



My Treatment Journal

A daily journal to help stay on track with TAVALISSE

 **Tavalisse**[®]
(fostamatinib disodium hexahydrate) tablets

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.



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.

Use this journal to:



Write down your treatment goals



Build a routine to incorporate TAVALISSE into your lifestyle



Monitor how you're doing on TAVALISSE



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

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

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

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

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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.

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

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 20,000, with no new bruises

Keep my platelet counts up over time

My treatment goals

Raise my platelet count to 30,000

Wear sleeveless shirts this summer

Tips for more successful treatment

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

Set a daily alarm on your cell phone or a calendar reminder to alert you when it's time to take your medicine.

There are also a number of apps available to help you stay on track. Pick one that works for you.



COMBINE WITH A DAILY ACTIVITY

You can tie taking your medicine twice a day to your current routine.

For example, you could tie it to brushing your teeth in the morning and before you go to bed, or you could tie it to eating breakfast and dinner.



BUILD A SUPPORT TEAM

Friends and family may be able to help remind you to take your medicine and stay on track with your treatment plan.

Talk with them and make a plan that will work for you.

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.

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

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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.



MAKE CHANGES TO YOUR DIET

Eat small meals often and limit foods that are spicy, greasy, or high in fiber (such as nuts or seeds).



TAKE MEDICINE

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



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 could prevent you from getting your medicines on time, like the pharmacy needing to contact your healthcare provider or the pharmacy being closed
- **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



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

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hexahydrate) tablets

Tracking your progress

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.



My healthcare provider prescribed TAVALISSE as follows:

Date: 4/5/20

Dose: 100 mg

Frequency: Twice a day

With treatment, this week I felt:



(circle one)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date: <u>4/5/20</u>	Date: <u>4/6/20</u>	Date: <u>4/7/20</u>	Date: <u>4/8/20</u>	Date: <u>4/9/20</u>	Date: <u>4/10/20</u>	Date: <u>4/11/20</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?
4/10/20 Blood pressure is 138/80

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

My healthcare provider prescribed TAVALISSE (fostamatinib 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 (fostamatinib 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 (fostamatinib 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 (fostamatinib 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:

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My healthcare provider prescribed TAVALISSE (fostamatinib 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 (fostamatinib 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:

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My healthcare provider prescribed TAVALISSE (fostamatinib 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 (fostamatinib 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:

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

Date: _____

Dose: _____

Frequency: _____

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

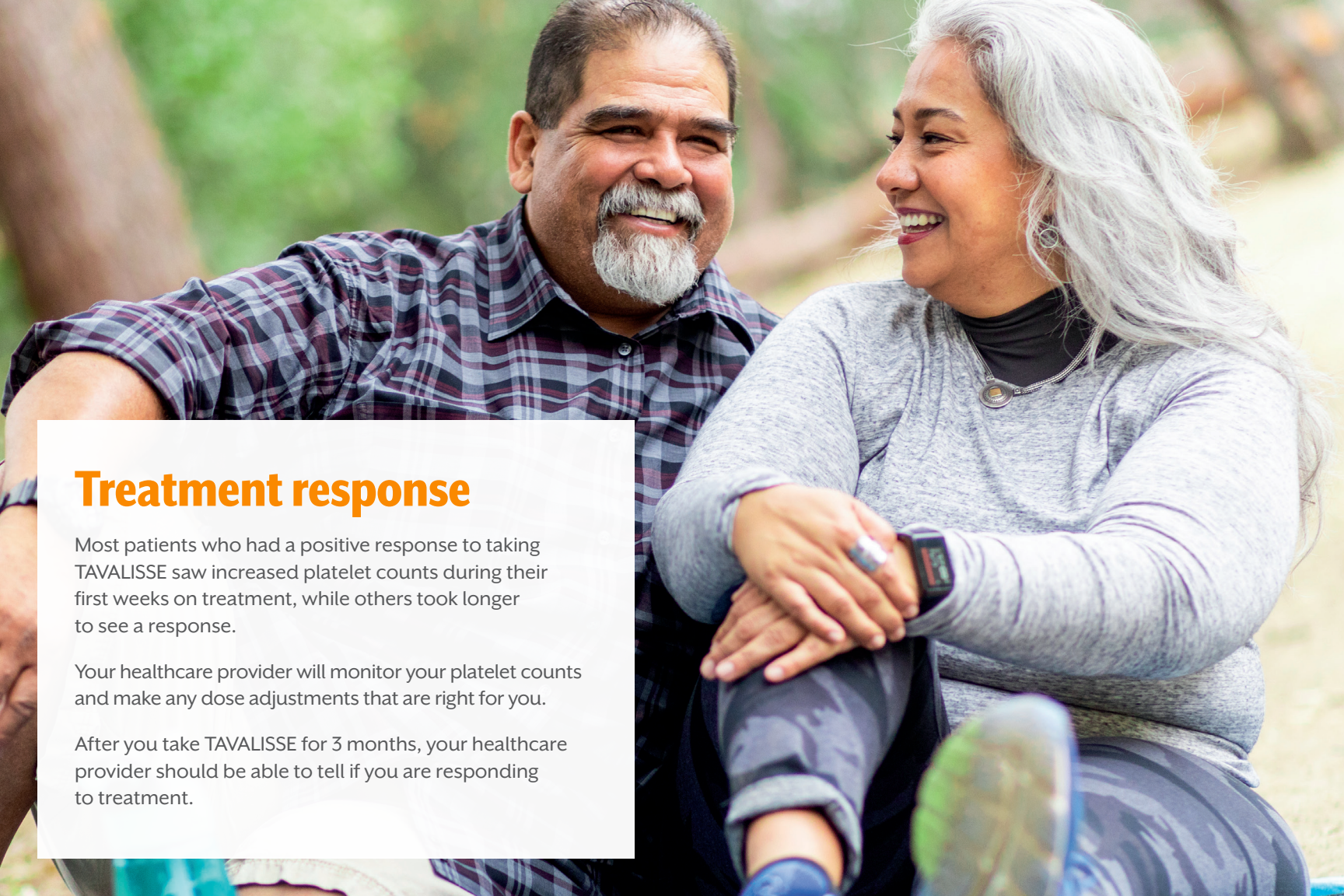
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____
Dose AM PM	Dose AM PM	Dose AM PM	Dose AM PM	Dose AM PM	Dose AM PM	Dose AM PM

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.



Treatment response

Most patients who had a positive response to taking TAVALISSE saw increased platelet counts during their first weeks on treatment, while others took longer to see a response.

Your healthcare provider will monitor your platelet counts and make any dose adjustments that are right for you.

After you take TAVALISSE for 3 months, your healthcare provider should be able to tell if you are responding to treatment.



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.

IMPORTANT SAFETY INFORMATION

- **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.

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

Lab Test 1

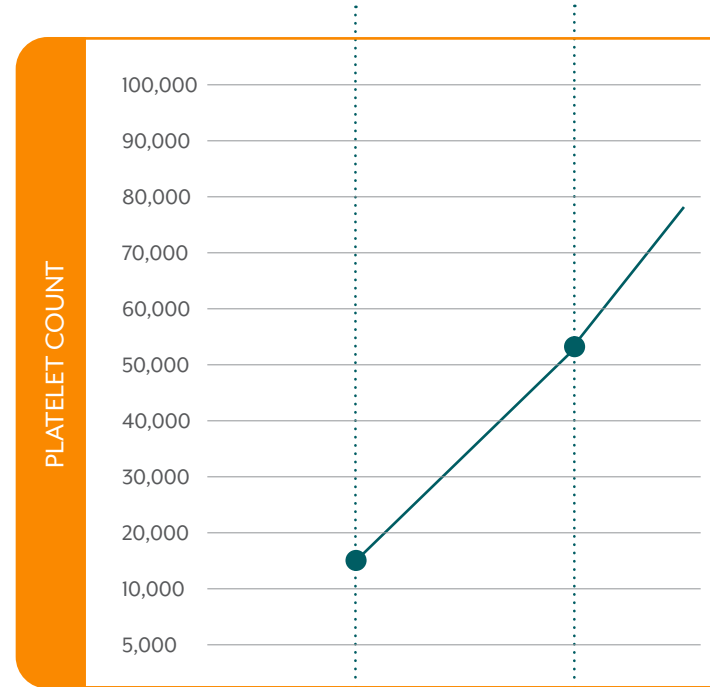
Date: 4/6/20

Platelet count:
16,270

Lab Test 2

Date: 5/2/20

Platelet count:
52,333



Hypothetical patient. Results may vary.

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Monitoring your platelet response

Lab Test 1

Date: _____

Platelet count: _____

Lab Test 2

Date: _____

Platelet count: _____

Lab Test 3

Date: _____

Platelet count: _____

Lab Test 4

Date: _____

Platelet count: _____

Lab Test 5

Date: _____

Platelet count: _____

Lab Test 6

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

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

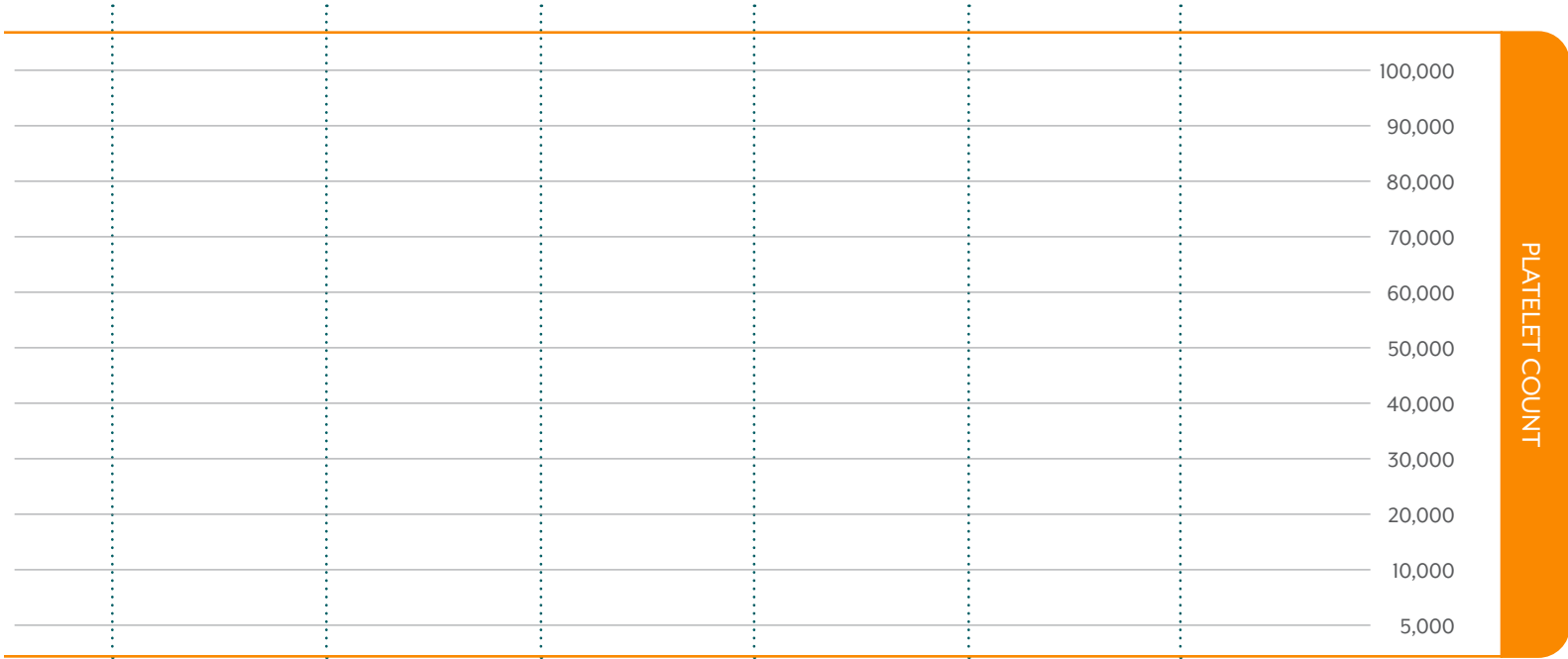
Date: _____

Platelet count: _____

Lab Test 12

Date: _____

Platelet count: _____



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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.



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 these conversations and communicate how you're doing on treatment.



BE PREPARED AND STAY ORGANIZED

It can be hard to remember everything you'd like to discuss with your healthcare provider. Writing your goals and 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.



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 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.



LET YOUR HEALTHCARE PROVIDER KNOW YOUR GOALS

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.



SHARE YOUR CONCERNS

Let them 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 right away.

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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>	

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.

NOTES

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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 accompanying full Prescribing Information and Patient Information.

What do I need to discuss with my healthcare provider before taking TAVALISSE?

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.

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.

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.

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

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