

5E's



A guide to potential symptom triggers for metastatic carcinoid tumors.

Certain lifestyle choices may have an impact on your severe diarrhea and flushing of carcinoid syndrome and how you feel. It's important to know the potential triggers and how they may play a role.

For more tips, visit, like, and share at [Facebook.com/SandostatinLARDepot](https://www.facebook.com/SandostatinLARDepot)

Please see Indications on [page 2](#) and Important Safety Information on [pages 3-4](#).



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



Real Support
REAL INFORMATION FROM REAL PATIENTS

Only from Sandostatin[®] LAR Depot.
Octreotide acetate for injectable suspension.
10mg • 20mg • 30mg

For more information on support, visit [sandostatinsupport.com](https://www.sandostatinsupport.com)

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.

Please see Important Safety Information on [pages 3-4](#).

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.

Please see additional Important Safety Information on [page 4](#).

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.

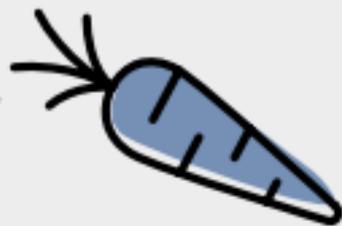
Please visit www.us.sandostatin.com or click here for full [Prescribing Information](#).

EATING

Is food triggering your flare-ups?

Certain foods and drinks may trigger flare-ups. Look out for:

- Large meals
- Tomato dishes
- Caffeine
- Fatty foods
- Chocolate
- Nuts
- Spicy foods
- Raw vegetables



EXERCISING

Did you work out too much today?

Exercise is good for you, but be careful how much you push yourself. Physical stress may trigger flushing associated with metastatic carcinoid tumors. Talk to your doctor before engaging in physical activity and to find out what kind of physical activity may be right for you.



EMOTIONS

How is your stress level lately?

You can't always control your daily stresses, but it's important to try to limit them whenever possible. Certain emotional states—such as anxiety or stress—can trigger severe diarrhea and flushing associated with metastatic carcinoid tumors.



ETHANOL

Have you had
alcohol recently?



There's a link between alcohol consumption and severe diarrhea and flushing associated with metastatic carcinoid tumors. In a nutrition survey of patients with carcinoid syndrome, alcohol was reported as the second most common food or beverage trigger for severe diarrhea and flushing.

EPINEPHRINE

Have you been given epinephrine?

Certain medical procedures may require anesthetics that contain epinephrine. These kinds of anesthetics can cause flare-ups of symptoms, like severe diarrhea and flushing associated with metastatic carcinoid tumors. Talk to your doctor before any procedures.





The **RealSupport™** program provides support and information for people like you who are receiving, or may be appropriate candidates for, Sandostatin LAR Depot.

For more information on support, visit sandostatinsupport.com



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