Sandostatin® LAR Depot (octreotide acetate for injectable suspension) is indicated for long-term treatment of the severe diarrhea and flushing episodes associated with metastatic carcinoid tumors and long-term treatment of the profuse watery diarrhea associated with VIP-secreting tumors in patients in whom initial treatment with immediate release Sandostatin® (octreotide acetate) Injection has been shown to be effective and tolerated. 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, sugar metabolism, thyroid and heart function, and nutritional absorption, which may require monitoring by your doctor.

Please see additional Sandostatin® LAR Depot Important Safety Information on page 15 and Sandostatin® Immediate-release Injection Important Safety Information on page 16.

Please see enclosed full Prescribing Information.
Real people.
Real stories.
Real life.

We’ve created this guide to help you live with the severe diarrhea and flushing associated with carcinoid syndrome. As you read through, you’ll be introduced to people just like you who are managing these symptoms with Sandostatin® LAR Depot (octreotide acetate for injectable suspension)—and living in the moment.

On the first few pages, you’ll find the basic science and medical information you need to know. But don’t worry, we’ve made it as straightforward as we can.

Then we’ll move on to the section dealing with food choices. How you eat will play an important role in how you feel day to day. That’s why we’ve included tips and advice about how to stock your fridge and pantry to best manage your symptoms.

If you’re newly diagnosed, or if you’re starting treatment for the first time, you probably have a million questions. We’ve tried to answer a lot of them for you. We’ve even added in some extras for you to ask your health care provider, as well as some places you can go to learn more.

So if you’re ready, let’s get started.

IMPORTANT SAFETY INFORMATION

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CARCINOID SYNDROME

Carcinoid syndrome refers to the group of symptoms that result from active carcinoid tumors. When carcinoid tumors start to spread, or metastasize, they can cause sudden and severe symptoms. These symptoms are the result of an increased release of hormones by the carcinoid tumors.

67% of carcinoid tumors occur in the gastrointestinal tract.

IMPORTANT SAFETY INFORMATION

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.

Neuroendocrine tumors form in the cells of the neuroendocrine system. Neuroendocrine tumors that form in the digestive system are called carcinoids.

There are 2 types of carcinoid tumors. Your doctor may refer to them as “functional” or “non-functional.” Functional metastatic carcinoid tumors can release excess hormones, such as serotonin, into the body. It’s these excess hormones that can cause a variety of symptoms, including the severe diarrhea and flushing associated with carcinoid syndrome.

What causes the symptoms of carcinoid syndrome?

Throughout this guide, you’ll see words like carcinoid tumor and carcinoid syndrome—things you’ll hear your health care provider talk about, too. Our goal is to make the information as easy to understand as possible.

The symptoms associated with carcinoid tumors can be subtle and common to other disorders. They may also come and go, and be more severe at certain times than others. That’s why it may have taken some time for you to get a diagnosis of carcinoid syndrome. If this happened to you, you’re not alone.

Different people experience symptoms differently. Some people have mild diarrhea and constant flushing. And for others, it’s the other way around. You may experience both at the same time or you may have one without the other.

The most important thing is to talk to your health care provider if you have any new symptoms or an increase in the symptoms you already have—no matter how mild or severe you think they are.

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To learn more call 1-888-NOW-NOVA (669-6682), or visit www.sandostatin.com.

Please see full Prescribing Information enclosed with this product.

You may want to ask your health care provider:

What are the most common symptoms of carcinoid syndrome?

Diarrhea (loose, watery stools)
• Can be mild to severe
• Occurs during the night
• Can occur several times a day

Flushing (red or purplish skin)
• Appears suddenly
• Temporary (lasting minutes) or prolonged (lasting hours)
• Primarily on the face or neck
• May be accompanied by warmth and/or a rapid heartbeat

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When you get a diagnosis of severe diarrhea and flushing associated with carcinoid syndrome, your first thought may be, "What now?" Luckily, there's a treatment option like Sandostatin LAR Depot (octreotide acetate for injectable suspension). Sandostatin (octreotide acetate) Injection is a medicine approved in 1988 to treat the severe diarrhea and flushing associated with carcinoid syndrome. Along with some small lifestyle changes, it may help you control your symptoms and Live in the Moment.

There are also some medicines you shouldn't take before your 5-HIAA test. Again, your health care provider will tell you, but here's a reminder:

• Acetaminophen (such as Tylenol®*)
• Salicylates (such as aspirin)
• Guaifenesin (found in some cough medicines)
• L-dopa (used to treat Parkinson’s disease)

*Tylenol is a registered trademark of McNeil Consumer Healthcare.

Here are results from a clinical study of 92 patients with carcinoid syndrome who were treated with Sandostatin LAR Depot or Sandostatin Immediate-release Injection. Sandostatin LAR Depot REDUCES DAILY STOOLS

4.3 STOOLS PER DAY

42% MEAN REDUCTION (30%-48%; n=92) in frequency of severe diarrhea.

Sandostatin LAR Depot REDUCES FLUSHING

4.5 EPISODES PER DAY

84% MEAN REDUCTION (70%-90%; n=92) in flushing frequency.

Joe
"My daughter’s graduation from nursing school was no small affair. And I didn’t miss a moment. It was my proudest day."

You may want to ask your health care provider: How long will it take to get my test results?

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.
You’re about to start therapy with Sandostatin® LAR Depot (octreotide acetate for injectible suspension). What that means is, you may be on your way to controlling your symptoms rather than having them control you. Below you’ll find a step-by-step guide to what you should expect, and when you should expect it.

Two reasons why it is important to begin your therapy with daily injections:
• So your health care provider can see how well immediate-release Sandostatin Injection is working from the start
• So your health care provider can see if you’re experiencing any common side effects such as back pain, fatigue, headache, abdominal pain, nausea, and dizziness

The beginning
If your health care provider has prescribed Sandostatin to you for the first time, you will start by getting daily injections.

For the first 2 weeks
You will give yourself daily injections of immediate-release Sandostatin® (octreotide acetate) Injection 2 or 3 times a day.

Your health care provider will monitor your progress on Immediate-release Sandostatin injection and may then prescribe Sandostatin LAR Depot, which will be given as an injection by your health care provider once every 4 weeks.

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Your health care provider will ask you to continue taking daily injections for 2 more weeks—just to make sure you have good symptom control while the Sandostatin LAR Depot starts working.

Your health care provider will check on your progress to see if the dose should be adjusted. Remember to talk about any symptoms you’re having. Try to be as accurate as possible so you can get the right dose. You should also be visiting your health care provider every 4 weeks to check in.

Switching to Sandostatin LAR Depot.
Your health care provider will monitor your progress on immediate-release Sandostatin injection and may then prescribe Sandostatin LAR Depot, which will be given as an injection by your health care provider once every 4 weeks.

IMPORTANT SAFETY INFORMATION
Warnings and Precautions: Treatment with Sandostatin® LAR Depot may affect gallbladder function, sugar metabolism, thyroid and heart function, and nutritional absorption, which may require monitoring by your doctor.

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.

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MANAGING YOUR SYMPTOMS

What can I do to manage the severe diarrhea and flushing associated with carcinoid syndrome?

When you have excessive diarrhea, you can lose a lot of water. That means you could become dehydrated and lose electrolytes. It can also affect your digestion and cause changes in your body weight and nutrition absorption, which can leave you feeling weak and tired.

Here’s what you can do to help you manage the severe diarrhea and flushing associated with carcinoid syndrome so that you can continue to enjoy daily activities.

Stay hydrated: Drink plenty of water each day

Keep your energy up: Eat high-protein foods like lean meats, fish, and eggs

Make digestion easier: Cook or finely chop hard-to-digest fruits and vegetables

Avoid high-fat foods and foods rich in amines: Aged cheeses, pickled foods, cured meats

Reduce stress: Try to keep a positive attitude every day

Eat simply: Avoid large, spicy meals

Keep a journal: Identifying foods and situations that trigger symptoms can help you avoid them

Record any side effects with Sandostatin LAR treatment: Most patients experience some common side effects such as back pain, fatigue, headache, abdominal pain, nausea, and dizziness

Choose this. Not that.

When you’re managing the severe diarrhea and flushing associated with carcinoid syndrome, watching what you eat can help you avoid some symptoms or symptom flare-ups. But that doesn’t mean you have to give up your favorite foods altogether. Check out the chart to see what easy substitutions you might make to get the most from every meal.

Choose this: Not that:

Cooked vegetables .............................................. Raw vegetables
White potatoes & rice ...................................... Cabbage
Jelly ................................................................. Cream cheese
Whole-grain bread ........................................... White bread
Clear broth ........................................................ Creamy soup
Pretzels ............................................................... Doughnuts
Crackers .............................................................. Butter cookies
Ripe bananas ..................................................... Dried fruit
Pureed vegetables ............................................. Creamy soup
Jam ................................................................. Relishes
Gatorade ............................................................. Soft drinks
Q: I’ve heard that Sandostatin® LAR Depot (octreotide acetate for injectable suspension) is changing its administration kit. How will this affect my treatment?
A: The Sandostatin LAR Depot dose prescribed by your doctor will stay the same. We’ve just made the mixing and preparation more convenient and the solution easier to prepare—so it may take less time for your health care provider to get ready for your visit.

Q: How does Sandostatin LAR Depot work?
A: Sandostatin LAR Depot is similar to somatostatin, a hormone that occurs naturally in the body. Both work in the same way to reduce excess hormones and other metabolic activities involved in carcinoid syndrome and VIPomas. Sandostatin LAR Depot remains in the body much longer than somatostatin.

Q: What dose of Sandostatin LAR Depot is right for me?
A: Sandostatin LAR Depot comes in 3 doses. Talk to your doctor to find out which dose is right for you.

Q: Can I administer Sandostatin LAR Depot to myself?
A: No. Sandostatin LAR Depot should be administered only by a trained health care provider.

Q: What should I do if I miss an appointment?
A: If you miss your appointment for your injection, you should call your health care provider’s office immediately to reschedule your visit. If keeping office appointments is difficult for you, talk with your health care provider to see if you qualify for the Mobile Administration Program (MAP). If your health care provider determines you are eligible for MAP, he or she will fill out and submit an enrollment form for you. Then a representative will contact you to schedule your first appointment with a nurse who will administer your injection at a location and time convenient for you.

Q: Can I stop taking Sandostatin LAR Depot if I feel better?
A: Only after consulting with your health care provider. You may feel better because of the action of Sandostatin LAR Depot, but the underlying problem still exists.

Q: How much does Sandostatin LAR Depot cost?
A: How much the drug will cost depends on where it is dispensed and what your individual insurance plan may cover. This amount can vary.

Q: How can I get help paying for my Sandostatin LAR Depot?
A: Novartis is committed to making sure you have access to the treatments you need. With the Sandostatin LAR Depot Co-pay card eligible patients may pay no more than $25 per Sandostatin LAR Depot prescription. To find out if you’re eligible, ask your health care provider or call Patient Assistance Now Oncology (PANO) at 1-800-282-7630 to find out about the Co-pay card and insurance reimbursement. Limitations apply. Visit www.sandostatin-copay.com for program Terms and Conditions. This offer is not valid under Medicare, Medicaid, or any other federal or state program. Novartis reserves the right to rescind, revoke, or amend this program without notice.

Q: Does Sandostatin LAR Depot contain latex, gelatin, or gluten?
A: There is no latex, gelatin, or gluten present in Sandostatin LAR Depot.

Q: What are the possible side effects of Sandostatin LAR Depot taken to treat the severe diarrhea and flushing associated with carcinoid syndrome?
A: 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.
When Mena was born, I was there. Not only in the hospital. I was in the delivery room. I saw my granddaughter take her very first breath."

Mary

No one should have to go through anything as tough as the severe diarrhea and flushing associated with carcinoid syndrome, alone. That’s why Novartis has developed many programs and resources for patients and their caregivers.

How RealSupport™ supports you.

RealSupport™ can be real helpful. We created this program as a resource to help our patients live in the moment. With educational videos, tips, and recipes, this important tool may provide the information you need to cope with the severe diarrhea and flushing associated with carcinoid syndrome.

Enroll in RealSupport™ at www.joinrealsupport.com and get a personalized Doctor Discussion guide.

What’s in the guide?

• Tips for talking with your doctor about the symptoms of severe diarrhea and flushing
• Suggestions on getting the most from your treatment plan
• Advice on how you can partner with your health care provider to help manage your condition

Get a Patient Injection Guide too

As another benefit of your RealSupport™ membership, you will receive a detailed instruction guide on how to self-administer Sandostatin® (octreotide acetate) immediate-release injection.

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*Some restrictions may apply.

**Patients with government-provided insurance (such as Medicare Parts B and D or Medicaid) are not eligible at this time. Patients who reside in Massachusetts, Michigan, Minnesota, or Rhode Island are not eligible for this program. Visit www.sandostatin.com for complete terms and conditions.

To learn more call 1-888-NOW-NOVA (669-6682), or visit www.sandostatin.com.
INDICATIONS AND USAGE

Sandostatin® LAR Depot (octreotide acetate for injectable suspension) is indicated for long-term treatment of the severe diarrhea and flushing episodes associated with metastatic carcinoid tumors and treatment of the profuse watery diarrhea associated with VIP-secreting tumors.

The effect of Sandostatin Injection on tumor size, rate of growth, and development of metastases has not been determined.

INDICATIONS AND USAGE

Sandostatin Injection is a prescription medicine indicated for treatment of the severe diarrhea and flushing episodes associated with metastatic carcinoid tumors and treatment of the profuse watery diarrhea associated with VIP-secreting tumors.

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.

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You’re sitting in your health care provider’s office and your mind is spinning with questions and information. So we wanted to give you a place to jot it all down to make sure you keep it straight.

Notes

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