INDICATIONS AND USAGE
Sandostatin® LAR Depot (octreotide acetate for injectable suspension) is indicated for long-term treatment of the severe diarrhea and flushing episodes associated with metastatic carcinoid tumors and long-term treatment of the profuse watery diarrhea associated with VIP-secreting tumors in patients in whom initial treatment with immediate release Sandostatin® (octreotide acetate) Injection has been shown to be effective and tolerated. 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.

HIGHLIGHTS OF IMPORTANT SAFETY INFORMATION
Warnings and Precautions suggest that treatment with Sandostatin LAR Depot may affect gallbladder function, glucose metabolism, thyroid and cardiac function, and nutritional absorption. Periodic monitoring is recommended. Cardiac function: use with caution in at-risk patients.

Please see additional Important Safety Information on adjacent pages. Please click here for full Prescribing Information.
Certain lifestyle choices may have an impact on the severe diarrhea and flushing of carcinoid syndrome. It’s important to determine if certain potential triggers, known as the 5E’s, may have been responsible for any flare-ups.\textsuperscript{2-5}

**EATING**\textsuperscript{2}

What has your patient eaten recently?

Spicy foods may not be the only trigger of severe diarrhea and flushing associated with metastatic carcinoid tumors. In fact, in a nutritional study, large meals were the most common trigger of these symptoms. Foods and beverages that may cause flare-ups include:

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

**IMPORTANT SAFETY INFORMATION**

**Warnings and Precautions:**

- Gallbladder abnormalities may occur: Patients should be monitored periodically.
- Glucose Metabolism: Hypoglycemia or hyperglycemia may occur. Blood glucose levels should be monitored when Sandostatin® LAR Depot (octreotide acetate for injectable suspension) treatment is initiated or when the dose is altered. Antidiabetic treatment should be adjusted accordingly.
- Thyroid Function: Hypothyroidism may occur. Baseline and periodic assessment of thyroid function (TSH, total and/or free T4) is recommended.
- Cardiac Function: Bradycardia, arrhythmia, conduction abnormalities, and other EKG changes may occur. The relationship of these events to octreotide acetate is not established because many of these patients have underlying cardiac disease. Use with caution in at-risk patients.
- Nutrition: Octreotide may alter absorption of dietary fats. Monitoring of vitamin B\textsubscript{12} levels is recommended during therapy with Sandostatin LAR Depot. Patients on total parenteral nutrition (TPN) and octreotide should have periodic monitoring of zinc levels.

Please see additional Important Safety Information on adjacent pages. Please click [here](#) for full Prescribing Information.
EXERCISING

Has your patient engaged in vigorous physical activity recently?

While physical ability and level of activity vary from patient to patient, physical stress may trigger flushing associated with metastatic carcinoid tumors. Patients should consult their physician before engaging in physical activity or exercise.

EMOTIONS

Has your patient experienced strong emotions lately?

Everybody experiences daily life events that he or she cannot control. Although completely eliminating stress is impossible, it is important for patients with carcinoid syndrome to limit emotional stress. Certain emotional states—such as anxiety or stress—can trigger severe diarrhea and flushing associated with metastatic carcinoid tumors.

IMPORTANT SAFETY INFORMATION (continued)

Drug Interactions: The following drugs require monitoring and possible dose adjustment when used with Sandostatin LAR Depot: cyclosporine, insulin, oral hypoglycemic agents, beta-blockers, and bromocriptine. Octreotide has been associated with alterations in nutrient absorption, so it may have an effect on absorption of orally administered drugs. Drugs mainly metabolized by CYP3A4 and which have a low therapeutic index should be used with caution.

Adverse Reactions: The most common adverse reactions occurring in patients receiving Sandostatin LAR Depot were biliary abnormalities (62%), injection site pain (20-50%), nausea (24-41%), abdominal pain (10-35%), fatigue (8-32%), headache (16-30%), hyperglycemia (27%), back pain (8-27%), constipation or vomiting (15-21%), dizziness (18-20%), sinus bradycardia (19%), pruritus (18%), URTI (10-18%), myalgia (4-18%), flatulence (9-16%), arthropathy (8-15%), rash (15%), generalized pain (4-15%), sinusitis (5-12%), conduction abnormalities (9%), hypoglycemia (4%), and arrhythmia (3%).

Please see additional Important Safety Information on adjacent pages.

Please click here for full Prescribing Information.
Has your patient been given epinephrine recently?
Certain medical procedures, such as those performed by a dentist or surgeon, may require anesthetics that contain epinephrine, which can cause flare-ups of severe diarrhea and flushing associated with metastatic carcinoid tumors.

Has your patient consumed alcohol recently?
There is 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 flushing or severe diarrhea.

Remember the 5E’s when discussing recent flare-ups of severe diarrhea and flushing with your patients who have metastatic carcinoid tumors. One or more of the 5E’s may have triggered severe diarrhea and flushing.2-5

Please see additional Important Safety Information on adjacent pages. Please click here for full Prescribing Information.
For more information, have your patients visit the Sandostatin LAR Depot Facebook page at www.facebook.com/SandostatinLARDepot.

**INDICATIONS AND USAGE**

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**HIGHLIGHTS OF IMPORTANT SAFETY INFORMATION (continued)**

**Drug Interactions:** The following drugs require monitoring and possible dose adjustment when used with Sandostatin LAR Depot: cyclosporine, insulin, oral hypoglycemic agents, beta-blockers, and bromocriptine.

**Adverse Reactions:** The most common adverse reactions occurring in ≥20% of patients are: back pain, fatigue, headache, abdominal pain, nausea, and dizziness.

Please see additional Important Safety Information on adjacent pages. Please click here for full Prescribing Information.