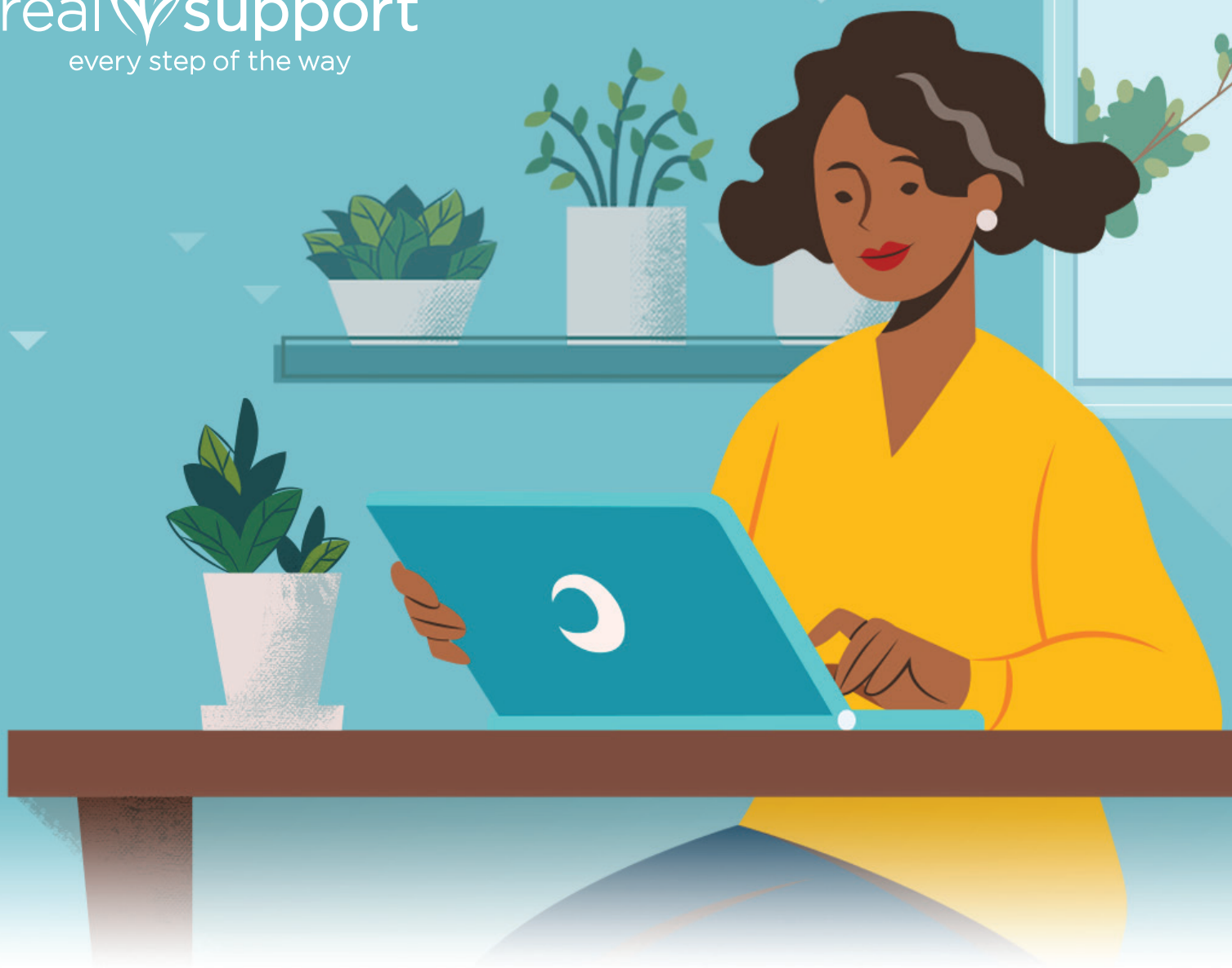


Lifestyle Journal & Appointment Tracker

real  support™
every step of the way



Please see Important Safety Information on page 11 of this journal and [click here](#) for full Prescribing Information.

 **Sandostatin® LAR Depot**
(octreotide acetate) for injectable suspension
10mg • 20mg • 30mg

The RealSupport™ Daily Journal & Appointment Tracker is here to help you stay on course

When it comes to managing symptoms, taking your medicine on time is key. But did you know that certain foods and activities, known as the 5E's, can impact how and when symptoms show up?



How to use this journal

- Print out the pages you need, and jot down what you eat, how you're feeling, and what you do every day
- Use the “**What's on my mind**” section to note any concerns about your condition or treatment that you'd like to discuss with your doctor
- You'll also find space to keep track of upcoming appointments



Keep the 5E's in mind every day!

- **EATING:** Certain foods may trigger flare-ups
- **EXERCISING:** Pushing yourself too hard may trigger symptoms
- **EMOTIONS:** Stress and anxiety can set off symptoms
- **ETHANOL:** Alcohol is the second most common food or beverage trigger
- **EPINEPHRINE:** An ingredient in some anesthetics used in medical procedures. Always talk to your doctor first

IMPORTANT SAFETY INFORMATION

Warnings and Precautions: Treatment with Sandostatin® LAR Depot (octreotide acetate) for injectable suspension may affect gallbladder function, with postmarketing reports of gallstones resulting in complications (inflammation of the gallbladder, bile duct, and pancreas, and requiring surgical removal of the gallbladder); sugar metabolism; thyroid and heart function; and nutritional absorption, which may require monitoring by your doctor. Call your doctor if you experience signs or symptoms of gallstones or any of their complications.

Please see additional Important Safety Information on page 11 of this journal and [click here](#) for full Prescribing Information.

 **Sandostatin® LAR Depot**
(octreotide acetate) for injectable suspension
10mg • 20mg • 30mg

What I'm eating

Breakfast _____

Snack _____

Lunch _____

Snack _____

Dinner _____



Check off 8 glasses of water per day.

SANDY SAYS

Eat high-protein foods, such as lean meat, fish, and eggs.

Visit [us.Sandostatin.com/recipes](https://www.us.sandostatin.com/recipes) for more tips.



How I'm feeling

My activities

What's on my mind

Date: _____

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What I'm eating

Breakfast _____

Snack _____

Lunch _____

Snack _____

Dinner _____

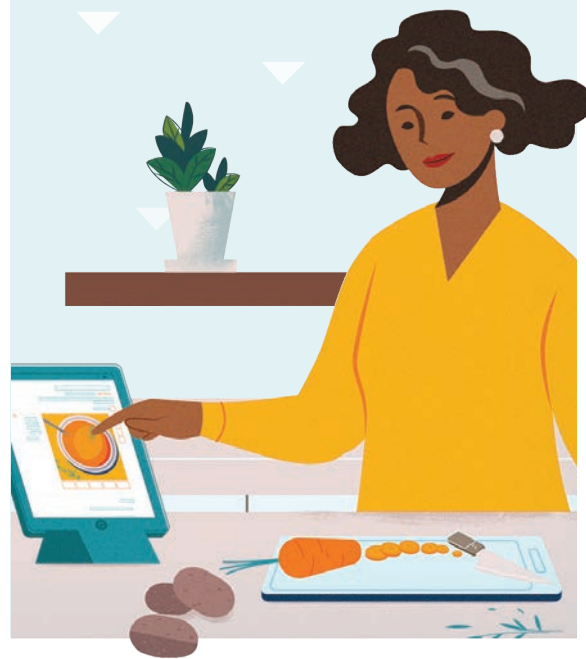


Check off 8 glasses of water per day.

SANDY SAYS

Cook or purée hard-to-digest fruits and vegetables.

Visit [us.Sandostatin.com](https://us.Sandostatin.com/support) /support for more tips.



How I'm feeling

My activities

What's on my mind

Date: _____

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What I'm eating

Breakfast _____

Snack _____

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Snack _____

Dinner _____



Check off 8 glasses of water per day.

SANDY SAYS

Avoid high-fat foods as well as aged cheeses or pickled foods.

Visit [us.Sandostatin.com/recipes](https://www.us.sandostatin.com/recipes) for more tips.



How I'm feeling

My activities

What's on my mind

Date: _____

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What I'm eating

Breakfast _____

Snack _____

Lunch _____

Snack _____

Dinner _____



Check off 8 glasses of water per day.

SANDY SAYS

Avoid large meals and spicy foods.

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How I'm feeling

My activities

What's on my mind

Date: _____

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What I'm eating

Breakfast _____

Snack _____

Lunch _____

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Dinner _____



Check off 8 glasses of water per day.

SANDY SAYS

Stress can trigger flare-ups, so it's important to stay centered.

Visit us.Sandostatin.com/5Es for more tips.



How I'm feeling

My activities

What's on my mind

Date: _____

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What I'm eating

Breakfast _____

Snack _____

Lunch _____

Snack _____

Dinner _____



Check off 8 glasses of water per day.

SANDY SAYS

Try to avoid
alcoholic beverages.

Visit [us.Sandostatin.com](https://us.Sandostatin.com/support)
/support for more tips.



How I'm feeling

My activities

What's on my mind

Date: _____

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What I'm eating

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Dinner _____

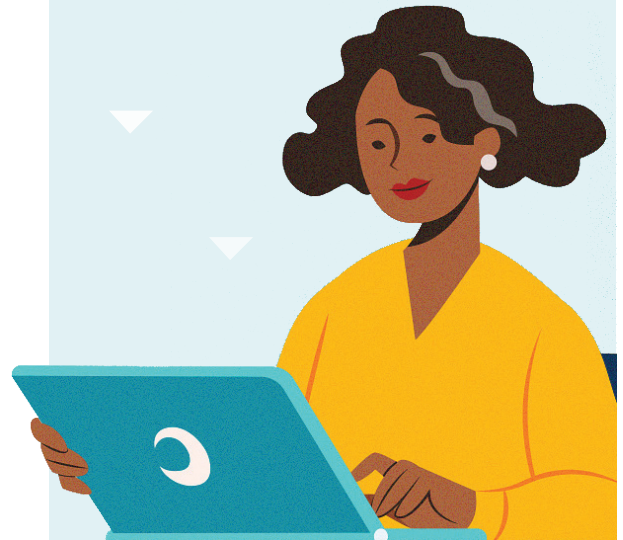


Check off 8 glasses of water per day.

SANDY SAYS

Join the community
on Facebook!

Visit **Facebook.com**
/SandostatinLARDepot
to connect.



How I'm feeling

My activities

What's on my mind

Date: _____

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10mg • 20mg • 30mg

Appointment Tracker

My appointments

1. _____

2. _____

3. _____

4. _____

5. _____

Reasons for visit

1. _____

2. _____

3. _____

4. _____

5. _____

Notes

SANDY SAYS

Use this page to help keep track of your doctor visits and things you'd like to discuss with your health care team.



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INDICATIONS AND USAGE

Sandostatin® LAR Depot (octreotide acetate) for injectable suspension is indicated for patients in whom initial treatment with immediate-release Sandostatin® (octreotide acetate) Injection has been shown to be effective and tolerated for

- Long-term treatment of the severe diarrhea and flushing episodes associated with metastatic carcinoid tumors
- Long-term treatment of the profuse watery diarrhea associated with VIP-secreting tumors

In patients with carcinoid syndrome and VIPomas, the effect of Sandostatin Injection and Sandostatin LAR Depot on tumor size, rate of growth, and development of metastases has not been determined.

IMPORTANT SAFETY INFORMATION

Warnings and Precautions: Treatment with Sandostatin LAR Depot may affect gallbladder function, with postmarketing reports of gallstones resulting in complications (inflammation of the gallbladder, bile duct, and pancreas, and requiring surgical removal of the gallbladder); sugar metabolism; thyroid and heart function; and nutritional absorption, which may require monitoring by your doctor. Call your doctor if you experience signs or symptoms of gallstones or any of their complications.

Before Taking Sandostatin LAR Depot: Tell your doctor if you have a history of heart disease or are taking other medications, including cyclosporine, insulin, oral hypoglycemic agents, beta-blockers, and bromocriptine.

Common Side Effects: Most patients experience side effects at some time. Some common side effects you may experience include back pain, fatigue, headache, abdominal pain, nausea, and dizziness.

Other Information: Patients with carcinoid tumors and VIPomas should adhere closely to their scheduled return visits for reinjection in order to minimize exacerbation of symptoms.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please [click here](#) for full Prescribing Information.

