent problems with your skin or nails, ask your doctor for a referral to a dermatologist or for medical foot care.



Nausea and vomiting

This is advisable in case of nausea and vomiting:

- Eat many small meals and in between, dry foods such as rusk/zwieback or crackers, because not eating increases nausea.
- Reach for light fare, as this is not as heavy on the stomach as sweet or fatty food.
- Drink ginger water to prevent or alleviate nausea. Simply pour boiling water over a thumb-sized piece of ginger and let it steep for about 10 minutes.

What you should avoid:

- Avoid strong and persistent food odours. Lukewarm and cold foods as well as mildly spiced dishes are less odorous.



Diarrhoea

This can help you with diarrhoea:

- For acute diarrhoea, first eat purely liquid food, later mushy food and only then solid food again, in order to relieve your digestive organs.
- Switch to mildly spiced as well as constipating foods such as rice, scraped apple, banana or blueberries, water, cocoa or bitter chocolate.
- Make sure you drink enough fluids (about 2 litres per day), especially if you have severe diarrhoea. Drink water or, for example, fennel, caraway, peppermint tea or bouillon. You can also resort to special electrolyte solutions.

What you should avoid:

- Do not drink cold drinks, alcohol, coffee, carbonated beverages, avoid high-fibre food and flatulent vegetables. Most dairy products can also intensify diarrhoea. In addition, excessive consumption of fructose can lead to diarrhoea and stomach pain.



Bloating and flatulence

This is what you can do to alleviate bloating and flatulence:

- Eat easily digestible, low-fat foods.
- Support your digestion with herbs like basil, anise or caraway.
- Take your time when eating and chew well.
- Stimulate the digestive process with roasted products (e.g. coffee) and acidic products.
- Lightly toast fresh bread, making sure that it does not get too dark.

What you should avoid:

- Do not eat flatulent foods (e.g. legumes, fresh bread) or foods that are difficult to digest and fatty (e.g. fried foods, full-fat dairy products).



If you have persistent problems with digestion or loss of appetite, ask your doctor for a referral for nutritional counselling.

TIPS FOR THE DOCTOR'S CONSULTATION

- Write down your questions beforehand and take them with you to the consultation.
- Take someone with you to accompany you, if possible.
- For important decisions, it can be worthwhile to get a second opinion.

FURTHER SUPPORT

Psycho-oncology



Swiss Lung Cancer Society



Swiss Cancer League



Swiss AVAC Association



YOUR TAGRISSO[®] DIARY

Your therapy diary supports you and your doctor during your treatment with TAGRISSO®. The more your doctor knows about your experiences, the better they can care for you during therapy.

Therapy week

01

Please note regular tablet intake here

Day	Date	I have taken my tablet	Today I feel	Symptoms		
				Nail changes	Skin changes	Loss of appetite
Mon	11/03	<input checked="" type="checkbox"/>	☹️☹️😊😊😊	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Tue	12/03	<input checked="" type="checkbox"/>	☹️☹️😊😊😊	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wed		<input type="checkbox"/>	☹️☹️😊😊😊	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thu		<input type="checkbox"/>	☹️☹️😊😊😊	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fri		<input type="checkbox"/>	☹️☹️😊😊😊	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	☹️☹️😊😊😊	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	☹️☹️😊😊😊	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Select an appropriate symbol for your general state of well-being

Bad ☹️☹️😊😊😊 Good

If you experience any side effects or symptoms that worry you, please contact your attending doctor or the oncology team. They will help you to solve your problem.

In this field you can note other aspects of your treatment, such as:

- Other side effects / symptoms you suffer from
- Forgotten dose and the reason for it
- Your feelings about the treatment

Symptoms and side effects				Comments
Loss of appetite	Diarrhoea	Inflammation of the oral mucosa	Other	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Headache
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Slight fever
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
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If you would like additional pages for your diary, you can download these as PDF

MY TAGRISSO® DIARY



Therapy week

Day	Date	I have taken my tablet	Today I feel	Symptoms and side effects					Comments
						Inflam-			
Mon		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Tue		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Wed		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Thu		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Fri		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Sat		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Sun		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

HAVE YOU RUN OUT OF PAGES IN YOUR DIARY?



Download more pages as PDF by scanning the QR code

This brochure is provided by AstraZeneca and has been prepared with the kind support of the Psycho-oncology Department of the SRO Langenthal.

The information in this brochure is for educational purposes and should not replace a consultation with medical professionals. It is not intended to diagnose or treat any health problem or disease. If you have questions about your disease, please ask your doctor.



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