Tips for caregivers: sharing your strength

Caring for someone with cancer is an important responsibility. It takes energy and dedicated effort each day. You may:

- Provide encouragement and support
- Help keep other family members informed about what's going on
- Help with household chores and cooking meals
- Take care of medical insurance paperwork and pay bills
- Help with organizing medicines, going to doctor appointments, or meeting with the cancer care team

Being a care partner requires a lot of energy and can be tiring. You need to take time to care for yourself. Your own needs are important, too. Consider these ideas to help you cope:

- Spend time with people who love and support you
- Join a social activity
- Practice relaxation methods, such as yoga or meditation
- Eat well-balanced, healthy meals
- Try to fit in at least 30 minutes of exercise most days of the week. Be sure to talk with your doctor before starting any exercise program
- At least once a week, set aside some time to do something you enjoy

YOUR VOTRIENT TREATMENT COMPANION
FOR ADVANCED SOFT TISSUE SARCOMA

Indication

VOTRIENT® (pazopanib) tablets is a prescription medicine used to treat people with advanced soft tissue sarcoma (STS) who have received chemotherapy in the past. It is not known if VOTRIENT is effective in treating certain soft tissue sarcomas or certain gastrointestinal tumors. It is not known if VOTRIENT is safe and effective in children under 18 years of age.

Important Safety Information for VOTRIENT® (pazopanib) tablets

Before taking VOTRIENT, tell your health care provider if you have or had liver problems. Some people may develop liver damage while taking VOTRIENT. VOTRIENT can cause serious liver problems, including death. Your health care provider will do blood tests to check your liver before you start and while you take VOTRIENT. Tell your health care provider right away if you have yellow eyes or skin, dark urine, tiredness, nausea or vomiting, loss of appetite, pain in the right upper side of your stomach area, or if you bruise easily. Your health care provider may need to prescribe a lower dose of VOTRIENT for you or tell you to stop taking VOTRIENT if you develop liver problems during treatment.

Please see additional Important Safety Information for VOTRIENT on pages 12-14.

Please see accompanying full Prescribing Information, including Boxed WARNING, and Medication Guide for VOTRIENT.
We are here to help you navigate the course of your treatment journey.

What to expect

- Your advanced soft tissue sarcoma journey 4
- Getting started 6
- How to take VOTRIENT® (pazopanib) tablets 8
- Important Safety Information 12
- How to manage side effects 16
- Finding support 18
- Support and resources 21

Reading this brochure does not take the place of talking with your health care provider. If you have questions about your diagnosis or treatment, be sure to talk with him or her.

Please be sure to read the document called Medication Guide that comes with your prescription.

You can also go online and visit VOTRIENT.com for more information.

Please see full Important Safety Information for VOTRIENT on pages 12-14.

Please see accompanying full Prescribing Information, including Boxed WARNING, and Medication Guide for VOTRIENT.
Your advanced soft tissue sarcoma journey

Soft tissue sarcoma is a type of cancer that begins in the soft tissues of the body, such as fat, muscle, and nerves. Advanced soft tissue sarcoma is soft tissue sarcoma that has metastasized (spread) beyond its original location in the body to areas such as the lymph nodes, lungs, bone, or brain.

Novartis Oncology created this brochure to help you gain a better understanding of advanced soft tissue sarcoma and what it might mean for you physically, as well as emotionally, and how treatment with VOTRIENT® (pazopanib) tablets can impact your advanced soft tissue sarcoma journey.

Signs and Symptoms
- Seeing your doctor for abdominal pain or a lump that is new or growing anywhere on your body
- Sometimes tumors are discovered during computed tomography (CT) scans and magnetic resonance imaging (MRI)

Diagnosis
- Soft tissue sarcoma can be diagnosed in a number of ways. When you were first diagnosed, you may have had a biopsy or other test that examines the chromosomes of the cancer cells to determine what type of cancer you have
- There are more than 50 soft tissue sarcoma subtypes—your health care provider should have explained to you what type of soft tissue sarcoma you have, and where it originated in your body, when you were first diagnosed

Treatment
- There is no one-size-fits-all approach to treating advanced soft tissue sarcoma
- You may have had surgery and/or radiation to remove or shrink the tumors
- Because your soft tissue sarcoma has metastasized (spread), your doctor decided to first treat you with a chemotherapy-based regimen
- After prior chemotherapy, your doctor has decided to treat you with a nonchemotherapy option

Now, you’ve been prescribed VOTRIENT.
Getting started

About VOTRIENT

VOTRIENT® (pazopanib) tablets is a prescription medicine used to treat people with advanced soft tissue sarcoma who have received chemotherapy in the past. It is not known if VOTRIENT is effective in treating certain soft tissue sarcomas or certain gastrointestinal tumors.

Your doctor has prescribed VOTRIENT for you because your tumor type is one that VOTRIENT treats. If you have any questions about the type of tumor you have, don’t hesitate to ask your doctor.

It is not known if VOTRIENT is safe and effective in children under 18 years of age. VOTRIENT is not a cure for advanced soft tissue sarcoma.

VOTRIENT is not chemotherapy

Unlike chemotherapy, VOTRIENT works to help block the growth of new blood vessels to the tumor and may shrink or slow the growth of the cancer. VOTRIENT is a tablet you take once a day. It is not given to you intravenously (through a needle into your vein).

VOTRIENT is FDA approved to treat advanced soft tissue sarcoma

VOTRIENT received FDA approval based on a large clinical trial. 369 patients were enrolled. The study was designed to decide how effective and safe VOTRIENT was for people with certain types of advanced soft tissue sarcoma. The results of this study showed that VOTRIENT worked to slow the growth and spread of the cancer.

The most common side effects in people who take VOTRIENT are:

- Diarrhea
- High blood pressure
- Change in hair color
- Nausea or vomiting
- Loss of appetite
- Have high blood pressure
- Have heart problems or an irregular heartbeat, including QT prolongation
- Have a history of a stroke
- Have headaches, seizures, or vision problems
- Have coughed up blood in the last 6 months
- Had bleeding of your stomach or intestines in the last 6 months
- Have a history of a tear (perforation) in your stomach or intestine, or an abnormal connection between 2 parts of your gastrointestinal tract (fistula)
- Have had blood clots in a vein or in the lung
- Have thyroid problems
- Had recent surgery (within the last 7 days) or are going to have surgery
- Have any other medical conditions
- Are pregnant or plan to become pregnant. VOTRIENT can harm your unborn baby. You should not become pregnant while you are taking VOTRIENT
- Are using birth control. You should use effective birth control during treatment with VOTRIENT and for 2 weeks after your last dose
- Are a male (including one who has had a vasectomy) with a sexual partner who is pregnant, think that she may be pregnant, or who could become pregnant (including those who use other forms of birth control). You should use condoms during sexual intercourse during treatment with VOTRIENT and for at least 2 weeks after your last dose with VOTRIENT
- Are breastfeeding or plan to breastfeed. It is not known if VOTRIENT passes into your breast milk. Do not breastfeed during treatment with VOTRIENT and for 2 weeks after the final dose

In the following pages, you will learn more about VOTRIENT and how it may work.

Before you start taking VOTRIENT

Before you start taking VOTRIENT, your health care provider needs to know about the information listed below. He or she may provide specific advice to help you get the most from your treatment with VOTRIENT.

Before you take VOTRIENT, tell your health care provider if you:

What is the most important information I should know about VOTRIENT?

VOTRIENT can cause serious liver problems, including death. Your health care provider will do blood tests to check your liver before you start and while you take VOTRIENT.
How to take VOTRIENT

Tell your health care provider about all of the medicines you take

VOTRIENT® (pazopanib) tablets may affect the way other medicines work and other medicines affect how VOTRIENT works. Tell your health care provider about all of the medicines you take, including prescription and nonprescription medicines, vitamins, and herbal supplements.

Especially tell your health care provider if you:

- Take medicines that can affect how your liver enzymes work, such as:  
  - Certain antibiotics used to treat infections  
  - Certain medicines used to treat HIV  
  - Certain medicines used to treat depression  
  - Medicines used to treat irregular heartbeats
- Take a medicine that contains simvastatin to treat high cholesterol levels
- Take medicines that reduce stomach acid (eg, esomeprazole)
- Eat grapefruit or drink grapefruit juice

Ask your health care provider if you are not sure if your medicine is one that is listed above. Also let your health care provider know about any other medical conditions you may have.

Keep a list of all the medicines you take, and show your list to your health care provider and pharmacist each time you get a new medicine.

How to take VOTRIENT

VOTRIENT is taken once daily. VOTRIENT comes in tablet form. Each tablet of VOTRIENT looks like this:

- Take VOTRIENT exactly as your health care provider tells you
- Take VOTRIENT once a day at the same time every day

Do’s and Don’ts when taking VOTRIENT

- Do take VOTRIENT exactly as your health care provider tells you. Your health care provider will tell you how much VOTRIENT to take
- Do take VOTRIENT on an empty stomach. Take it at least 1 hour before or 2 hours after food
- Do NOT take VOTRIENT with food
- Do not crush tablets of VOTRIENT
- Do not eat grapefruit or drink grapefruit juice during treatment with VOTRIENT. Grapefruit products may affect the way VOTRIENT works in your body

What to do if you miss a dose of VOTRIENT

If you miss a dose of VOTRIENT:

- Take the missed dose as soon as you remember  
  - Do not take it if it is close (within 12 hours) to your next dose. Just take the next dose at your regular time
- Do not take more than 1 dose of VOTRIENT at a time
- Call your health care provider if you have any questions about taking VOTRIENT

Go to VOTRIENT.com, and click on Advanced Soft Tissue Sarcoma to download a free medicine tracker.

Please see full Important Safety Information for VOTRIENT on pages 12-14.
Please see accompanying full Prescribing Information, including Boxed WARNING, and Medication Guide for VOTRIENT.
Staying on track with VOTRIENT

Challenges that may get in the way of taking VOTRIENT as prescribed

You may experience side effects that concern you. Always talk with your health care provider before changing your dose or stopping VOTRIENT® (pazopanib) tablets—and about any side effects you experience.

The following chart lists tips for common challenges to help you stay on track with VOTRIENT.

I sometimes forget to take my medicine.
Try using reminders such as:
• Writing notes
• Marking your calendar
• Setting an alarm on your clock or phone
• Downloading a medicine reminder app

I have to take too many medicines every day.
Go over all your medicines with your health care provider—he/she can help you keep a medicine calendar.

I can’t pay for my medicine.
Find out if you qualify for medical financial assistance programs (see page 21 for more information).

I don’t understand what my health care provider says to me.
Take a family member or friend with you to appointments to take notes so that you remember your health care provider’s advice.

I think I’m having side effects.
Report all potential side effects you experience to your health care provider right away. Your health care provider may be able to help you cope with certain side effects.

For more information about VOTRIENT, go to VOTRIENT.com and click on Advanced Soft Tissue Sarcoma.

Possible side effects of VOTRIENT

The most common side effects in people who take VOTRIENT are:

- Diarrhea
- High blood pressure
- Change in hair color
- Nausea or vomiting
- Loss of appetite

Other common side effects in people with advanced soft tissue sarcoma who take VOTRIENT include:
• Feeling tired
• Decreased weight
• Tumor, muscle, or bone pain
• Stomach pain
• Headache
• Taste changes
• Trouble breathing
• Change in skin color

Call your health care provider if you are experiencing side effects.

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.
Important Safety Information for VOTRIENT® (pazopanib) tablets

Before taking VOTRIENT, tell your health care provider if you have or had liver problems. Some people may develop liver damage while taking VOTRIENT. VOTRIENT can cause serious liver problems, including death. Your health care provider will do blood tests to check your liver before you start and while you take VOTRIENT. Tell your health care provider right away if you have yellow eyes or skin, dark urine, tiredness, nausea or vomiting, loss of appetite, pain in the right upper side of your stomach area, or if you bruise easily. Your health care provider may need to prescribe a lower dose of VOTRIENT for you or tell you to stop taking VOTRIENT if you develop liver problems during treatment.

- VOTRIENT® (pazopanib) tablets may cause irregular or fast heartbeat or fainting.
- VOTRIENT may cause heart failure, a condition where your heart does not pump as well as it should and which may result in shortness of breath.
- Heart attack and stroke can happen with VOTRIENT and may cause death. Tell your health care provider if you have heart problems. Call your health care provider right away if you have chest pain or pressure, pain in your arms, back, neck, or jaw, shortness of breath, numbness or weakness on one side of your body, trouble talking, headache, or dizziness.
- VOTRIENT may cause blood clots, which may form in a vein, especially in your legs. Pieces of a blood clot may travel to your lungs. This may be life threatening and cause death. Call your health care provider right away if you have new chest pain, trouble breathing or sudden shortness of breath, leg pain, and swelling of the arms and hands, or legs and feet, a cool or pale arm or leg.
- VOTRIENT may cause blood clots, which may form in a vein, especially in your legs. Pieces of a blood clot may travel to your lungs. This may be life threatening and cause death. Call your health care provider right away if you have new chest pain, trouble breathing or sudden shortness of breath, leg pain, and swelling of the arms and hands, or legs and feet, a cool or pale arm or leg.
- Thrombotic microangiopathy (TMA), including thrombotic thrombocytopenia purpura and hemolytic uremic syndrome, is a condition involving blood clots that can happen while taking VOTRIENT. TMA is accompanied by a decrease in red blood cells and cells that are involved in clotting. TMA may harm organs such as the brain and kidneys.
- VOTRIENT may cause bleeding problems, which may be severe and cause death. Tell your health care provider before taking VOTRIENT if you have a history of abnormal bleeding. If you experience unusual bleeding, bruising, or wounds that do not heal, call your health care provider right away.
- VOTRIENT may cause a tear (called a perforation) in the stomach or intestinal wall. Fatal perforations have occurred. VOTRIENT may also cause an abnormal connection between 2 parts of your gastrointestinal tract (called a fistula). Call your doctor if you experience pain or swelling in the stomach area, vomiting blood, or black sticky stools.

Call your health care provider if you are experiencing side effects.

Please see additional Important Safety Information for VOTRIENT on page 14.
Please see accompanying full Prescribing Information, including Boxed WARNING, and Medication Guide for VOTRIENT.
Other common side effects in people with advanced soft tissue sarcoma who take VOTRIENT include:

- Feeling tired
- Decreased weight
- Tumor, muscle, or bone pain
- Stomach pain
- Headache
- Taste changes
- Trouble breathing
- Change in skin color

Tell your health care provider right away if you have any side effects.

VOTRIENT may affect the way other medicines work and other medicines may affect how VOTRIENT works. Tell your health care provider about all the medicines you take, including prescription and nonprescription medicines, and herbal and dietary supplements.

Do not eat grapefruit or drink grapefruit juice during treatment with VOTRIENT because it may affect how VOTRIENT works.

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.
How to manage side effects

Diarrhea
Diarrhea is one of the most common side effects for people with advanced soft tissue sarcoma taking VOTRIENT.

To help with diarrhea:
Eat foods that are easy to digest, such as applesauce, bananas, rice, and toast.

Call your health care provider if:
• You feel dizzy
• You have a fever
• You have diarrhea and cramps for more than 1 day
• Your rectal area is sore or bleeds

Hair discoloration
VOTRIENT may make your hair turn white. If this type of change is a concern, you may consider dyeing your hair.

If your hair starts to lose its color and turns white, try the following:
Speak to your doctor to determine if natural hair dye, like henna, can be applied to hair as needed.

Always talk to your health care provider about changes or side effects you notice.

Your health care provider may change your dose of VOTRIENT to a dose that is better for you, or he or she may stop your treatment for a while. This may help reduce the side effects and may keep them from getting worse. Or your health care provider may decide to stop your treatment with VOTRIENT. Always talk with your health care provider before changing your dose or stopping VOTRIENT.

Nausea and vomiting
If you feel sick to your stomach you may need to try eating differently.

To help with nausea and vomiting:
Eat foods that are easy on your stomach. Try broiled or baked chicken without the skin, crackers or pretzels, oatmeal, white rice, or white toast.

Feeling tired
Feeling tired is a common side effect for people with advanced soft tissue sarcoma taking VOTRIENT.

Let your health care provider know if:
• You are too tired to carry out normal daily activities
• You are still tired even after you rest or sleep

Weight Loss
Let your health care provider know if you are losing weight. Weight loss may be due to side effects such as nausea or diarrhea.

If you are experiencing weight loss, try eating high-protein foods and snacks:
For example, milk, cheese, eggs, meat, poultry, fish, granola, or trail mix.

Loss of appetite
You may find that there are times when you are just not hungry, but it is important to eat to keep your strength up.

If you are experiencing a loss of appetite, try the following:
Set times to sit down and eat a little bit throughout the day, even if you are not hungry.

For more information about VOTRIENT, go to VOTRIENT.com and click on Advanced Soft Tissue Sarcoma.
Finding support

Create a circle of support

You may feel powerless over what’s happening in your body. It may help to talk with your health care provider about emotions you may be experiencing. It may also be helpful to create a circle of support and surround yourself with people who care about you and can help you cope with your condition.

Your circle of support can include:

- Your health care provider or other members of your cancer care team
- Friends
- Family members
- Other people who have cancer
- A support group

Find a support group

You may feel all alone if you are the only person you know with advanced soft tissue sarcoma. When you’re feeling down and alone, it may help to talk to a friend or family member, or a patient support group (see page 22 for a list of patient support groups).

Ask for help

Being reliant upon others for support can sometimes make you feel like you’ve lost your independence; but don’t be afraid to ask for help when you need it.

Communicating with your cancer care team

Many different people may be working with you along the way and become part of your cancer care team. To give you the help and support you need, your care team members need to know how you are doing. It’s important that you ask how and when you can reach them between appointments in case you have any questions.

Always let your health care providers know

- If you are having symptoms or potential side effects
- The exact symptoms you have, when they happen, and how long they last
- What, if anything, makes the symptoms better or worse

Not actual patient.

Please see full Important Safety Information for VOTRIENT® (pazopanib) tablets on pages 12-14. Please see accompanying full Prescribing Information, including Boxed WARNING, and Medication Guide for VOTRIENT.
Taking an active role in your care

Living with advanced soft tissue sarcoma can be challenging. Treatment may cause stress in nearly every area of your life. You may feel shocked, scared, angry, and sad. It is normal to feel this way.

Here are some tips on focusing on your own needs and taking an active role in your health:

Inform yourself
It may be helpful if you learn more about advanced soft tissue sarcoma and what to expect from your treatment. (See page 22 for a list of helpful websites with information about advanced soft tissue sarcoma.)

Involve yourself
Commit to working closely with your cancer care team.

Be kind to yourself
You may feel a range of emotions. There is no right or wrong way to feel about the changes you are going through.

Living with advanced soft tissue sarcoma

There are many support programs available for patients with advanced soft tissue sarcoma. Talk to your cancer care team about local and/or regional support groups that might be right for you.

Patient Assistance Now Oncology
Nowartis Oncology is committed to helping you get the medicines you need. Getting access to medications can sometimes be difficult or confusing. Patient Assistance Now Oncology (PANO) offers tools and support designed specifically to help make that process easier.

How to Access the Support You Need
To learn more about PANO, visit www.OncologyAccessNow.com/Patient or call 1-800-282-7630.
To find out if you’re eligible to save on your next prescription, visit www.Copay.NovartisOncology.com or call 1-877-577-7756.
To learn more about day-to-day resources, visit www.PatientSupportMadeSimple.com

For more information about VOTRIENT, go to VOTRIENT.com and click on Advanced Soft Tissue Sarcoma.

Support and resources

Not actual patient.

Please see full Important Safety Information for VOTRIENT® (pazopanib) tablets on pages 12-14. Please see accompanying full Prescribing Information, including Boxed WARNING, and Medication Guide for VOTRIENT.
Support and resources (cont)

The following is a list of some organizations that offer information and support for people living with cancer and their care partners. You may find other online resources useful as well, such as patient support groups specific to advanced soft tissue sarcoma. Novartis is neither affiliated with nor endorses any of these organizations and is not responsible for any information they provide. Any information you get from these organizations is not meant to replace your health care provider’s medical advice.

Sarcoma organizations and websites

- **Sarcoma Alliance**
  - Website: www.sarcomaalliance.org
  - Phone: 1-415-381-7236

- **Sarcoma Foundation of America**
  - Website: www.curesarcoma.org
  - Phone: 1-301-253-8687

- **National Leiomyosarcoma Foundation**
  - Website: www.nlmsf.org
  - Phone: 1-301-253-8687

Mobile and digital tools

- **Cancer.net Mobile**
  - Website: www.cancer.net/app

- **Lotsa Helping Hands**
  - Website: www.lotsahelpinghands.com

National cancer resources

- **American Cancer Society**
  - Website: www.cancer.org
  - Phone: 1-800-227-2345

- **National Cancer Institute**
  - Website: www.cancer.gov
  - Phone: 1-800-4-CANCER (1-800-422-6237)

- **Association of Cancer Online Resources**
  - Website: www.acor.org
  - Phone: 1-212-226-5525

- **CancerCare**
  - Website: www.cancercare.org
  - Phone: 1-888-793-9355

Caregiver support

- **Family Caregiver Alliance**
  - Website: www.caregiver.org
  - Phone: 1-800-445-8106

- **CancerCare**
  - Website: www.cancercare.org
  - Phone: 1-800-813-HOPE (1-800-813-4673)

Tips for caregivers: sharing your strength

Caring for someone with cancer is an important responsibility. It takes energy and dedicated effort each day. You may:

- Provide encouragement and support
- Help keep other family members informed about what’s going on
- Help with household chores and cooking meals
- Take care of medical insurance paperwork and pay bills
- Help with organizing medicines, going to doctor appointments, or meeting with the cancer care team

Being a care partner requires a lot of energy and can be tiring. You need to take time to care for yourself. Your own needs are important, too. Consider these ideas to help you cope:

- Spend time with people who love and support you
- Join a social activity
- Practice relaxation methods, such as yoga or meditation
- Eat well-balanced, healthy meals
- Try to fit in at least 30 minutes of exercise most days of the week. Be sure to talk with your doctor before starting any exercise program
- At least once a week, set aside some time to do something you enjoy

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Tips for caregivers: sharing your strength

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Being a care partner requires a lot of energy and can be tiring. You need to take time to care for yourself. Your own needs are important, too. Consider these ideas to help you cope:

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- Join a social activity
- Practice relaxation methods, such as yoga or meditation
- Eat well-balanced, healthy meals
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- At least once a week, set aside some time to do something you enjoy

YOUR VOTRIENT TREATMENT COMPANION

Things to consider while receiving treatment for advanced soft tissue sarcoma with VOTRIENT® (pazopanib) tablets

VOTRIENT is not chemotherapy.
Unlike chemotherapy, VOTRIENT works to help block the growth of new blood vessels to the tumor and may shrink or slow the growth of the cancer.

What is the most important information I should know about VOTRIENT?
VOTRIENT can cause serious liver problems, including death. Your health care provider will do blood tests to check your liver before you start and while you take VOTRIENT.

What should I tell my health care provider before I start taking VOTRIENT?
VOTRIENT may affect the way other medicines work and other medicines affect how VOTRIENT works. Tell your health care provider about all of the medicines you take, including prescription and nonprescription medicines, vitamins, and herbal supplements.

How do I take VOTRIENT?
VOTRIENT is a pill that’s taken once daily, as prescribed by your health care provider.

How can I make the most of my treatment journey with VOTRIENT?
Make sure you have a circle of support in place, and keep your cancer care team informed of any changes in your health or any questions you may have.

Please see full Important Safety Information for VOTRIENT on pages 12-14.
Please see accompanying full Prescribing Information, including Boxed WARNING, and Medication Guide for VOTRIENT.