

I have CLL (Chronic Lymphocytic Leukemia). I took charge by asking my doctor if IMBRUVICA[®] is right for me.

If you or a loved one is living with CLL, the choices you make with your doctor when it's time for treatment matter. Of course, it can be hard to know where to start.

This guide was created to help you get ready for a conversation with your doctor about treatment and about IMBRUVICA[®].



Making a treatment decision is a process you can break down into 3 steps:

1

Identify what's important to you

2

Partner with your doctor

3

Take an active role

When you think about decisions as a series of smaller steps, they may seem less overwhelming and may help you and your doctor make the right choice for you.

What is IMBRUVICA[®] (ibrutinib)?

IMBRUVICA[®] (ibrutinib) is a prescription medicine used to treat adults with:

- Chronic lymphocytic leukemia (CLL)/Small lymphocytic lymphoma (SLL).
- Chronic lymphocytic leukemia (CLL)/Small lymphocytic lymphoma (SLL) with 17p deletion.

It is not known if IMBRUVICA[®] is safe and effective in children.

IMPORTANT SIDE EFFECT INFORMATION

IMBRUVICA may cause serious side effects, including bleeding problems (hemorrhage), infections, decrease in blood cell counts, heart rhythm problems (ventricular arrhythmias, atrial fibrillation and atrial flutter), high blood pressure (hypertension), second primary cancers and tumor lysis syndrome (or TLS).

Please see the Important Side Effect Information on pages 11-12.

Please click here for [Important Product Information](#).



Step 1: Identify What's Important to You

It's important to understand your needs as you work with your doctor to make a treatment decision. Take some time to reflect on what's important to you as you prepare for the conversation.

Ask yourself these questions



Write your answers in the space below.

1. What is important to me when considering a treatment type? *(eg, close to home, less time away from work)*

2. What type of treatment do I want to learn about? *(eg, oral, IV)*

3. What are some of the concerns I have about starting treatment? *(eg, side effects, costs)*

4. What kind of support do I want? *(eg, someone to listen, someone to drive me to appointments)*

Track the symptoms

To understand how a treatment may help you reach your goals, you need to know how you are doing. Tracking how you feel physically can help with that. You can use the calendar on your phone, a notebook, or the space below.

Write down

- What the symptom is
- What time you felt it
- How long it lasted
- How you would rate it

Example

#

Tired
Afternoon
1 hour
Mild

My Doctor's Contact Info:

SUN	MON	TUE	WED	THUR	FRI	SAT
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						

Talk with your doctor at your next appointment if you think you are experiencing a symptom or side effect. If it is severe, call them right away.



Questions for my doctor

Use the questions you asked yourself and the symptoms you tracked to help you plan the conversation with your doctor. What questions do you have for your doctor? Put them in order so you can get your most important questions answered first.

Here's one to get you started:

Question: How could a treatment like IMBRUVICA® help me?

Answer:

Question:

Answer:

Question:

Answer:

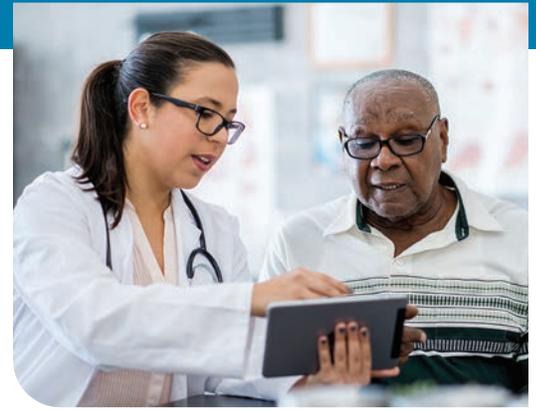
Question:

Answer:

Step 2: Partner With Your Doctor

When you're living with CLL or SLL, it's important to have a good relationship with your entire healthcare team, including your doctor, nurse, and the other professionals who support you. For many people, that relationship looks a lot more like a partnership. Each of you brings important knowledge and skills. For example, your doctor is the expert in medicine. And you are an expert too—on yourself and your needs.

Use the space below to write down what you each bring to the partnership. Here are a few examples to get you started:



YOUR DOCTOR	YOU
Knows about your condition	Know about your personal needs
Shares medical information	Share your questions and concerns
Recommends and manages treatment	Stick to treatment as prescribed
<i>What else does your doctor bring?</i>	<i>What else do you bring?</i>



Say what you want to say

Even when you feel comfortable talking with your doctor, it can be hard to know what to say during your appointment. You may want to consider using this cheat sheet at your next visit or writing your own reminders.

When your doctor says...	You say...
<p>How are you doing?</p>	<p>I am _____. I'd like to share some things I've written down and ask some questions.</p>
<p>Based on your recent lab results, it's looking like we might need to start treating your CLL soon.</p>	<p>Ok. I've heard about IMBRUVICA®. Can you tell me more about it?</p>
<p>IMBRUVICA® may be a choice for you. It works differently than chemo.</p>	<p>Thanks for explaining that. Do you recommend IMBRUVICA® for my CLL? Can you help me understand the possible side effects? What should I know about possible interactions with other medications?</p>
<p><i>By partnering with your doctor and expressing your needs, you can find the right treatment and path forward for you.</i></p>	



Step 3: Take an Active Role

The last step in taking charge of your treatment decision is to put it all into action. This action plan can help you think about ways to move forward. Customize this plan to fit your needs.

My Next Steps



My next appointment date is: _____

At the last appointment, my doctor recommended that I: _____

I intend to:

Do more research about CLL and treatments

Connect with a support group

Continue to track my symptoms

Keep up with the latest news on my condition

When I need it, I will ask _____ for support.

Other actions I intend to take are: _____



Bringing It All Together

Now you know the steps for working with your doctor to make a treatment decision.

1

Identify what's important to you

2

Partner with your doctor

3

Take an active role

Remember, your doctor is here to help and guide you. Use what you've learned to work together to find the treatment and support that is right for you.

Notes

IMPORTANT SIDE EFFECT INFORMATION

Before taking IMBRUVICA®, tell your healthcare provider about all of your medical conditions, including if you:

- have had recent surgery or plan to have surgery. Your healthcare provider may stop IMBRUVICA® for any planned medical, surgical, or dental procedure.
- have bleeding problems.
- have or had heart rhythm problems, smoke, or have a medical condition that increases your risk of heart disease, such as high blood pressure, high cholesterol, or diabetes.
- have an infection.
- have liver problems.
- are pregnant or plan to become pregnant. IMBRUVICA® can harm your unborn baby. If you are able to become pregnant, your healthcare provider will do a pregnancy test before starting treatment with IMBRUVICA®. Tell your healthcare provider if you are pregnant or think you may be pregnant during treatment with IMBRUVICA®.
 - **Females** who are able to become pregnant should use effective birth control (contraception) during treatment with IMBRUVICA® and for 1 month after the last dose.
 - **Males** with female partners who are able to become pregnant should use effective birth control, such as condoms, during treatment with IMBRUVICA® and for 1 month after the last dose.
- are breastfeeding or plan to breastfeed. Do not breastfeed during treatment with IMBRUVICA® and for 1 week after the last dose.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Taking IMBRUVICA® with certain other medicines may affect how IMBRUVICA® works and can cause side effects.

How should I take IMBRUVICA®?

- Take IMBRUVICA® exactly as your healthcare provider tells you to take it.
- Take IMBRUVICA® 1 time a day.
- Swallow IMBRUVICA® capsules or tablets whole with a glass of water.

- Do not open, break, or chew IMBRUVICA® capsules.
- Do not cut, crush, or chew IMBRUVICA® tablets.
- Take IMBRUVICA® at about the same time each day.
- If you miss a dose of IMBRUVICA® take it as soon as you remember on the same day. Take your next dose of IMBRUVICA® at your regular time on the next day. Do not take extra doses of IMBRUVICA® to make up for a missed dose.
- If you take too much IMBRUVICA® call your healthcare provider or go to the nearest hospital emergency room right away.

What should I avoid while taking IMBRUVICA®?

- You should not drink grapefruit juice, eat grapefruit, or eat Seville oranges (often used in marmalades) during treatment with IMBRUVICA®. These products may increase the amount of IMBRUVICA® in your blood.

What are the possible side effects of IMBRUVICA®?

IMBRUVICA® may cause serious side effects, including:

- **Bleeding problems (hemorrhage) are common** during treatment with IMBRUVICA®, and can also be serious and may lead to death. Your risk of bleeding may increase if you are also taking a blood thinner medicine. Tell your healthcare provider if you have any signs of bleeding, including: blood in your stools or black stools (looks like tar), pink or brown urine, unexpected bleeding, or bleeding that is severe or that you cannot control, vomit blood or vomit looks like coffee grounds, cough up blood or blood clots, increased bruising, dizziness, weakness, confusion, change in your speech, or a headache that lasts a long time or severe headache.
- **Infections** can happen during treatment with IMBRUVICA®. These infections can be serious and may lead to death. Tell your healthcare provider right away if you have fever, chills, weakness, confusion, or other signs or symptoms of an infection during treatment with IMBRUVICA®.
- **Decrease in blood cell counts.** Decreased blood counts (white blood cells, platelets, and red blood cells) are common with IMBRUVICA®, but can also be severe. Your healthcare provider should do monthly blood tests to check your blood counts.

- **Heart rhythm problems (ventricular arrhythmias, atrial fibrillation and atrial flutter).** Serious heart rhythm problems and death have happened in people treated with IMBRUVICA®, especially in people who have an increased risk for heart disease, have an infection, or who have had heart rhythm problems in the past. Tell your healthcare provider if you get any symptoms of heart rhythm problems, such as feeling as if your heart is beating fast and irregular, lightheadedness, dizziness, shortness of breath, chest discomfort, or you faint. If you develop any of these symptoms, your healthcare provider may do a test to check your heart (ECG) and may change your IMBRUVICA® dose.
- **High blood pressure (hypertension).** New or worsening high blood pressure has happened in people treated with IMBRUVICA®. Your healthcare provider may start you on blood pressure medicine or change current medicines to treat your blood pressure.
- **Second primary cancers.** New cancers have happened during treatment with IMBRUVICA®, including cancers of the skin or other organs.
- **Tumor lysis syndrome (TLS).** TLS is caused by the fast breakdown of cancer cells. TLS can cause kidney failure and the need for dialysis treatment, abnormal heart rhythm, seizure, and sometimes death. Your healthcare provider may do blood tests to check you for TLS.

The most common side effects of IMBRUVICA® in adults with B-cell malignancies (MCL, CLL/SLL, WM and MZL) include:

- diarrhea
- tiredness
- muscle and bone pain
- rash
- bruising

The most common side effects of IMBRUVICA® in adults with cGVHD include:

- tiredness
- bruising
- diarrhea
- mouth sores (stomatitis)
- muscle spasms
- nausea
- pneumonia

Diarrhea is a common side effect in people who take IMBRUVICA®. Drink plenty of fluids during treatment with IMBRUVICA® to help reduce your risk of losing too much fluid (dehydration) due to diarrhea. Tell your healthcare provider if you have diarrhea that does not go away.

These are not all the possible side effects of IMBRUVICA®. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

General information about the safe and effective use of IMBRUVICA®

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use IMBRUVICA® for a condition for which it was not prescribed. Do not give IMBRUVICA® to other people, even if they have the same symptoms that you have. It may harm them. You can ask your pharmacist or healthcare provider for information about IMBRUVICA® that is written for health professionals.

Please click here for [Important Product Information](#).

USES

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