

TIPS TO HELP MANAGE CERTAIN SIDE EFFECTS

Your doctor or nurse is available to help you.

If you have questions or are experiencing discomfort or not feeling well, contact them right away.

To help you manage certain side effects, we have an approach called AIM.

A

ACKNOWLEDGE

if you are feeling different; this may be a symptom of a side effect

I

INFORM

your healthcare team right away

M

MANAGE

side effects by working with your healthcare team

Please note that not all side effects can be managed, and some may lead to permanent discontinuation of medicine.

The sooner you share information, the sooner your healthcare team can help manage certain side effects.

Please note: The following tips are based on information from a variety of organizations that provide information and support to people affected by cancer.

USE THIS PAGE FOR CONTACT INFORMATION YOU MAY NEED

Doctor's Name

Phone Number

Nurse's Name

Phone Number

The information in these tip cards is not a substitute for medical advice from your healthcare team.

DIARRHEA

Diarrhea, if it is not managed, can be very serious.

If you have any symptoms and/or your stools are happening more often than normal, contact your healthcare team.



Remember AIM and call your doctor or nurse right away if you:

- Have any increase in bowel movements (4-6 additional episodes per day)
- Have blood around the anal area or in your stool
- Lose 5 or more pounds after the diarrhea starts
- Have pain in your belly or cramps that start and last for 2 or more days
- Don't urinate for 12 or more hours
- Get a puffy or swollen belly

TIPS TO HELP WITH DIARRHEA

Do

- Drink plenty of clear liquids
- Eat small, light meals many times a day (such as bananas, rice, applesauce, dry toast, or mashed potatoes)
- Keep track of how often you have diarrhea, the amount of fluid you drink, and your weight

Avoid

- Caffeinated drinks (such as coffee and soft drinks) or dairy products (such as milk)
- Spicy, greasy, fatty, or high-fiber foods (such as fast food, raw vegetables, and nuts)



Loperamide (anti-diarrheal tablets) are included in your care kit.

Talk with your doctor about taking loperamide to make sure it's safe for you.

ORAL (MOUTH) CARE

Certain medications used to treat cancer may cause mouth problems such as:

- Canker sores
- Gum or mouth pain
- Infections in your mouth or gums
- Burning sensation of the tongue
- Red, swollen, or bleeding gums
- Change in how things taste



Remember AIM and call your doctor or nurse right away if you notice anything unusual.

- Check your mouth 2 times a day.
 - Look for small cuts, ulcers, sores, redness, swelling, or blood

TIPS FOR ORAL CARE

Do

- Discuss plans for dental procedures with your healthcare team
- See your dentist regularly and tell them about the treatments you are taking
- Brush teeth regularly after each meal with a soft toothbrush and children's toothpaste
- Floss your teeth at least once a day
- Keep your lips moisturized with a lip balm

TIPS FOR ORAL CARE (CONT'D)

Do

- Rinse your mouth regularly with salt and baking soda mixture if you experience sores or dryness. Add 1 teaspoon of salt and 1 teaspoon of baking soda to 1 quart of warm water; stir or shake well. Sip the solution, swish it around and gently gargle, and then spit it out. Do not swallow!

Avoid

- Using mouthwash made with alcohol

If you experience mouth pain

Do

- Suck on ice chips or ice pops
- Drink through a straw
- Talk to your oncology doctor about over-the-counter medications that can be used for the pain
- Eat soft foods that can be swallowed easily

Avoid

- Hard, crusty, salty, sticky, sugary, or spicy foods
- Fruits or juices that are acidic, such as tomatoes, oranges, grapefruits, limes, and lemons

NAUSEA AND VOMITING

You may feel nauseous (queasy) or vomit (throw up) during your cancer treatment.



Remember AIM and call your doctor or nurse right away if you:

- Vomit more than 3 times an hour for more than 3 hours
- See blood in your vomit
- Your vomit looks like coffee grounds
- Can not tolerate more than 4 cups of liquid or ice chips in a day
- Haven't been able to eat for more than 2 days
- Are weak, dizzy, or confused
- Lose 2 or more pounds in 2 days
- Have dark-yellow urine

TIPS FOR MANAGING NAUSEA AND VOMITING

For nausea (upset stomach)

Do

- Drink plenty of clear liquids (such as ginger ale, apple juice, or broth)
- Eat bland foods—with little to no taste (such as dry toast and crackers). Suck on lemon or mint candy to make a bad taste go away
- Raise the head of your bed for sleeping

TIPS FOR MANAGING NAUSEA AND VOMITING (CONT'D)

Avoid

- Heavy, fatty, greasy foods
- Strong odors
- Lying flat for at least 1 hour after eating
- Eating for 2 to 3 hours before you go to bed

For vomiting (throwing up what's in your stomach)

Do

- Keep track of how often you are vomiting, the amount of fluid you drink, and your weight
- After vomiting stops, slowly sip a small amount of cool liquid and suck on some ice chips or frozen juice chips

Your doctor may also prescribe a medication for nausea and vomiting

 **Queasy Drops^{®*} are included in your care kit.**

It has ingredients that may help stop nausea and dry mouth. Talk to your doctor before using.

FATIGUE

Fatigue, or feeling tired, weak, or lacking energy is a common side effect of certain cancer treatments.



Remember AIM and call your doctor or nurse right away if you:

- Are too tired to get out of bed for 24 hours or more
- Can't think clearly
- Can't sleep at night
- Feel tired (out of breath or heavy/fast heartbeat) after doing small activities

TIPS FOR MANAGING FATIGUE

Do

- Get a good night's sleep each night (7 to 8 hours)
- Keep good sleep habits (go to bed at the same time each night and wake up at the same time each day)
- Sleep in a quiet and dark bedroom with a comfortable temperature
- Be as active as possible. It's best to start slowly. Only do more when you are able to. Talk to your doctor for tips

TIPS FOR MANAGING FATIGUE (CONT'D)

Do

- Plan ahead. Decide which activities are most important to you and schedule them throughout the day, if possible, so you can take breaks
- Eat a nutritious and well-balanced diet (make sure you have enough calories and protein to give your body the energy it needs)
- Consider meeting with a registered dietitian who specializes in helping people with cancer

Avoid

- Heavy meals before bedtime
- Caffeine close to bedtime. If you have caffeine, make sure it is 6 to 8 hours before going to bed. Caffeine can be in liquids (such as soft drinks and coffee), food (such as chocolate), and some medicines

HAND-FOOT SYNDROME (HFS)

HFS is a side effect that causes symptoms such as pain and swelling in your hands or feet. This can be severe.

You may also hear your doctor call HFS palmar-plantar erythrodysesthesia syndrome (PPES).



Remember AIM and call your doctor or nurse right away if you notice anything unusual such as:

- Your skin is red or swelling
- You feel tingling/burning or your skin is sensitive to touch
- You have thick calluses or blisters
- Your skin is cracked, flaking, or peeling
- Your skin has blisters, ulcers, or sores
- You have a hard time walking or using your hands (especially if it's because of pain)



Start using Udderly Smooth^{®*} Extra Care Cream, included in your care kit.

Follow package directions or use as directed by your doctor.

Talk to your doctor about using drugstore creams such as clobetasol and halobetasol.

TIPS TO HELP WITH HAND-FOOT SYNDROME

Do

- Use an ice pack if your hands and feet feel hot (cool for 15-20 minutes)
- Take cool showers or baths
- Wear loose and comfortable clothing, well-fitting footwear, cotton gloves, and socks to help protect your hands and feet
- Gently pat your skin dry after washing your hands or bathing
- Use mild, fragrance-free lotions

Avoid

- Heat (hot water, hot showers and baths, direct sunlight, or other heat sources). Heat may make your symptoms worse or more likely to happen
- Pressure, friction, or rubbing
- Using hammers, shovels, knives, or other tools

HYPERTENSION (HIGH BLOOD PRESSURE)

It is important to take your blood pressure before you start taking your medicine and regularly during your treatment.

Keep a record of your blood pressure measurements so you can tell your doctor if there is a change. Hypertension can be severe.



Remember AIM and call your doctor or nurse right away if:

- Your blood pressure suddenly goes up
- Your blood pressure is outside the recommended range (normal blood pressure is 120/80). Talk to your doctor about your blood pressure goals
- You feel dizzy
- You have shortness of breath
- You have any new or worsening symptoms (eg, headaches, chest pains, visual changes)

TIPS TO HELP WITH HYPERTENSION

Do

- Talk to your doctor about how to take your blood pressure regularly
- Eat healthy (whole grains, fruits, vegetables, and low-fat dairy products such as yogurt)
- Exercise regularly
 - Walking, jogging, cycling, or swimming are the best types of exercises that can help with blood pressure
 - Talk to your doctor about what types of exercise he or she may recommend for you

Avoid

- Too much salt, caffeine, or alcohol

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