VOTRIENT is a prescription medicine used to treat people with advanced renal cell cancer (RCC). It is not known if VOTRIENT is safe and effective in children under 18 years of age.

Before taking VOTRIENT, tell your healthcare 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 healthcare provider will do blood tests to check your liver before you start and while you take VOTRIENT. Tell your healthcare 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 healthcare 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 12-15.

Click here for full Prescribing Information, including Boxed WARNING and Medication Guide, for VOTRIENT.

Novartis recently acquired this product from GSK. To ensure a seamless transition, GSK is continuing to provide support for this product and related programs on behalf of Novartis at this time.
This brochure can provide information to help you learn about treatment with VOTRIENT. VOTRIENT is used to treat adults with advanced renal cell carcinoma, the most common form of kidney cancer. VOTRIENT may shrink or slow the growth of advanced kidney cancer. It is important to note that VOTRIENT may also harm healthy cells.

When you find out that you have advanced kidney cancer, it is normal to feel afraid and anxious. It may also be hard to come to terms with the diagnosis and at the same time learn about treatment for advanced kidney cancer. Be sure to ask for the help you need. Remember that your cancer care team is here to help you.

Reading this brochure does not take the place of talking with your healthcare 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.

Click here for full Prescribing Information, including Boxed WARNING and Medication Guide, for VOTRIENT.
VOTRIENT: A prescription medicine for advanced renal cell cancer, a form of kidney cancer

About advanced kidney cancer
Kidney cancer happens when kidney cells start to grow out of control. These cancer cells can spread to lymph nodes or other parts of the body, such as the lungs, bones, or brain. When the cancer spreads to areas beyond where it first began, it is called advanced kidney cancer.

About VOTRIENT
VOTRIENT is used to treat adults with advanced renal cell cancer, a form of kidney cancer. VOTRIENT may shrink or slow the growth of kidney cancer for a period of time. VOTRIENT is not a cure for kidney cancer.

If you are in the advanced stages of kidney cancer, your healthcare provider may decide that VOTRIENT may be a treatment option for you. VOTRIENT is a prescription medicine that comes in tablet form that you take by mouth.

It is not known if VOTRIENT is safe and effective in children under 18 years of age.

How VOTRIENT may work
VOTRIENT is not a chemotherapy drug. VOTRIENT works to inhibit the growth of new blood vessels to the tumor and may shrink or slow the growth of the cancer by inhibiting proteins called tyrosine kinases. That is why it is called a tyrosine kinase inhibitor (TY-ruh-seen KY-nace in-HIB-i-ter). It is important to note that VOTRIENT may also harm healthy cells.

What is the most important information I need to know about VOTRIENT?
VOTRIENT can cause serious liver problems including death. Your healthcare provider will do blood tests to check your liver before you start and while you take VOTRIENT.
My Medicine Tracker

**Use this medicine tracker as a reminder for your treatment.**

- Check that you have taken your medicine daily
- Keep notes on how you feel each day (physically and emotionally)
- Draw emoticons to describe how you feel (for example, happy or sad faces)
- Share your notes with your doctor at your next appointment

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<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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Getting started with VOTRIENT

Before you start taking VOTRIENT

Before you start treatment with VOTRIENT, your healthcare 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 healthcare provider if you:

- Have or had liver problems. You may need a lower dose of VOTRIENT or your healthcare provider may prescribe a different medicine to treat your advanced renal cell cancer
- 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 two 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 breastfeeding or plan to breastfeed. It is not known if VOTRIENT passes into your breast milk. You and your healthcare provider should decide if you will take VOTRIENT or breastfeed. You should not do both

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

Especially, tell your healthcare 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 (for example, esomeprazole)
- Eat grapefruit or drink grapefruit juice

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

It is important to know the medicines you take

Keep a list of the medicines you take. Show your list to your healthcare provider and pharmacist each time you get a new medicine.

Write down any medicines you take. Show the list to your doctor and pharmacist.

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Click here for full Prescribing Information, including Boxed WARNING and Medication Guide, for VOTRIENT.
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 healthcare provider tells you
- Your healthcare provider will tell you exactly how many tablets of VOTRIENT to take

DO

- Do take VOTRIENT exactly as your healthcare provider tells you. Your healthcare 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

- 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

Choose a time that works for you

Take VOTRIENT, as prescribed by your healthcare provider, once a day at the same time every day to help you stay on track. No matter what time of day is best for you, be sure to take VOTRIENT at least 1 hour before or 2 hours after food. The checklist below can help you decide what time you should take your medicine and what time you should eat.

My daily routine for taking VOTRIENT

Take your dose of VOTRIENT once a day, at the same time each day, and at a time that is convenient for you. If you miss a dose, take it as soon as you remember. Do not take the missed dose if it is 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.

I will eat _____________ at ________ AM/PM.

I will take VOTRIENT at ________ AM/PM.

What time works better? If one schedule didn’t work, did you try the other?

I am more likely to remember to take my medicine in the _____________ because ___________________________________________________________.

Your routine for taking VOTRIENT

Now that you’re starting on VOTRIENT, you will be able to take your medicine yourself wherever you choose. It will now be your responsibility to take VOTRIENT as prescribed by your doctor.

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 healthcare provider if you have any questions about taking VOTRIENT

Novartis recently acquired this product from GSK. To ensure a seamless transition, GSK is continuing to provide support for this product and related programs on behalf of Novartis at this time.

Click here for full Prescribing Information, including Boxed WARNING and Medication Guide, for VOTRIENT.
Staying on track with VOTRIENT

It’s important to take VOTRIENT as prescribed by your doctor
You may experience side effects that concern you, and you may be tempted to skip or stop taking your medicine. Always speak with your healthcare provider before changing your dose or stopping VOTRIENT, and about any side effects you experience.

Think about what challenges may get in your way
The chart on these pages lists some challenges that may keep you from staying on track with your medicine and offers tips that may help.

<table>
<thead>
<tr>
<th>Common challenges</th>
<th>What you can do</th>
</tr>
</thead>
<tbody>
<tr>
<td>I sometimes forget to take my medicine.</td>
<td>• Try to take your medicine at the same time every day&lt;br&gt;• Try using reminders such as writing notes or marking your calendar. Or try setting an alarm on your clock or phone&lt;br&gt;• Download a medicine reminder app and have alerts sent to your mobile phone&lt;br&gt;• The medicine tracker included in this brochure can help you keep track of taking your medicine daily</td>
</tr>
<tr>
<td>I don’t understand what the doctor says to me.</td>
<td>• Take a family member or friend with you to appointments to help you understand and remember your doctor’s advice&lt;br&gt;• Ask your doctor to repeat information or to explain it differently</td>
</tr>
<tr>
<td>I don’t know if my medicine is really helping me.</td>
<td>• Ask your doctor or nurse to explain how the medicine works and the goals of your treatment</td>
</tr>
<tr>
<td>I have to take too many medicines per day.</td>
<td>• Go over a list of all your medicines with your doctor. He or she may be able to help you with a plan&lt;br&gt;• Ask your doctor or nurse to help you with a medicine calendar</td>
</tr>
<tr>
<td>I can’t pay for my medicine.</td>
<td>• Find out if you qualify for financial assistance programs for medicines&lt;br&gt;• Ask about the Commitment to Access program</td>
</tr>
<tr>
<td>I think I’m having side effects.</td>
<td>• Report all potential side effects you experience to your doctor or nurse right away. Your doctor or nurse may be able to help you cope with certain side effects</td>
</tr>
</tbody>
</table>

Novartis recently acquired this product from GSK. To ensure a seamless transition, GSK is continuing to provide support for this product and related programs on behalf of Novartis at this time.

Click here for full Prescribing Information, including Boxed WARNING and Medication Guide, for VOTRIENT.
VOTRIENT 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 may result in shortness of breath.

Heart attack and stroke can happen with VOTRIENT and may cause death. Tell your healthcare provider if you have heart problems. Call your healthcare 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 healthcare 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 (TTP) and hemolytic uremic syndrome (HUS) 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.

Call your doctor if you are experiencing side effects.
Important Safety Information for VOTRIENT (continued)

- VOTRIENT may cause thyroid problems. Your healthcare provider should test your thyroid function during treatment with VOTRIENT.

- VOTRIENT may affect wound healing. Tell your doctor if you had recent surgery (within the last 7 days) or are going to have surgery.

- VOTRIENT may cause you to have too much protein in your urine. Your healthcare provider will check you for this problem. If there is too much protein in your urine, your healthcare provider may tell you to stop taking VOTRIENT.

- Serious infections can happen with VOTRIENT and can cause death. Call your healthcare provider if you experience fever; cold symptoms, such as runny nose or a sore throat that does not go away; flu symptoms, such as cough, feeling tired, and body aches; pain when urinating; or cuts, scrapes, or wounds that are red, warm, swollen, or painful.

- When used in combination with some other anti-cancer therapies, VOTRIENT has caused increased toxicity and even death. Tell your healthcare provider about all of the medicines you are taking, including other anti-cancer therapies.

- VOTRIENT may harm an unborn baby (cause birth defects). Do not become pregnant while taking VOTRIENT. If you do become pregnant, tell your healthcare provider right away.

- A collapsed lung can happen with VOTRIENT (called pneumothorax). This may cause shortness of breath. Call your healthcare provider right away if you experience shortness of breath.

The most common side effects in people with advanced renal cell cancer who take VOTRIENT include:

- Diarrhea
- High blood pressure
- Hair color changes
- Nausea (feeling sick to your stomach) or vomiting
- Loss of appetite

Tell your healthcare 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 healthcare 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.

Call your doctor if you are experiencing side effects.
Possible side effects of VOTRIENT

Talk with your healthcare provider about any side effects you may have. VOTRIENT can cause serious liver problems including death. Your healthcare provider will do blood tests to check your liver before you start and while you take VOTRIENT.

Tell your healthcare provider right away if you get any of these signs of liver problems during treatment with VOTRIENT:

- Yellowing of your skin or the whites of your eyes (jaundice)
- Dark urine
- Tiredness
- Nausea or vomiting
- Loss of appetite
- Bruise easily

Your healthcare 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 may cause other serious side effects, including:

- **Blood clots.** Blood clots may form in a vein, especially in your legs (deep vein thrombosis or DVT). Pieces of a blood clot may travel to your lungs (pulmonary embolism). This may be life-threatening and cause death. **Symptoms may include:** new chest pain, trouble breathing or shortness of breath that starts suddenly, 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 (TTP) and hemolytic uremic syndrome (HUS):** TMA 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

- **Bleeding problems.** These bleeding problems may be severe and cause death. **Symptoms may include:** unusual bleeding, bruising, or wounds that do not heal

- **Tear in your stomach or intestinal wall (perforation) or an abnormal connection between two parts of your gastrointestinal tract (fistula). Symptons may include:** pain, swelling in your stomach area, vomiting blood, and black sticky stools

- **Reversible Posterior Leukoencephalopathy Syndrome (RPLS).** RPLS is a condition that can happen while taking VOTRIENT that may cause death. **Symptoms may include:** headaches, seizures, lack of energy, confusion, high blood pressure, loss of speech, blindness or changes in vision, and problems thinking

(continued on page 18)
Possible side effects of VOTRIENT (continued)

- **High blood pressure.** High blood pressure can happen with VOTRIENT, including a sudden and severe rise in blood pressure, which may be life-threatening. These blood pressure increases usually happen in the first several months of treatment. Your blood pressure should be well controlled before you start taking VOTRIENT. Your healthcare provider should begin checking your blood pressure within 1 week of you starting VOTRIENT and often during treatment to make sure that your blood pressure is well controlled. **Have someone call your healthcare provider or get medical help right away for you,** if you get symptoms of a severe increase in blood pressure, including: severe chest pain, severe headache, blurred vision, confusion, nausea and vomiting, severe anxiety, shortness of breath, seizures, or you pass out (become unconscious).

- **Thyroid problems.** Your healthcare provider should check you for this during treatment with VOTRIENT.

- **Protein in your urine.** Your healthcare provider will check you for this problem. If there is too much protein in your urine, your healthcare provider may tell you to stop taking VOTRIENT.

- **Serious infections.** Serious infections can happen with VOTRIENT and can cause death. **Symptoms of an infection may include:** fever; cold symptoms, such as runny nose or sore throat that do not go away; flu symptoms, such as cough, tiredness, and body aches; pain when urinating; or cuts, scrapes or wounds that are red, warm, swollen or painful.

- **Collapsed lung (pneumothorax).** A collapsed lung can happen with VOTRIENT. Air may get trapped in the space between your lung and chest wall. This may cause you to have shortness of breath.

Call your healthcare provider right away if you have any of the symptoms listed above.

The most common side effects in people who take VOTRIENT include:
- Diarrhea
- High blood pressure
- Change in hair color
- Nausea or vomiting
- Loss of appetite

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of VOTRIENT. For more information, ask your healthcare provider or pharmacist.

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.

Click here for full Prescribing Information, including Boxed WARNING and Medication Guide, for VOTRIENT.
Common tests when taking VOTRIENT

To check on your health during your treatment with VOTRIENT, your healthcare provider will test your urine, blood, and heart before you start and while you take VOTRIENT. Your healthcare provider will let you know when you need to have these tests.

### Checking your liver

VOTRIENT may cause changes to how well your liver works. You will have blood tests to check your liver before you start taking VOTRIENT and while you take VOTRIENT (or as often as your healthcare provider suggests). In some cases, the results of these tests may show that the dose of VOTRIENT may need to be reduced or treatment may need to be stopped.

### Checking your blood pressure

VOTRIENT may cause an increase in blood pressure that usually occurs in early treatment (during the first 4 months or so). Your healthcare provider will check your blood pressure regularly. If needed, he or she may prescribe medicine to help lower your blood pressure. In some cases, the dose of VOTRIENT may need to be reduced or stopped.

### Checking your heart

VOTRIENT may cause changes in the way your heart beats. To check your heart, your healthcare provider may want you to have an electrocardiogram (often called an EKG or ECG). An EKG is a simple, painless test that shows how fast the heart beats and whether the beats are steady.

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Ask your healthcare provider when you should have the following tests and any other tests that you may need.

<table>
<thead>
<tr>
<th>Test</th>
<th>Frequency</th>
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<td>Blood tests for liver function</td>
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<td>Blood pressure check</td>
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<td>Thyroid function</td>
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<td>Urine test</td>
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<td>EKG</td>
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<td>Additional tests</td>
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Click here for full Prescribing Information, including Boxed WARNING and Medication Guide, for VOTRIENT.
Tips for coping with certain side effects

VOTRIENT can cause side effects. As you start treatment with VOTRIENT, keep track of any side effects you have in this brochure, and share them with your cancer care team. Visit the VOTRIENT.com website for helpful tools to keep track of side effects. Additionally, the medicine tracker available in this brochure is a helpful tool you can use to help keep track of side effects. You can write down any symptoms or potential side effects you have on a given day.

Feeling tired
Feeling tired and weak can make it hard to do what you need to do each day.

These steps may help:
(Check the ones that work for you)
- Do the most important activities first
- Every day try to get some exercise, such as a short walk outside. Even 15 minutes of activity can increase your energy level. Be sure to speak with your healthcare provider before starting any exercise
- Rest when you need to. Try to take short naps (1 hour or less) during the day
- Ask others for help with daily tasks

Write your own helpful tips: _____________________________________
_____________________________________________________________
Which helpful tips worked? _____________________________________
_____________________________________________________________

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

Always talk with your healthcare provider about any changes or side effects you notice.
Your healthcare 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 healthcare provider may decide to stop your treatment with VOTRIENT. Always talk with your healthcare provider before changing your dose or stopping VOTRIENT.

Diarrhea
Diarrhea is when you have soft, loose, or watery bowel movements that happen more often than usual.

To help with diarrhea:
(Check the ones that work for you)
- Eat 5 or 6 small meals a day, rather than 3 big meals
- Eat foods that are easy to digest, such as applesauce, bananas, white rice, and white toast
- Drink 8 to 12 cups of clear liquid every day (ginger ale, grape or cranberry juice, water, and tea)
- Stay away from foods that make diarrhea worse. For example, avoid:
  - Dairy products, such as milk, cheese, or sour cream
  - Gas-causing foods, such as broccoli and cabbage
  - Spicy, greasy, or fried foods
  - High-fiber foods, such as whole wheat bread and bran cereal
  - Raw fruits or vegetables

Always talk with your healthcare provider before making changes in your diet.

Call your healthcare provider if:
- You feel dizzy
- You have a fever of 100.5°F or higher
- You have diarrhea and cramps for more than 1 day
- Your rectal area is sore or bleeds

Click here for full Prescribing Information, including Boxed WARNING and Medication Guide, for VOTRIENT.
Tips for coping with certain side effects  (continued)

Nausea and vomiting
Nausea is when you feel sick to your stomach and feel like you are going to throw up. Vomiting is when you throw up.

To help with nausea and vomiting:
(Check the ones that work for you)
- Eat 5 or 6 small meals instead of 3 large ones
- Take small sips of water
- 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

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

These steps may help:
(Check the ones that work for you)
- Eat high-protein foods. Milk, cheese, eggs, meat, fish, and poultry are sources of protein
- Keep high-calorie, high-protein snacks available. Snacks may give you extra calories and protein to help keep up your energy level. For example, try cheese and crackers, granola, trail mix, or ice cream
- Ask advice from a registered dietitian

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

Here are some things you can try:
(Check the ones that work for you)
- Set times to sit down and eat a little bit throughout the day, even if you are not hungry
- Make eating more interesting by trying new foods
- Eat with family or friends
- Take a short walk each day. Being active may increase your appetite

Write your own helpful tips: ________________________________

Which helpful tips worked? ________________________________

Be sure to speak with your healthcare provider about your results.
Always talk with your healthcare provider before changing your diet or starting any exercise.

Click here for full Prescribing Information, including Boxed WARNING and Medication Guide, for VOTRIENT.
Staying centered on your care

When you find out that you have advanced kidney cancer, it is normal to feel afraid and anxious. It’s also hard to come to terms with the diagnosis and at the same time learn about treatment.

Living with advanced kidney cancer can be challenging. The illness and its 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.

You are at the center of your care

Here are some ways to focus on your own needs and take an active role in your health:

Inform yourself
- It may be helpful if you learn more about advanced kidney cancer and your treatment. This can help you understand what to expect. For a list of helpful websites with information about advanced kidney cancer, please see page 34 of this brochure

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

Be kind to yourself
- Sometimes you may feel scared, angry, or sad. Try to focus on the moments that matter to you

Finding support

Living with advanced kidney cancer can be challenging. It may be helpful to create a Circle of Support. Surround yourself with people who care about you and can help you cope with your condition. Always remember, you’re not alone. There is support. And where there is support, there is someone who cares.

Creating your Circle of Support

Ask people who may understand what you’re going through to listen:
- Family members
- Friends
- Your healthcare provider or other members of your cancer care team
- Other people who have cancer
- A support group

Which family member will you ask for support?

___________________________________________________________

___________________________________________________________

___________________________________________________________

___________________________________________________________

Which friend would you ask for support?

___________________________________________________________

___________________________________________________________

___________________________________________________________

___________________________________________________________

Click here for full Prescribing Information, including Boxed WARNING and Medication Guide, for VOTRIENT.
Coping with stress

Here are a few ideas that may help you cope with stress:

**Exercise**
- Exercise has been shown to relieve stress. But make sure not to overdo it. Have your doctor decide what type of exercise is right for you before starting

**Humor**
- When you laugh, you release chemicals that stimulate pleasure and relaxation. It may be difficult, but try to find humor in something. Watch a funny movie, read a funny book—if it makes you laugh, chances are it may help reduce stress

**Creativity**
- Finding a creative outlet such as painting or music can be a great way to relax. Explore the possibilities. You may find you’re good at something you’ve never done before

**Journaling**
- Expressing your feelings and emotions through writing may help you reduce and cope with stress. Journaling is a fun and expressive way to self-reflect and it can be a good hobby to enjoy

Which ideas did you try? How did they work for you?

________________________________________________________
________________________________________________________
________________________________________________________
________________________________________________________

Coping with change

Your Circle of Support may be able to help you get through the rough spots when it comes to your cancer treatment. We know it’s not easy having advanced kidney cancer. That’s why it’s good to have someone to lean on when the going gets tough.

**Feeling powerless**

You may feel powerless over what’s happening in your body.

It may help to talk with your doctor and your Circle of Support about the emotions you may be experiencing. Friends, family, and caregivers may just provide the welcome support you need.

**Feeling alone**
- Being diagnosed with advanced kidney cancer can make you feel like you are alone. You may be the only person you know with this condition. So, when you’re feeling down and alone, talk to someone in your Circle of Support. You never have to feel alone

**Feeling helpless**
- Being reliant upon others for support can sometimes make you feel like you’ve lost your independence. It’s not easy living with advanced kidney cancer, so don’t be afraid to ask your Circle of Support for help

Click here for full Prescribing Information, including Boxed WARNING and Medication Guide, for VOTRIENT.
Your cancer care team by your side

Who is on your cancer care team?
Many different people may be working with you along the way. Speak with your doctors or nurses to find out who else may be part of your team. Stay connected to your cancer care team.

Talking openly with your healthcare providers
To give you the help and support you need, your healthcare providers need to know how you are doing. Take the time to ask questions and share any concerns you may have. A good partnership starts when you are open and honest with them. Speak with your healthcare providers. Ask how and when you can reach them between appointments.

Always let your healthcare providers know:
• If you are having symptoms or potential side effects
• The exact symptoms you have, when they happen, and how long they last
• How the symptoms make you feel
• What, if anything, makes the symptoms better or worse
• If you need help paying for your medicines

Tips for talking with your healthcare providers
• Take someone with you to your appointments. A family member or friend can remind you of things you need to tell your doctor. He or she can also take notes for you. This can make it easy to recall what you learned during your visit
• Use active listening. You can:
  — Repeat in your own words what was said
  — Summarize the facts you learned
  — Ask questions to get more details
• Prepare a list of questions. Between appointments, write down your questions as they come up. Then bring your list for your next doctor visit

Questions about taking medicine and staying on treatment
• What is this medicine for, and how does it help me?
• How do I take my medicine? What do I do if I forget to take it?
• What tests will I need to take while on this medicine?
• Is there anything I should or should not do while taking my medicine?
• What side effects should I look out for?
• Are there ways I can cope with certain side effects?

Can you think of additional questions?
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_______________________________________________________
_______________________________________________________
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Resources

COMMITMENT to ACCESS®

The Commitment to Access program offers useful information, resources, and guidance—all in one convenient location.

Insurance coverage
We understand that health insurance systems can be complex. Our counselors can help you better understand your insurance coverage and can answer other insurance-related questions that you may have.

Copay assistance
We can help you determine if you are eligible for copay assistance through the Copay Assistance Program (for patients with commercial insurance only), or through an independent copay foundation (for patients with all types of insurance).

Free medicine assistance
We offer assistance programs to support patients with income limitations. You may be eligible if you are uninsured or have generic-only prescription coverage. Patients with Medicare can also qualify under certain circumstances. Free medicine assistance through Commitment to Access requires enrollment by a registered Advocate.

Home delivery
We are dedicated to making it easier for you to receive your medication. We can also help you locate the network specialty pharmacy with the lowest copay for your medication. Learn how Novartis will work with a specialty pharmacy in your area to deliver your oral medicine right to your home.

Contact us
To learn more, visit www.gskcta.com or call a Commitment to Access Counselor at 1-866-265-6491. Counselors are available to assist you from 8:30 AM to 8:00 PM ET.

Call your doctor if you are experiencing side effects.

Novartis recently acquired this product from GSK. To ensure a seamless transition, GSK is continuing to provide support for this product and related programs on behalf of Novartis at this time.

Commitment to Access® is a registered trademark of GSK.

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For caregivers

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 can be tiring. You need to take time to take care of 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 speak with your doctor before starting any exercise
- At least once a week, set aside some time to do something you enjoy

For more caregiver information:

Family Caregiver Alliance
- 800-445-8106
- www.caregiver.org

CancerCare
- 800-813-HOPE (800-813-4673)
- www.cancercare.org

Cancer Support Community
- 888-793-9355
- www.cancersupportcommunity.org

Kidney Cancer Association
- 800-850-9132
- www.kidneycancer.org

Mobile app
- Cancer.net mobile app — available at www.cancer.net
  This app is an interactive patient tool that helps keep track of questions to ask healthcare providers and records voice answers.

Online tools or planning tips
Find help with organizing daily needs, appointments, medicine routine, and more:
- www.lotsahelpinghands.org
- www.healthcoach4me.com

Cancer and kidney cancer resources

American Cancer Society (ACS)
- 800-227-2345
- www.cancer.org

National Cancer Institute (NCI)
- 800-4-CANCER (800-422-6237)
- www.cancer.gov

Cancer Support Community
- 888-793-9355
- www.cancersupportcommunity.org

Kidney Cancer Association
- 800-850-9132
- www.kidneycancer.org

Novartis recently acquired this product from GSK. To ensure a seamless transition, GSK is continuing to provide support for this product and related programs on behalf of Novartis at this time.

Websites for support and information

For additional information, please visit these sites or contact these organizations. These resources are external to Novartis. Novartis does not have control over the content of the information provided through these resources and therefore does not warrant its accuracy and completeness.

Novartis neither is affiliated with nor endorses any of these organizations. Any information you get from these organizations is not meant to replace your healthcare provider’s medical advice.
You are the center of your care

Questions to consider while receiving treatment for advanced renal cell cancer

- Have you taken your medicine today?
- Have you reached out to your cancer care team or caregivers for support?
- Have you tried any new recommended hobbies?
- Are you experiencing any side effects?
  - Have you spoken to your healthcare provider about these side effects?
  - Have you tried any tips for coping with these side effects?
- Have you prepared a list of questions for your next visit with your healthcare provider?
- Have you looked at additional resources for information about advanced kidney cancer?

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