

My Treatment Journal

A daily journal to help you stay on track with TAVALISSE.

A woman with short, light brown hair is meditating in a yoga studio. She is sitting cross-legged on a mat, with her hands pressed together in a prayer position (Anjali Mudra) and her eyes closed. She is wearing a brown long-sleeved shirt. In the background, two other women are also meditating in a similar pose. The room has large windows and a warm, orange-toned lighting.

 **Tavalisse™**
(fostamatinib disodium
hexahydrate) tablets

SELECTED IMPORTANT SAFETY INFORMATION

What is TAVALISSE?

TAVALISSE is a prescription medication used to treat adults with low platelet counts due to chronic immune thrombocytopenia (ITP) when a prior treatment for ITP has not worked well enough. It is not known if TAVALISSE is safe and effective in children.

What is the most important information I should know about TAVALISSE?

TAVALISSE can cause serious side effects including:

- **High blood pressure (hypertension).** New or worsening high blood pressure is common in people treated with TAVALISSE and can be severe. Your healthcare provider will check your blood pressure regularly during treatment with TAVALISSE. If needed, your healthcare provider may start you on blood pressure medicine or change your current medicine to treat your blood pressure. Tell your healthcare provider if you get headaches, confusion, dizziness, chest pain, or shortness of breath.
- **Liver problems.** Changes in liver function blood tests are common with TAVALISSE. Liver problems may occur and can be severe. Your healthcare provider will regularly do blood tests to check how well your liver is working during treatment with TAVALISSE.
- **Diarrhea.** Diarrhea is common in people treated with TAVALISSE and can be severe. Tell your healthcare provider if you get diarrhea during treatment with TAVALISSE. Your healthcare provider may recommend changes in your diet, drinking more water, or medicine to limit these symptoms.
- **Decreases in white blood cell count (neutropenia).** Decreases in your white blood cell count are common with TAVALISSE and can be severe. This may increase your risk for infection, including serious infections. Your healthcare provider will regularly do blood tests to check your white blood cell counts.

Your healthcare provider may change your dose, temporarily stop, or permanently stop treatment with TAVALISSE if you have side effects.

Please see the Important Safety Information on pages 30–31 and accompanying full Prescribing Information.

Making the most of TAVALISSE

Together, you and your healthcare provider have decided to start TAVALISSE to help you manage your chronic ITP. It's important to take an active role in developing and managing a treatment plan with your healthcare provider that's right for you. This journal was designed to help you incorporate TAVALISSE into your lifestyle, monitor your progress, and help you stay on track.

Use this journal to:



Write down your treatment goals



Monitor how you're doing on TAVALISSE



Build a routine to incorporate TAVALISSE into your lifestyle



Prepare for conversations with your healthcare provider by writing down your questions in advance

Be sure to share the information you record in this journal with your healthcare provider at each appointment.

Using this journal regularly can help you incorporate TAVALISSE into your lifestyle, monitor your progress, and help you stay on track.

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(fostamatinib disodium hexahydrate) tablets

Treatment goals

Setting treatment goals is an important part of your care. Identifying your personal goals, along with those of your healthcare provider, can help guide your treatment plan.

Be sure to check in regularly with your healthcare provider regarding the progress being made to achieve your goals.

What is TAVALISSE?

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Use the space below to write down your personal goals and the goals of your healthcare provider.

My healthcare provider's goals for me

Raise my platelet count to 30,000

Keep my platelet counts up over time

My treatment goals

Raise my platelet count to 30,000

Wear sleeveless shirts this summer

**Sharing these goals with
your healthcare provider
can help you come up with
a treatment plan together.**

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(fostamatinib disodium
hexahydrate) tablets

Treatment schedule

TAVALISSE is a twice-daily oral medication that can be taken with or without food. It's important to take TAVALISSE exactly as your healthcare provider tells you to take it.

If you miss a dose of TAVALISSE, take your next dose at its regularly scheduled time. If you take too much TAVALISSE, call your healthcare provider right away or go to the nearest hospital emergency room right away.

SELECTED IMPORTANT SAFETY INFORMATION

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Taking TAVALISSE with certain other medicines may affect how the other medicines work or how TAVALISSE works.

Please see the Important Safety Information on pages 30–31 and accompanying full Prescribing Information.



Tips for making TAVALISSE part of your daily routine

It's important that you take TAVALISSE every day as prescribed by your healthcare provider. Creating a daily routine will help make TAVALISSE a regular part of your lifestyle. Here are some tips to get you started. Find a method that works best for you.



Take advantage of technology. You can set a daily alarm on your cell phone. Or you can use a smartphone to alert you when it's time to take your medication. Smartphones and other handheld devices can also provide texts, emails, or other reminders to help you keep track of your dosing schedule.



Engage other family members or friends. There may be others in your circle of support who would be willing to help remind you to take your medication. Identify individuals you know and work out a plan that will work for you.



Combine with a daily activity. You can tie taking your medication with a daily routine like brushing your teeth or getting ready for bed.

Tips for managing diarrhea

Your healthcare provider may recommend the following:



Stay hydrated. To prevent dehydration, drink fluids throughout the day, such as water, electrolytes, decaffeinated tea, and clear broth. You can even consider popsicles, gelatin, and ice chips to mix things up.



Make changes to your diet. Eat small meals often, and limit high-fiber foods (such as nuts or seeds) or spicy or greasy foods.



Take medicine. Some over-the-counter antidiarrheal medicines can help provide relief. Your healthcare provider can help with specific recommendations.

SELECTED IMPORTANT SAFETY INFORMATION

Before you take TAVALISSE, tell your healthcare provider about all of your medical conditions, including if you:

- have high blood pressure
- have liver problems
- are pregnant or plan to become pregnant. TAVALISSE can harm your unborn baby.
 - Your healthcare provider will check if you are pregnant before starting treatment with TAVALISSE.
 - Females who can become pregnant should use effective birth control during treatment with TAVALISSE and for at least 1 month after the last dose.

Please see the Important Safety Information on pages 30–31 and accompanying full Prescribing Information.

Tips for refilling your medication

You must take your TAVALISSE every day for it to work. Here are some tips to help you get your refills on time.

- **Know when your refill is up.** Keeping track of when you need to refill your medication is the best way to make sure that you plan ahead of time.
- **Refill a few days before you run out.** This will minimize any problems that can prevent you from getting your medicines on time, such as a closed pharmacy, or the pharmacy having to contact your healthcare provider.
- **Plan around any travel or vacations.** If you know you are going to be traveling, refill your medicine before you leave so you have enough for the duration of your trip.

SELECTED IMPORTANT SAFETY INFORMATION

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Taking TAVALISSE with certain other medicines may affect how the other medicines work or how TAVALISSE works.



 **Tavalisse™**
(fostamatinib disodium hexahydrate) tablets

Your dosing schedule

Use these pages to keep track of your dosing schedule and your weekly progress to share with your healthcare provider.

- Each week, write down the dose and frequency of TAVALISSE (fostamatinib disodium hexahydrate) tablets that your healthcare provider has prescribed for you.
- Each day, check the box after you have taken your dose.
- During each week, note your thoughts, observations, and questions.
- At the end of each week, evaluate your week as a whole.

An example is provided on the next page.

Please see the Important Safety Information on pages 30–31 and accompanying full Prescribing Information.

With treatment, this week I felt:



(circle one)

My healthcare provider prescribed TAVALISSE (fostamatinib disodium hexahydrate) tablets as follows:

Date: 8/5/18

Dose: 100 mg

Frequency: Twice a day

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date: <u>8/5/18</u>	Date: <u>8/6/18</u>	Date: <u>8/7/18</u>	Date: <u>8/8/18</u>	Date: <u>8/9/18</u>	Date: <u>8/10/18</u>	Date: <u>8/11/18</u>
Dose AM PM ✓ ✓	Dose AM PM ✓ ✓	Dose AM PM ✓ ✓	Dose AM PM ✓ ✓	Dose AM PM ✓ ✓	Dose AM PM ✓ ✓	Dose AM PM ✓ ✓

My response to treatment:

I'm not feeling any different this week, but I'm optimistic about the future.

Progress toward my goals:

I was unable to walk my dog this week. I'm going to try to do something active next week.

Things to talk to my healthcare provider about:

When will I notice improvements?
8/8/18 Blood pressure is 138/80

My healthcare provider prescribed TAVALISSE (fostatinib disodium hexahydrate) tablets as follows:

Date: _____

Dose: _____

Frequency: _____

With treatment, this week I felt:



(circle one)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____
Dose AM PM	Dose AM PM	Dose AM PM	Dose AM PM	Dose AM PM	Dose AM PM	Dose AM PM

My response to treatment:

Progress toward my goals:

Things to talk to my healthcare provider about:

Please see the Important Safety Information on pages 30–31 and accompanying full Prescribing Information.

My healthcare provider prescribed TAVALISSE (fostatinib disodium hexahydrate) tablets as follows:

Date: _____

Dose: _____

Frequency: _____

With treatment, this week I felt:



(circle one)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____
Dose AM PM	Dose AM PM	Dose AM PM	Dose AM PM	Dose AM PM	Dose AM PM	Dose AM PM

My response to treatment:

Progress toward my goals:

Things to talk to my healthcare provider about:

My healthcare provider prescribed TAVALISSE (fostatinib disodium hexahydrate) tablets as follows:

Date: _____

Dose: _____

Frequency: _____

With treatment, this week I felt:



(circle one)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____
Dose AM PM	Dose AM PM	Dose AM PM	Dose AM PM	Dose AM PM	Dose AM PM	Dose AM PM

My response to treatment:

Progress toward my goals:

Things to talk to my healthcare provider about:

Please see the Important Safety Information on pages 30–31 and accompanying full Prescribing Information.

My healthcare provider prescribed TAVALISSE (fostatinib disodium hexahydrate) tablets as follows:

Date: _____

Dose: _____

Frequency: _____

With treatment, this week I felt:    (circle one)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____
Dose AM PM	Dose AM PM	Dose AM PM	Dose AM PM	Dose AM PM	Dose AM PM	Dose AM PM

My response to treatment:

Progress toward my goals:

Things to talk to my healthcare provider about:

My healthcare provider prescribed TAVALISSE (fostatinib disodium hexahydrate) tablets as follows:

Date: _____

Dose: _____

Frequency: _____

With treatment, this week I felt:



(circle one)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____
Dose AM PM	Dose AM PM	Dose AM PM	Dose AM PM	Dose AM PM	Dose AM PM	Dose AM PM

My response to treatment:

Progress toward my goals:

Things to talk to my healthcare provider about:

Please see the Important Safety Information on pages 30–31 and accompanying full Prescribing Information.

My healthcare provider prescribed TAVALISSE (fostatinib disodium hexahydrate) tablets as follows:

Date: _____

Dose: _____

Frequency: _____

With treatment, this week I felt:    (circle one)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____
Dose AM PM	Dose AM PM	Dose AM PM	Dose AM PM	Dose AM PM	Dose AM PM	Dose AM PM

My response to treatment:

Progress toward my goals:

Things to talk to my healthcare provider about:

Treatment response

Many patients who had a positive response with TAVALISSE saw an increase in their platelet counts at their first check-in (approximately 2 weeks).

Your healthcare provider will monitor your platelet counts and make any necessary adjustments that are right for you. It is important to continue to take your dose as prescribed by your healthcare provider, even if you start to feel better.

SELECTED IMPORTANT SAFETY INFORMATION

What are the possible side effects of TAVALISSE?

The most common side effects of TAVALISSE include:

- Nausea, rash, dizziness, tiredness, respiratory infection, chest pain, and stomach (abdomen) pain.

Please see the Important Safety Information on pages 30–31 and accompanying full Prescribing Information.



Tips for monitoring your platelet counts

Every person's body is unique, so you may respond to **TAVALISSE differently**. Keeping track of your platelet counts can help you monitor how you are responding to treatment.

- Write down the date of your lab test and platelet level.

Note: The platelet count on your lab report may be shown in microliters (eg, 10,000/mcL) or in SI units (eg, $10 \times 10^9/L$).

- Plot your platelet counts after each blood test.

In addition to tracking your platelet counts, your healthcare provider may also monitor your blood pressure, liver function tests, and complete blood counts including white blood cell counts.

Lab Test 1

Date: 8/9/18

Platelet count:

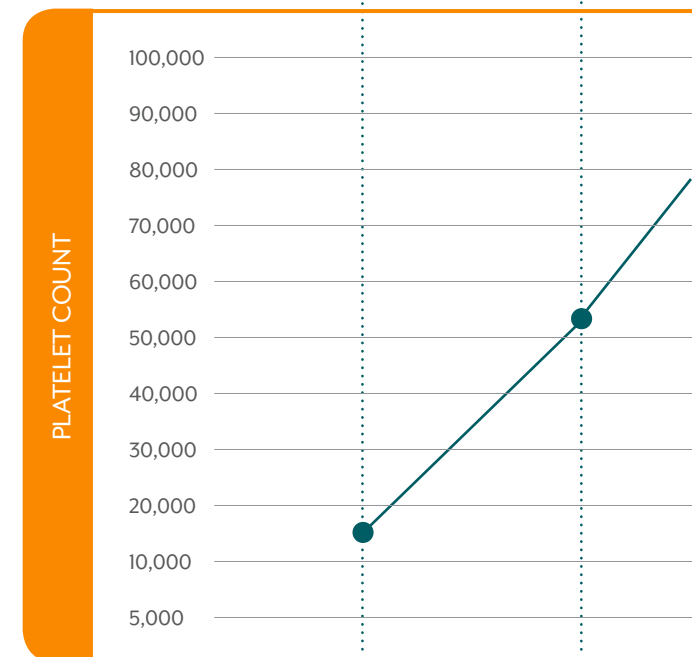
16,270

Lab Test 2

Date: 9/10/18

Platelet count:

52,333



Hypothetical patient. Results may vary.

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Monitoring your platelet response

	<i>Lab Test 1</i> Date: _____ Platelet count: _____	<i>Lab Test 2</i> Date: _____ Platelet count: _____	<i>Lab Test 3</i> Date: _____ Platelet count: _____	<i>Lab Test 4</i> Date: _____ Platelet count: _____	<i>Lab Test 5</i> Date: _____ Platelet count: _____	<i>Lab Test 6</i> Date: _____ Platelet count: _____
PLATELET COUNT	100,000					
	90,000					
	80,000					
	70,000					
	60,000					
	50,000					
	40,000					
	30,000					
	20,000					
	10,000					
5,000						

Please see the Important Safety Information on pages 30–31 and accompanying full Prescribing Information.

Lab Test 7

Date: _____

Platelet count: _____

Lab Test 8

Date: _____

Platelet count: _____

Lab Test 9

Date: _____

Platelet count: _____

Lab Test 10

Date: _____

Platelet count: _____

Lab Test 11

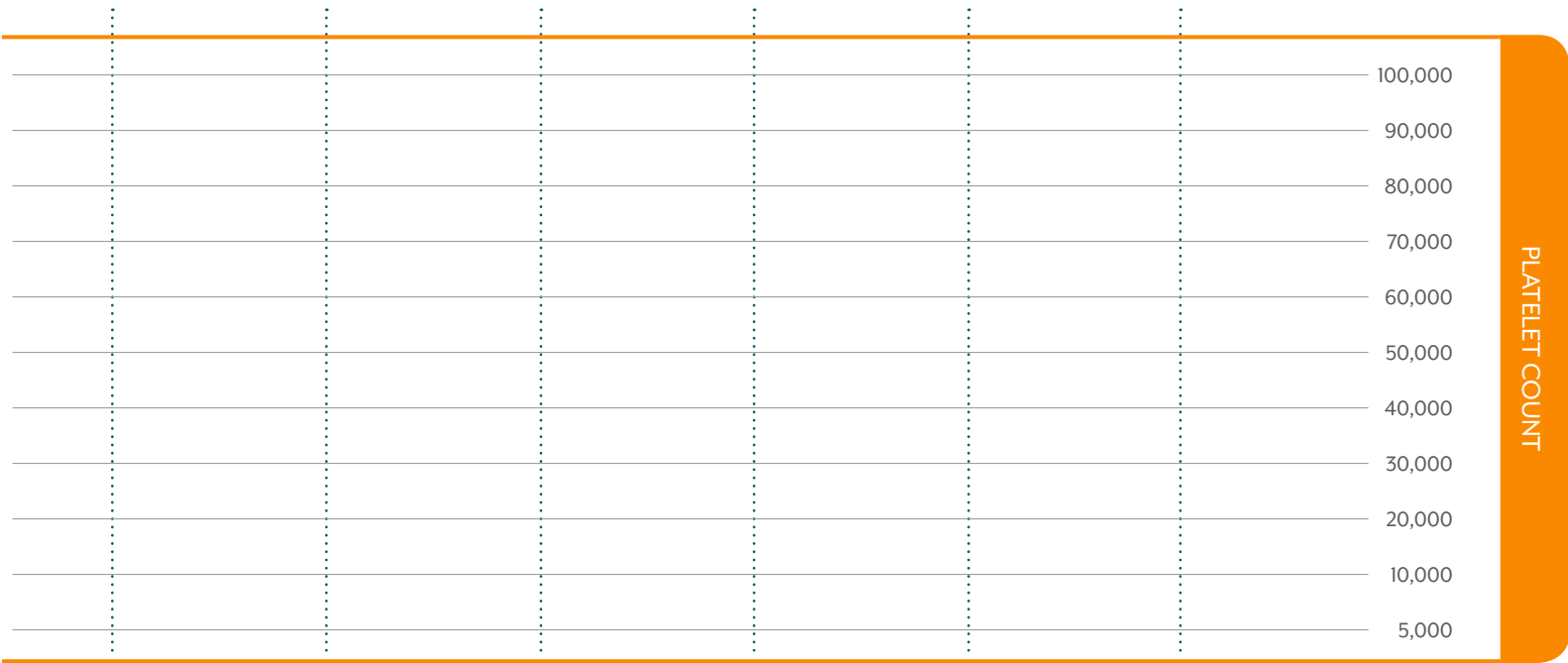
Date: _____

Platelet count: _____

Lab Test 12

Date: _____

Platelet count: _____



PLATELET COUNT

Conversations with your healthcare provider

The conversations you have with your healthcare provider are an important part of your treatment. Your appointments are a great opportunity for you and your healthcare provider to discuss how your treatment plan is going.

Please see the Important Safety Information on pages 30–31 and accompanying full Prescribing Information.



Tips for making the most of your conversations

Every conversation will help your healthcare provider understand what matters to you. Below are some tips to help you prepare for conversations with your healthcare provider and communicate how you're doing on treatment.

- **Let your healthcare provider know your treatment goals and lifestyle preferences.** Your healthcare provider is interested in understanding what you want to get out of any new treatment. Let them know your goals so they can develop a treatment plan that is right for you.
- **Ask questions.** When it comes to your condition and treatment, all questions are good ones. Feel free to ask your healthcare provider questions about chronic ITP, your dosing schedule, and your treatment plan. Make a list of your questions and things you want to discuss with your healthcare provider in advance of talking to them. Give them the list at the beginning of your conversation. This will make it more likely that all your questions will be answered.
- **Communicate with your healthcare provider between appointments.** Let your healthcare provider know how you're doing on TAVALISSE or if you are experiencing any side effects or anything unusual. If you have a question or concern about ITP or your treatment, don't wait until the next appointment. Contact your healthcare provider—he or she will want to hear from you.
- **Be prepared and stay organized.** Sometimes it can be hard to remember everything you'd like to discuss with your healthcare provider. Writing your questions down in advance can help you stay organized, so you don't have to worry about forgetting anything you wanted to ask. Consider what you want to get out of your appointment before you see your healthcare provider.

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Questions for your healthcare provider

You may have many questions about chronic ITP and TAVALISSE (fostamatinib disodium hexahydrate) tablets before or after you start treatment. Write down any questions you have in the space below, so you can be prepared before speaking with your healthcare provider.

Example:

Questions	Answers
<i>What can I expect from treatment?</i>	
<i>How will I know if Tavalisse is working?</i>	
<i>How often will I have blood tests?</i>	
<i>Am I meeting my platelet count goals?</i>	
<i>What else is important to know about Tavalisse?</i>	

Please see the Important Safety Information on pages 30–31 and accompanying full Prescribing Information.

Questions	Answers

Notes from your conversations

During or after your appointment, write down things you discussed and any next steps that you'd like to follow up on.

[illegible]

Please see the Important Safety Information on pages 30–31 and accompanying full Prescribing Information.

NOTES

A dedicated TAVALISSE support team

Taking medicine is an important part of managing your condition, but getting the right support can help you stay on track. Because ITP is a chronic condition, it's important to get the tools and resources you need.

The RIGEL ONECARE support team is available to answer your questions from the day you start TAVALISSE. Our nurses and reimbursement specialists are here to help you throughout your treatment journey, including helping you understand your financial assistance options through the TAVALISSE copay assistance program.

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RIGEL ONECARE can help you start and stay on track with your treatment



RIGEL ONECARE can help you get off to a smooth start with TAVALISSE by:

- **Coordinating** with your insurance plan and your healthcare providers to determine coverage
- **Determining** eligibility and facilitating enrollment in copay and financial assistance programs
- **Contacting** you to help prepare you to start taking TAVALISSE



Nurse Navigators



Reimbursement Specialists



Financial and Copay Assistance



Educational Materials

**Enroll in
RIGEL ONECARE.**

**To get started, call 1-833-rigelOC (833-744-3562),
Monday–Friday, 8 AM – 8 PM EST.**

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IMPORTANT SAFETY INFORMATION

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What are the possible side effects of TAVALISSE?

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- Nausea, rash, dizziness, tiredness, respiratory infection, chest pain, and stomach (abdomen) pain.


These are not all the side effects of TAVALISSE. For more information, ask your healthcare provider or pharmacist. Call your doctor for medical advice about side effects. You may report side effects to FDA, at 1-800-FDA-1088.

Visit TAVALISSE.com
for more information or to
download additional copies
of this journal.

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