WHAT IS TYKERB?

TYKERB® (lapatinib) is used with a medicine called capecitabine (brand name Xeloda®) for the treatment of people with advanced or metastatic breast cancer whose tumors overexpress HER2 and who have received prior therapy including an anthracycline, a taxane, and Herceptin® (trastuzumab). Tumors that are HER2 positive make a large amount of a protein called human epidermal growth factor receptor-2.

Herceptin is a registered trademark of Genentech, Inc. Xeloda is a registered trademark of Roche Laboratories Inc.

IMPORTANT SAFETY INFORMATION FOR TYKERB

Some people may develop liver damage while taking TYKERB. Liver problems can be severe and deaths have happened. Before taking TYKERB, tell your doctor if you have liver problems. You may need a lower dose of TYKERB. Your doctor should do blood tests to check your liver before and during treatment with TYKERB. You should contact your doctor right away if you have itching, yellowing of your skin or the white part of your eyes, dark urine, or pain or discomfort in the right upper stomach area.

Click here for full Prescribing Information, which includes a discussion of the risks with TYKERB, including serious liver problems.
You may have questions both at the beginning of and during your treatment. This online resource may help answer some of those questions. Remember: you can always download this brochure and print it out so you can refer to it whenever you may need assistance with TYKERB® (lapatinib) plus capecitabine (also known as Xeloda®).

Click here for full Prescribing Information, which includes a discussion of the risks with TYKERB, including serious liver problems.
Click here for full Prescribing Information, which includes a discussion of the risks with TYKERB, including serious liver problems.
**SECTION 1**

**TREATING YOUR TYPE OF mBC**

**TYKERB PLUS CAPECITABINE AFTER PROGRESSION ON AN ANTHRACYCLINE, A TAXANE, AND HERCEPTIN® (TRASTUZUMAB)**

TYKERB® (lapatinib) plus capecitabine is used to treat women with HER2+ advanced or metastatic breast cancer who had treatment with:

- An anthracycline, such as doxorubicin, and
- A taxane, such as Taxol® (paclitaxel) or Taxotere® (docetaxel), and
- A HER2 inhibitor, such as trastuzumab

TYKERB plus capecitabine may slow the progression of HER2+ metastatic breast cancer in some women after therapy with these treatments has been completed. Please see Section 2 of this brochure for more information on potential risks and benefits of TYKERB plus capecitabine.

TYKERB is an oral therapy. Unlike other medications you may have had for your HER2+ metastatic breast cancer, TYKERB is not given at the doctor’s office. It is a pill you take by mouth. For more information on understanding TYKERB therapy, please see Section 3 of this brochure.

**UNDERSTANDING HER2+ METASTATIC BREAST CANCER**

HER2 receptors are found on both normal cells and cancer cells. In women with HER2+ metastatic breast cancer, the breast cancer cells have too many HER2 receptors. When HER2 receptors join with other receptors in the same family, they cause cancer cells to grow and divide.

**IMPORTANT SAFETY INFORMATION FOR TYKERB**

Do not take TYKERB if you are allergic to any of the ingredients in TYKERB.

It is not known if TYKERB is safe and effective in children.

Before taking TYKERB, tell your doctor if you have heart problems. Some people may develop heart problems while taking TYKERB, including decreased pumping of blood from the heart and an abnormal heartbeat. Call your doctor right away if you feel like your heart is pounding or racing; if you are dizzy, tired, or light-headed; or if you are short of breath. Your doctor should check your heart before and during treatment with TYKERB.

_Herceptin_ is a registered trademark of Genentech, Inc. _Taxol_ is a registered trademark of Bristol-Myers Squibb Company. _Taxotere_ is a registered trademark of sanofi-aventis.

**Click here** for full Prescribing Information, which includes a discussion of the risks with TYKERB, including serious liver problems.
How TYKERB plus capecitabine is thought to work

How TYKERB® (lapatinib) may work: TYKERB is small enough to pass through the cell surface. Once inside the cell, laboratory studies show TYKERB binds to the part of the HER2 protein inside the cancer cell and may help block HER2 receptor activity.

An increased effect was demonstrated in a laboratory study where TYKERB and 5-FU (an active substance that capecitabine causes the body to produce) were used together in the tumors that were tested.

IMPORTANT SAFETY INFORMATION FOR TYKERB

Diarrhea is common with TYKERB and may sometimes be severe. Severe diarrhea can cause loss of fluid (dehydration) and some deaths have happened. Call your doctor right away if you have a change in bowel pattern or if you have severe diarrhea. Follow your doctor’s instructions for what to do to help prevent or treat diarrhea.

If you have a cough that will not go away or are short of breath, talk with your doctor. These may be signs of lung problems.

TYKERB may cause severe skin reactions. If you develop skin rash; red skin; blistering of the lips, eyes, or mouth; peeling skin; fever; or any combination of these, tell your doctor right away. As severe skin reactions can be life-threatening, your doctor may tell you to stop taking TYKERB.

Click here for full Prescribing Information, which includes a discussion of the risks with TYKERB, including serious liver problems.
BENEFITS AND SIDE EFFECTS OF TREATMENT

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Click here for full Prescribing Information, which includes a discussion of the risks with TYKERB, including serious liver problems.
WHEN ADDED TO CAPECITABINE, TYKERB SLOWED THE PROGRESSION OF HER2+ METASTATIC BREAST CANCER IN SOME WOMEN

The primary measurement in the study was time to progression.

- Progression means tumors have grown, spread, or returned
- Time to progression is how much time passed until the women in the study showed evidence of progression or died from breast cancer

Two groups of medical experts reviewed the results for time to progression. Their findings are shown below.

**REVIEW 1:**
By an independent group of medical experts who were not involved in the study

**TYKERB + capecitabine = 27.1 weeks**
(N=198)

**capecitabine = 18.6 weeks**
(N=201)

Median time to progression (in weeks)

- In Review 1, the median time to progression was 27.1 weeks for women who took TYKERB® (lapatinib) plus capecitabine, which was 8.5 weeks longer than for women who took capecitabine alone

**REVIEW 2:**
By medical experts who were involved in the study

**TYKERB + capecitabine = 23.9 weeks**
(N=198)

**capecitabine = 18.3 weeks**
(N=201)

Median time to progression (in weeks)

- In Review 2, the median time to progression was 23.9 weeks for women who took TYKERB plus capecitabine, which was 5.6 weeks longer than for women who took capecitabine alone

Note: Data have not shown an increase in overall survival.

IMPORTANT SAFETY INFORMATION FOR TYKERB

Tell your doctor right away if you are or plan to become pregnant. You should not become pregnant when taking TYKERB because the unborn baby can be harmed. Tell your doctor if you are breastfeeding or plan to breastfeed. It is not known if TYKERB passes into breast milk. You and your doctor should decide if you will take TYKERB or breastfeed. You should not do both.

When TYKERB is taken with capecitabine, common side effects include diarrhea; red, painful hands and feet; nausea; rash; vomiting; feeling tired or weak; mouth sores; pain in hands and feet; shortness of breath; back pain; indigestion; dry skin; and difficulty sleeping. Tell your doctor about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Do not eat or drink grapefruit products while taking TYKERB.

Click here for full Prescribing Information, which includes a discussion of the risks with TYKERB, including serious liver problems.
**SECTION 2**

**BENEFITS AND SIDE EFFECTS OF TREATMENT**

**REDUCED TUMORS IN MORE WOMEN VS CAPECITABINE ALONE**

A secondary measurement in the study was *response rate*.

- *Response* means the treatment reduced the size or number of tumors
- *Response rate* is the percentage of women in the treatment group who had a response

Two groups of medical experts reviewed the results for response rate. Their findings are shown below.

<table>
<thead>
<tr>
<th>REVIEW 1: By an independent group of medical experts who were not involved in the study</th>
<th>REVIEW 2: By medical experts who were involved in the study</th>
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<tbody>
<tr>
<td><strong>TYKERB + capecitabine (N=198)</strong></td>
<td><strong>TYKERB + capecitabine (N=198)</strong></td>
</tr>
<tr>
<td>23.7%</td>
<td>31.8%</td>
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<tr>
<td><strong>capecitabine alone (N=201)</strong></td>
<td><strong>capecitabine alone (N=201)</strong></td>
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<tr>
<td>13.9%</td>
<td>17.4%</td>
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</table>

- In Review 1, among the women who took TYKERB® (lapatinib) plus capecitabine, 23.7% (nearly 1 in 4) had a response to treatment, compared with 13.9% of the women who took capecitabine alone (about 1 in 7)
- In Review 2, among the women who took TYKERB plus capecitabine, 31.8% (nearly 1 in 3) had a response to treatment, compared with 17.4% of the women who took capecitabine alone (about 1 in 6)

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**IMPORTANT SAFETY INFORMATION FOR TYKERB**

Some people may develop liver damage while taking TYKERB. Liver problems can be severe and deaths have happened. Before taking TYKERB, tell your doctor if you have liver problems. You may need a lower dose of TYKERB. Your doctor should do blood tests to check your liver before and during treatment with TYKERB. You should contact your doctor right away if you have itching, yellowing of your skin or the white part of your eyes, dark urine, or pain or discomfort in the right upper stomach area.

Do not take TYKERB if you are allergic to any of the ingredients in TYKERB.

It is not known if TYKERB is safe and effective in children.

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Click here for full Prescribing Information, which includes a discussion of the risks with TYKERB, including serious liver problems.
**SUMMARY OF SERIOUS SIDE EFFECTS WITH TYKERB + CAPECITABINE**

### LIVER PROBLEMS
- Liver problems can be severe and deaths have happened
- Signs and symptoms of liver problems include:
  - Itching
  - Yellowing of your skin or the white part of your eyes
  - Dark urine
  - Pain or discomfort in the right upper stomach area
- Your doctor should do blood tests to check your liver before you start taking TYKERB® (lapatinib) and during treatment

### HEART PROBLEMS
- Heart problems, including decreased pumping of blood from the heart and an abnormal heartbeat
- Signs and symptoms of an abnormal heartbeat include:
  - Feeling like your heart is pounding or racing
  - Dizziness
  - Tiredness
  - Feeling lightheaded
  - Shortness of breath
- Your doctor should check your heart function before you start taking TYKERB and during treatment

### LUNG PROBLEMS
- Symptoms of a lung problem with TYKERB include:
  - A cough that will not go away
  - Shortness of breath

### SEVERE SKIN REACTIONS
- TYKERB may cause severe skin reactions
- Tell your doctor right away if you develop:
  - A skin rash
  - Red skin
  - Blistering of the lips, eyes, or mouth
  - Peeling skin
  - Fever
  - Any combination of these
- Severe skin reactions can be life-threatening, so your doctor may tell you to stop taking TYKERB

### DIARRHEA
- Diarrhea is common with TYKERB and may sometimes be severe
  - Severe diarrhea occurs in less than 11% of patients
  - Severe diarrhea can cause loss of body fluid (dehydration) and some deaths have happened
  - Call your doctor right away if you have a change in bowel pattern or if you have severe diarrhea
- Follow your doctor’s instructions for what to do to help prevent or treat diarrhea
  - If you get severe diarrhea with TYKERB, your doctor may take the following steps:
    - Give you electrolytes and fluids, either orally or by intravenous infusion
    - Give you antibiotics, especially if your diarrhea continues beyond 24 hours, or if you have a fever, or if your white blood cell count is low
    - Interrupt or discontinue your treatment with TYKERB
  - Diarrhea generally occurs early during treatment with TYKERB
    - Almost half of patients with diarrhea first experience it within 6 days of starting TYKERB, and it usually lasts 4 to 5 days
- Your health care provider may suggest that you have an antidiarrheal medicine such as loperamide on-hand to help manage your diarrhea. Talk to your pharmacist to find out what brands contain this medicine. Use loperamide only as directed under the supervision of your doctor
  - Talk to your doctor if loperamide does not stop your diarrhea
- You may also try these tips to help manage diarrhea that is not severe:
  - Drink at least 8 glasses of clear liquids per day (such as water, broth, or sports drinks)
  - Eat frequent small meals and easily digestible foods such as rice, applesauce, and toast
  - Discontinue any lactose-containing products, alcohol, laxatives, and/or stool softeners
  - Talk to your doctor before making any changes to your diet

**Call your doctor right away** if you have any of the signs or symptoms of the serious side effects listed above.
In addition to serious side effects, there are also common side effects of treatment with TYKERB® (lapatinib). These include:

- Diarrhea (less than severe)
- Red, painful hands and feet
- Nausea
- Rash
- Vomiting
- Tiredness or weakness
- Mouth sores
- Indigestion
- Dry skin
- Back pain
- Pain in hands and feet
- Shortness of breath
- Difficulty sleeping

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

These are not all the possible side effects of TYKERB. For more information, ask your doctor or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to the FDA by calling 1-800-FDA-1088.

You may also get side effects from the other medicines taken with TYKERB. Talk to your doctor about possible side effects you may get during treatment.

**IMPORTANT SAFETY INFORMATION FOR TYKERB**

Before taking TYKERB, tell your doctor if you have heart problems. Some people may develop heart problems while taking TYKERB, including decreased pumping of blood from the heart and an abnormal heartbeat. Call your doctor right away if you feel like your heart is pounding or racing; if you are dizzy, tired, or light-headed; or if you are short of breath. Your doctor should check your heart before and during treatment with TYKERB.

Diarrhea is common with TYKERB and may sometimes be severe. Severe diarrhea can cause loss of fluid (dehydration) and some deaths have happened. Call your doctor right away if you have a change in bowel pattern or if you have severe diarrhea. Follow your doctor’s instructions for what to do to help prevent or treat diarrhea.
Tell your doctor about any side effects you may have

If you have side effects, it may be hard to stick to your treatment plan. You may think skipping a dose of TYKERB® (lapatinib) or stopping it altogether is a way of dealing with the side effects.

It is important that you continue to take TYKERB exactly as prescribed by your doctor and discuss all side effects with your doctor.

Tell your doctor or nurse if you are having side effects. He or she may suggest steps you can take to help manage certain side effects.

Tell your doctor about any medical conditions you may have

It’s important to communicate any prior or current medical conditions you may have, aside from your HER2+ metastatic breast cancer.

Before taking TYKERB plus capecitabine, tell your doctor if you:

- Have heart problems
- Have liver problems. You may need a lower dose of TYKERB
- Have any other medical conditions
- Are pregnant or plan to become pregnant. TYKERB can harm your unborn baby. You should not become pregnant while taking TYKERB. Tell your doctor right away if you become pregnant during treatment with TYKERB
- Are breastfeeding or plan to breastfeed. It is not known if TYKERB passes into your breast milk. You and your doctor should decide if you will take TYKERB or breastfeed. You should not do both

Tell your doctor about any medications you may be taking

Your doctor also needs to know about all prescription and over-the-counter medicines, vitamins, and herbal supplements.

TYKERB may affect the way other medicines work, and other medicines may affect the way TYKERB works.

Especially tell your doctor if you take:

- Antibiotics and antifungal medicines (used to treat infections)
- HIV medicines
- Medicines used to treat seizures
- Medicines used to treat heart problems or high blood pressure
- Antidepressants
- Medicines that reduce stomach acid (antacids)
- St John’s wort

Important safety information for TYKERB

If you have a cough that will not go away or are short of breath, talk with your doctor. These may be signs of lung problems.

TYKERB may cause severe skin reactions. If you develop skin rash; red skin; blistering of the lips, eyes, or mouth; peeling skin; fever; or any combination of these, tell your doctor right away. As severe skin reactions can be life-threatening, your doctor may tell you to stop taking TYKERB.

Tell your doctor right away if you are or plan to become pregnant. You should not become pregnant when taking TYKERB because the unborn baby can be harmed. Tell your doctor if you are breastfeeding or plan to breastfeed. It is not known if TYKERB passes into breast milk. You and your doctor should decide if you will take TYKERB or breastfeed. You should not do both.

Click here for full Prescribing Information, which includes a discussion of the risks with TYKERB, including serious liver problems.
THE SIDE EFFECT JOURNAL

Use this journal to track your side effects and the steps you take to help manage them based on discussion with your doctor. Bring the journal to your doctor visits to help you talk about your side effects and additional steps you can take.

**DIRECTIONS:**

1. List any side effect you are having, the date the side effect started, and how long the side effect lasted.
2. Rate how severe the side effect is and write down what your doctor has recommended you do to help manage the side effect.
3. Record how well it worked and write down the next steps you want to take.

<table>
<thead>
<tr>
<th>SIDE EFFECT</th>
<th>DATE STARTED</th>
<th>HOW LONG IT LASTED</th>
<th>SEVERITY</th>
<th>DOCTOR’S ADVICE</th>
<th>RESPONSE</th>
<th>NEXT STEPS</th>
</tr>
</thead>
</table>

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You should inform your health care provider about any side effects you are experiencing.

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Click [here](#) for full Prescribing Information, which includes a discussion of the risks with TYKERB, including serious liver problems.
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Click here for full Prescribing Information, which includes a discussion of the risks with TYKERB, including serious liver problems.
TELL YOUR DOCTOR ABOUT ANY CONDITIONS AND MEDICATIONS IN YOUR HISTORY

MEDICAL CONDITIONS

It’s important that you communicate any medical conditions you have or had, other than your HER2+ metastatic breast cancer. Before taking TYKERB® (lapatinib), tell your doctor if you:

- Have heart problems
- Have liver problems. You may need a lower dose of TYKERB
- Have any other medical conditions
- Are pregnant or plan to become pregnant. TYKERB can harm your unborn baby. You should not become pregnant while taking TYKERB. Tell your doctor right away if you become pregnant during treatment with TYKERB
- Are breastfeeding or plan to breastfeed. It is not known if TYKERB passes into your breast milk. You and your doctor should decide if you will take TYKERB or breastfeed. You should not do both

MEDICINES YOU TAKE

Your doctor needs to know about all prescription and over-the-counter medicines, vitamins, and herbal supplements. TYKERB may affect the way other medicines work, and other medicines may affect the way TYKERB works. Especially tell your doctor if you take:

- Antibiotics and antifungal medicines (used to treat infections)
- HIV medicines
- Medicines used to treat seizures
- Medicines used to treat heart problems or high blood pressure
- Antidepressants
- Medicines that reduce stomach acid (antacids)
- St John’s wort

IMPORTANT SAFETY INFORMATION FOR TYKERB

When TYKERB is taken with capecitabine, common side effects include diarrhea; red, painful hands and feet; nausea; rash; vomiting; feeling tired or weak; mouth sores; pain in hands and feet; shortness of breath; back pain; indigestion; dry skin; and difficulty sleeping. Tell your doctor about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Do not eat or drink grapefruit products while taking TYKERB.

Some people may develop liver damage while taking TYKERB. Liver problems can be severe and deaths have happened. Before taking TYKERB, tell your doctor if you have liver problems. You may need a lower dose of TYKERB. Your doctor should do blood tests to check your liver before and during treatment with TYKERB. You should contact your doctor right away if you have itching, yellowing of your skin or the white part of your eyes, dark urine, or pain or discomfort in the right upper stomach area.

Click here for full Prescribing Information, which includes a discussion of the risks with TYKERB, including serious liver problems.
HOW TO TAKE TYKERB PLUS CAPECITABINE

• Take TYKERB® (lapatinib) plus capecitabine exactly as your doctor tells you to take it. Your doctor may change your dose of TYKERB if needed
• TYKERB plus capecitabine is taken in 21-day cycles
• Keep repeating the 21-day cycles continuously until your doctor tells you to stop
• Take TYKERB exactly as your doctor tells you to take it. Your doctor may change the dose of TYKERB if needed

Taking TYKERB

• Take TYKERB on every day of the 21-day cycle
• Take 5 tablets of TYKERB all at once (a total of 1250 mg), once a day, every day
• Take your daily dose of TYKERB on an empty stomach, at least 1 hour before you eat or 1 hour after you eat
• Do not eat or drink grapefruit products during treatment with TYKERB
• If you miss a dose of TYKERB, take your next dose at the regular time the next day
• If you take too much TYKERB, call your doctor or go to the nearest hospital emergency room right away

Taking Capecitabine

• Your doctor will tell you the dose of capecitabine you should take
• Take capecitabine 2 times a day, in doses approximately 12 hours apart, on days 1 to 14 of each 21-day treatment cycle
• Do not take capecitabine on days 15 to 21 (week 3) of each 21-day treatment cycle
• In other words, you take capecitabine for 2 weeks, followed by 1 week off capecitabine, in each 21-day treatment cycle
• Take capecitabine within 30 minutes after a meal

QUESTIONS YOU MAY HAVE ABOUT TYKERB

How many TYKERB tablets do I take? The usual dose of TYKERB is 5 tablets taken once a day. All of the tablets of TYKERB must be taken at the same time of day, one tablet after another. TYKERB should be taken on an empty stomach, at least 1 hour before or after a meal. Your doctor may adjust your dose depending on how you tolerate the treatment. Be sure to take TYKERB exactly as your doctor tells you.

How many capecitabine tablets do I take? Your doctor will tell you the dose of capecitabine you should take and when you should take it. Take capecitabine in 2 doses approximately 12 hours apart. Always take capecitabine with food or within 30 minutes after food.

What if I forget to take TYKERB? If you forget to take your tablets of TYKERB, or you miss a day, or you cannot remember if you have taken your tablets, do not take 2 doses at one time. Take your next dose at your scheduled time.

Are there foods I will need to avoid while taking TYKERB? Do not eat or drink grapefruit products while taking TYKERB. Grapefruit may increase the amount of TYKERB in your blood.

How do I store TYKERB? Store TYKERB at room temperature (68°F to 77°F). Keep the bottle closed tight. Be sure to store the bottle out of the reach of children. Talk with your doctor or pharmacist about how to get rid of unused medicine.

IMPORTANT SAFETY INFORMATION FOR TYKERB

Do not take TYKERB if you are allergic to any of the ingredients in TYKERB.

It is not known if TYKERB is safe and effective in children.

Before taking TYKERB, tell your doctor if you have heart problems. Some people may develop heart problems while taking TYKERB, including decreased pumping of blood from the heart and an abnormal heartbeat. Call your doctor right away if you feel like your heart is pounding or racing; if you are dizzy, tired, or light-headed; or if you are short of breath. Your doctor should check your heart before and during treatment with TYKERB.

Click here for full Prescribing Information, which includes a discussion of the risks with TYKERB, including serious liver problems.
# USING THE TREATMENT CALENDAR

Use this calendar to keep track of your daily treatment schedule. Fill in the date for each day and check the box when you take your medicine each day.

Remember, take TYKERB® (lapatinib) and capecitabine exactly and for as long as your doctor tells you to take it.

<table>
<thead>
<tr>
<th>Week 1</th>
<th>Day 1</th>
<th>Day 2</th>
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<th>Week 4</th>
<th>Day 1</th>
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<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
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<tr>
<td>TYKERB</td>
<td>Date___ □</td>
<td>Date___ □</td>
<td>Date___ □</td>
<td>Date___ □</td>
<td>Date___ □</td>
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<td>Capecitabine AM</td>
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<tr>
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<tr>
<th>Week 5</th>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>TYKERB</td>
<td>Date___ □</td>
<td>Date___ □</td>
<td>Date___ □</td>
<td>Date___ □</td>
<td>Date___ □</td>
<td>Date___ □</td>
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</tr>
<tr>
<td>Capecitabine AM</td>
<td>□</td>
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</tr>
<tr>
<td>Capecitabine PM</td>
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<td>□</td>
<td>□</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 6</th>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>TYKERB</td>
<td>Date___ □</td>
<td>Date___ □</td>
<td>Date___ □</td>
<td>Date___ □</td>
<td>Date___ □</td>
<td>Date___ □</td>
<td>Date___ □</td>
</tr>
<tr>
<td>No Capecitabine</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
</tbody>
</table>

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*Continue this pattern as directed by your doctor*

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Click here for full Prescribing Information, which includes a discussion of the risks with TYKERB, including serious liver problems.
STAYING ON COURSE AND CHALLENGES YOU MAY FACE

You may have days when it’s hard to take your medicine. You may not feel well. You may have trouble remembering to take your medicine. Or you may have trouble dealing with side effects. You are not alone. In this section, you will find helpful tips to deal with physical and emotional roadblocks.

Some roadblocks you may face are emotional ones. You may be feeling down, afraid, or anxious about what you are going through. These feelings are completely understandable. If some of these feelings keep you from staying on track with your treatment, here are ideas that may help you:

<table>
<thead>
<tr>
<th>SOMETIMES…</th>
<th>WHAT I CAN DO</th>
</tr>
</thead>
<tbody>
<tr>
<td>I forget to take my medicine.</td>
<td>I will set up medicine reminders for myself, such as cell phone alarms.</td>
</tr>
<tr>
<td>I wonder if starting this treatment is worth the effort.</td>
<td>I will talk to my doctor about the benefits and side effects.</td>
</tr>
<tr>
<td>I worry that I can’t handle the side effects.</td>
<td>I can tell my doctor or nurse about my side effects so we can work together to try to help manage them.</td>
</tr>
<tr>
<td>I worry that I can’t afford to pay for my medicine.</td>
<td>I will ask my doctor, nurse, or social worker about programs that can help pay for my medicine.</td>
</tr>
<tr>
<td>I forget to refill my medicine on time.</td>
<td>I will mark my calendar to remind myself to refill my medicine a week before I run out.</td>
</tr>
<tr>
<td>I don’t understand what my doctor is telling me.</td>
<td>I will ask my doctor or nurse to repeat the information or explain it differently.</td>
</tr>
<tr>
<td>I have trouble asking my doctor questions.</td>
<td>I can write down my questions as I think of them and then take the list with me to my appointment.</td>
</tr>
</tbody>
</table>

YOU MAY WANT TO TAKE THIS CHART WITH YOU TO YOUR NEXT HEALTH CARE PROVIDER APPOINTMENT. IT MAY HELP YOU TO TALK WITH YOUR DOCTOR OR NURSE ABOUT ANY PROBLEMS YOU MAY BE HAVING.

IMPORTANT SAFETY INFORMATION FOR TYKERB

Diarrhea is common with TYKERB® (lapatinib) and may sometimes be severe. Severe diarrhea can cause loss of fluid (dehydration) and some deaths have happened. Call your doctor right away if you have a change in bowel pattern or if you have severe diarrhea. Follow your doctor’s instructions for what to do to help prevent or treat diarrhea.

If you have a cough that will not go away or are short of breath, talk with your doctor. These may be signs of lung problems.

Click here for full Prescribing Information, which includes a discussion of the risks with TYKERB, including serious liver problems.
WORKING WITH YOUR DOCTOR AND NURSE

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GETTING SIDE EFFECT SUPPORT FROM YOUR DOCTOR .................................................................................................. 20
REVIEWING YOUR TREATMENT PLAN .......................................................................................................................... 21

Click here for full Prescribing Information, which includes a discussion of the risks with TYKERB, including serious liver problems.
Your doctor and nurse are there to help you during your treatment with TYKERB. This is certainly true for side effects you may experience.

Talk with your doctor or nurse if you are having side effects. He or she may suggest steps you can take to help manage some side effects of TYKERB plus capecitabine.

**BE SURE TO ALSO:**
- Show your doctor or nurse your Side Effect Journal at the time of your visit
- Remember to tell your doctor or nurse about any other medications you may be taking

**GETTING SIDE EFFECT SUPPORT FROM YOUR DOCTOR**

**TIPS FOR TALKING WITH YOUR DOCTOR OR NURSE**

Right now you may have a lot of questions for your doctor or nurse about TYKERB® (lapatinib). And your doctor may have a lot of information to share with you.

Remembering everything you discuss with your doctor can be overwhelming.

You may want to consider asking someone to come with you to your doctor appointment. This person can offer you support and may be able to help you remember what your doctor or nurse said.

**IT MAY ALSO HELP TO:**
- Write notes about any questions or issues you have with your treatment or side effects
- Take your notes with you to your appointment
- Write down answers to your questions and instructions.
  When you get home, if you can’t remember what your doctor or nurse told you, you can look at your notes

**IMPORTANT SAFETY INFORMATION FOR TYKERB**

TYKERB may cause severe skin reactions. If you develop skin rash; red skin; blistering of the lips, eyes, or mouth; peeling skin; fever; or any combination of these, tell your doctor right away. As severe skin reactions can be life-threatening, your doctor may tell you to stop taking TYKERB.

Tell your doctor right away if you are or plan to become pregnant. You should not become pregnant when taking TYKERB because the unborn baby can be harmed. Tell your doctor if you are breastfeeding or plan to breastfeed. It is not known if TYKERB passes into breast milk. You and your doctor should decide if you will take TYKERB or breastfeed. You should not do both.

When TYKERB is taken with capecitabine, common side effects include diarrhea; red, painful hands and feet; nausea; rash; vomiting; feeling tired or weak; mouth sores; pain in hands and feet; shortness of breath; back pain; indigestion; dry skin; and difficulty sleeping. Tell your doctor about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Do not eat or drink grapefruit products while taking TYKERB.

[Click here](link) for full Prescribing Information, which includes a discussion of the risks with TYKERB, including serious liver problems.
REVIEWING YOUR TREATMENT PLAN

During your visit with your doctor or nurse, it can also be helpful to review your:

- Side Effect Journal
- Treatment Calendar
- Daily Medicine Schedule

A daily medicine schedule can help you remember to take your medicine at the right time every day. It will also help your doctor or nurse understand if you are taking your medicine correctly. Here is an example of a daily medicine schedule for TYKERB® (lapatinib) plus capecitabine:

<table>
<thead>
<tr>
<th>Take TYKERB at least 1 hour before or after you eat.</th>
<th>I will take TYKERB at:</th>
<th>7:00 AM</th>
</tr>
</thead>
<tbody>
<tr>
<td>When do you eat breakfast?</td>
<td>I eat breakfast at:</td>
<td>8:00 AM</td>
</tr>
<tr>
<td>Take capecitabine within 30 minutes after a meal.</td>
<td>I will take my first dose of capecitabine by:</td>
<td>8:30 AM</td>
</tr>
<tr>
<td>When do you eat dinner?</td>
<td>I eat dinner at:</td>
<td>7:00 PM</td>
</tr>
<tr>
<td>Take capecitabine within 30 minutes after a meal.</td>
<td>I will take my second dose of capecitabine by:</td>
<td>7:30 PM</td>
</tr>
</tbody>
</table>

You should design a daily medicine schedule that works best for you and discuss it with your doctor or nurse.

IMPORTANT SAFETY INFORMATION FOR TYKERB

Some people may develop liver damage while taking TYKERB. Liver problems can be severe and deaths have happened. Before taking TYKERB, tell your doctor if you have liver problems. You may need a lower dose of TYKERB. Your doctor should do blood tests to check your liver before and during treatment with TYKERB. You should contact your doctor right away if you have itching, yellowing of your skin or the white part of your eyes, dark urine, or pain or discomfort in the right upper stomach area.

Click here for full Prescribing Information, which includes a discussion of the risks with TYKERB, including serious liver problems.
SUPPORT FOR LIVING WITH mBC

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Click here for full Prescribing Information, which includes a discussion of the risks with TYKERB, including serious liver problems.
NOVARTIS IS HERE TO SUPPORT YOU

Remember, your doctor and nurse should always be your first resource for answering questions and getting support during your treatment with TYKERB® (lapatinib). But remember that Novartis works with your support system to provide you with as much assistance as possible.

PATIENT ASSISTANCE NOW ONCOLOGY

Novartis 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.

Support for patients includes:

- Help you understand your insurance coverage and financial responsibilities through the insurance verification process
- Help you identify/determine pharmacies covered by your plan
- Provide insurance and Medicare education
- Provide information about financial assistance that may be available
- Patient Support Counselors who are able to provide information in over 160 languages
- One single point of contact to help guide you through getting access to the medicine prescribed by your doctor

To learn more, call 1-800-282-7630.

IMPORTANT SAFETY INFORMATION FOR TYKERB

Some people may develop liver damage while taking TYKERB. Liver problems can be severe and deaths have happened. Before taking TYKERB, tell your doctor if you have liver problems. You may need a lower dose of TYKERB. Your doctor should do blood tests to check your liver before and during treatment with TYKERB. You should contact your doctor right away if you have itching, yellowing of your skin or the white part of your eyes, dark urine, or pain or discomfort in the right upper stomach area.

Click here for full Prescribing Information, which includes a discussion of the risks with TYKERB, including serious liver problems.
There are many organizations that offer information and support for people with cancer. Some of the websites listed here provide information about treatment options, health insurance issues, and support programs available to women with breast cancer.

### Advocacy and Other Support Groups

- **AdvancedBC.org**
  - www.advancedbc.org

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

- **Breastcancer.org**
  - www.breastcancer.org

- **CancerCare®**
  - 1-800-813-4673
  - www.cancercare.org

- **Cancer Support Community**
  - (formerly The Wellness Community® and Gilda’s Club)
  - 1-888-793-9355
  - www.cancersupportcommunity.org

- **HER2 Support Group**
  - www.her2support.org

- **Living Beyond Breast Cancer**
  - 1-855-807-6386
  - www.lbbc.org

- **Metastatic Breast Cancer Network**
  - 1-888-500-0370
  - www.mbcn.org

- **MyLifeLine.org**
  - www.MyLifeLine.org

- **NCCS (National Coalition for Cancer Survivorship)**
  - 1-877-622-7937
  - www.canceradvocacy.org

- **Sisters Network® Inc.**
  - 1-866-781-1808
  - www.sistersnetworkinc.org

The organizations and websites listed here are external to Novartis. Novartis does not have control over the information provided on these websites and therefore cannot guarantee the accuracy and completeness of the information and is not responsible for any information these organizations provide. Any information you receive from these websites should not replace medical advice from your health care provider.

**Click here** for full Prescribing Information, which includes a discussion of the risks with TYKERB, including serious liver problems.