

My Journal

*Nutrition Journal
& Appointment Tracker*



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

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.

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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.

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DATE: ____ / ____ / ____



Breakfast

Food _____

Beverage _____



Lunch

Food _____

Beverage _____



Dinner

Food _____

Beverage _____

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



Record symptoms you may be experiencing.



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

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Record symptoms you may be experiencing.

Tip: Avoid aged cheeses



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DATE: ____ / ____ / ____



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Tip: Drink plenty of water!

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Record symptoms you may be experiencing.

Tip: Eat small meals



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Tip: Avoid food high in fat

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Tip: Choose lean meat and fish



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Tip: See RealSupport™ on Facebook!

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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.



**My Appointments
(Date & Time)**



Treatment Received



**Notes & Questions for
My Health Care Provider**

	<input type="checkbox"/> Yes	<input type="checkbox"/> No
	<input type="checkbox"/> Yes	<input type="checkbox"/> No
	<input type="checkbox"/> Yes	<input type="checkbox"/> No
	<input type="checkbox"/> Yes	<input type="checkbox"/> No
	<input type="checkbox"/> Yes	<input type="checkbox"/> No
	<input type="checkbox"/> Yes	<input type="checkbox"/> No
	<input type="checkbox"/> Yes	<input type="checkbox"/> No
	<input type="checkbox"/> Yes	<input type="checkbox"/> No
	<input type="checkbox"/> Yes	<input type="checkbox"/> No
	<input type="checkbox"/> Yes	<input type="checkbox"/> No
	<input type="checkbox"/> Yes	<input type="checkbox"/> No
	<input type="checkbox"/> Yes	<input type="checkbox"/> No
	<input type="checkbox"/> Yes	<input type="checkbox"/> No
	<input type="checkbox"/> Yes	<input type="checkbox"/> No
	<input type="checkbox"/> Yes	<input type="checkbox"/> No

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	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
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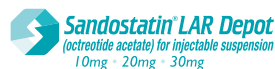
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**FOR MORE NUTRITION TIPS AND
RECIPES, VISIT US AT**
us.sandostatin.com/managing-your-diet

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

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Nutrition plays a key role in
managing your symptoms



Novartis Pharmaceuticals Corporation
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