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

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

**Record symptoms you may be experiencing.**

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<th>Breakfast</th>
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*Tip:* Visit www.facebook/SandostatinLARDepot for recipes and more!

Please see Important Safety Information on page 20 of this journal and click here for full Prescribing Information.
Tip: Avoid aged cheeses

DATE: _____ / _____ / ________

قراءة اليوم
Food ____________________________________________
___________________________________________
Beverage ______________________________________
___________________________________________

الفطور
Food ____________________________________________
___________________________________________
Beverage ______________________________________
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الفطور
Food ____________________________________________
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Beverage ______________________________________
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 направленة على القيم وطعام وشراب

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

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*Tip: Drink plenty of water!*

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**Tip:** Eat small meals

Please see Important Safety Information on page 20 of this journal and click here for full Prescribing Information.
Staying Hydrated: Remember, the recommended water intake for patients is 8 cups per day.

Tip: Avoid food high in fat

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DATE: _____ / _____ / ________

### Breakfast
Food: ____________________________________________________________

Beverage: ________________________________________________________

### Lunch
Food: ____________________________________________________________

Beverage: ________________________________________________________

### Dinner
Food: ____________________________________________________________

Beverage: ________________________________________________________

Record symptoms you may be experiencing.

Please see Important Safety Information on page 20 of this journal and click here for full Prescribing Information.
**Breakfast**
Food

Beverage

**Lunch**
Food

Beverage

**Dinner**
Food

Beverage

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

**Tip:** Choose lean meat and fish

Record symptoms you may be experiencing.
DATE: _____ / _____ / ________

**Breakfast**
Food ___________________________________________________________
_________________________________________________________________
Beverage _________________________________________________________
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**Lunch**
Food ___________________________________________________________
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Beverage _________________________________________________________
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**Dinner**
Food ___________________________________________________________
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Beverage _________________________________________________________
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Tip: See RealSupport™ on Facebook!

Please see Important Safety Information on page 20 of this journal and click here for full Prescribing Information.
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Please see Important Safety Information on page 20 of this journal and click here for full Prescribing Information.
### Breakfast
Food

Beverage

### Lunch
Food

Beverage

### Dinner
Food

Beverage

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**Breakfast**

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![Water Bottle](image)

[Box Checkmarks]

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**DATE: _____ / _____ / _______**

#### Breakfast
Food  

Beverage

#### Lunch
Food  

Beverage

#### Dinner
Food  

Beverage

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- Drink [ ] [ ] [ ] [ ] [ ] [ ] [ ]

**Record symptoms you may be experiencing:**

- [ ]

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**Date:**

**Breakfast**

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### Staying Hydrated:

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**Breakfast**
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**Dinner**
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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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<th>Treatment Received</th>
<th>Notes &amp; Questions for My Health Care Provider</th>
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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