

## Food and Diet Changes

Hi, I'm Sandy, your Sandostatin LAR Depot RealSupport™ sidekick. If you have severe diarrhea and flushing associated with carcinoid syndrome, you are not alone. RealSupport™ is here with information and tools that can help you learn how to manage symptoms.

I can't wait to show you around. Today, we're going to talk about one of our favorite subjects: food. Remember to talk to your doctor about any changes to your diet.

But first a little bit about Sandostatin® LAR Depot (octreotide acetate) for injectable suspension.

Sandostatin® LAR Depot (octreotide acetate) for injectable suspension is a prescription medicine for the long-term treatment of the severe diarrhea and flushing episodes associated with metastatic carcinoid tumors. In patients with carcinoid syndrome, the effect of Sandostatin LAR Depot on tumor size, rate of growth, and development of metastases has not been determined.

Sandostatin is available in 2 formulations. Your health care provider gives you Sandostatin LAR Depot once a month by injecting it into the buttocks (intragluteal injection). Sandostatin® (octreotide acetate) Immediate-Release Injection is the same medicine. But you self-inject this formula 2 to 4 times per day under the skin of the thigh, upper arm, or abdomen.

Your doctor will decide if Sandostatin LAR Depot is right for you based on how your body responds to Sandostatin Immediate-Release Injection.

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.

**Please watch this video in its entirety for additional Important Safety Information.**

The fact is, even when you're taking Sandostatin, certain foods or drinks can still cause symptoms such as severe diarrhea and flushing related to your carcinoid syndrome. Thankfully, there are simple things you can do to help:

Make digestion easier. **Cook or puree fruits and vegetables.**

**Avoid large and spicy meals** that might upset your system.

**Stay away from high-fat foods.**

Turn down **aged cheeses, pickled foods and cured meats.**

Try to limit alcohol use...and always stay hydrated.

Also, keep notes about what you eat in the RealSupport™ food journal. That can help you identify foods that give you trouble. Go to [us.sandostatin.com/journal](https://us.sandostatin.com/journal) to download the journal and to learn about even more food tips.

So what does this mean for your day-to-day diet?

For almost every food that bothers you, there's usually a better choice that could help limit your symptoms of severe diarrhea and flushing. This is the Sando-Matic. It's a machine that turns your favorite foods into healthier alternatives. Let's put a few foods through the Sando-Matic and see what comes out.

Be sure to talk to your doctor before making dietary changes.

Cream cheese or butter can cause trouble—spread some jelly on instead.

Creamy soup is out—soups with clear broth are in.

Dried fruit is hard to digest—canned fruit is the way to go.

Soft drinks are so sugary—try sipping electrolyte-replacement drinks.

Thanks for stopping by—come back soon. And be sure to check in with your doctor anytime you have medical questions.

We'll see you back at Sandostatin RealSupport™ home base.

Did you know that you may be eligible for immediate co-pay savings on your next prescription? Go to [us.sandostatin.com/resources](https://us.sandostatin.com/resources) to learn more.

Sandostatin LAR Depot is the number one prescribed medicine of its kind in the world.

## **Approved Use and Important Safety Information**

### **Sandostatin® LAR Depot (octreotide acetate) for injectable suspension**

#### **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](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.**

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



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