My Journal

Nutrition Journal & Appointment Tracker
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, 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.

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.
HOW TO USE THIS JOURNAL

Tracking your diet is an important part of managing the severe diarrhea and flushing associated with carcinoid syndrome. Keeping a food journal is a good way to track how well you are eating and how certain foods may be affecting your symptoms.

On the following pages you will find space to record your meals and beverages. You can also take note of symptoms you may be experiencing. Talk to your doctor if you have any concerns about your condition or treatment.

As you begin, keep these general tips in mind:

• Drink 8 cups of water every day
• Eat high-protein foods, such as lean meat, fish, and eggs
• Cook or purée hard-to-digest fruits and vegetables
• Avoid high-fat foods and foods that can worsen symptoms (aged cheeses, pickled foods, cured meats)
• Avoid large meals and spicy foods

Keep track of the good days, as well as those that are more difficult. You’ll enjoy the positive reinforcement and be reminded of the food choices that have worked best for you.

IMPORTANT SAFETY INFORMATION

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Please see additional Important Safety Information on page 20 of this journal and click here for full Prescribing Information.
| DATE:  ____ /  ____ /  _______  |

**Breakfast**
- Food: 
- Beverage: 

**Lunch**
- Food: 
- Beverage: 

**Dinner**
- Food: 
- Beverage: 

**Tip:** Visit www.facebook/SandostatinLARDepot for recipes and more!

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**Staying Hydrated:** Remember, the recommended water intake for patients is 8 cups per day.

- Record symptoms you may be experiencing.

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**Tip:** Avoid aged cheeses

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**Record symptoms you may be experiencing.**

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**Breakfast**
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**Lunch**
- Food: __________________________
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**Dinner**
- Food: __________________________
- Beverage: ______________________

*Tip: Drink plenty of water!*

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*Staying Hydrated:* Remember, the recommended water intake for patients is 8 cups per day.

*Record symptoms you may be experiencing.*

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Please see Important Safety Information on page 20 of this journal and click here for full Prescribing Information.
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**Tip:** Eat small meals

**Staying Hydrated:** Remember, the recommended water intake for patients is 8 cups per day.

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**Record symptoms you may be experiencing.**

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**Staying Hydrated:** Remember, the recommended water intake for patients is 8 cups per day.

**Tip:** Avoid food high in fat

Record symptoms you may be experiencing.

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**Tip:** Choose lean meat and fish

*Staying Hydrated:* Remember, the recommended water intake for patients is 8 cups per day.

Record symptoms you may be experiencing.

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**Staying Hydrated:** Remember, the recommended water intake for patients is 8 cups per day.

**Tip:** See RealSupport™ on Facebook!

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### Breakfast
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### Lunch
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**Staying Hydrated:** Remember, the recommended water intake for patients is 8 cups per day.

### Tip:
Avoid food high in fat

**Record symptoms you may be experiencing.**

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**Record symptoms you may be experiencing.**

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Tip: Drink plenty of water!

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**tip:** avoid aged cheeses

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### DOCTOR APPOINTMENT/DOSING LOG

Use this page to help keep track of your doctor visits and when you are scheduled to receive your next dose of Sandostatin® LAR Depot (octreotide acetate for injectable suspension).

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Please click here for full Prescribing Information.
FOR MORE NUTRITION TIPS AND RECIPES, VISIT US AT
www.sandostatin.com/managing-your-diet

VISIT, LIKE, AND SHARE AT
facebook.com/sandostatinlardepot

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Nutrition plays a key role in managing your symptoms