



YOU PICKED STIVARGA® FOR YOUR FIGHT

This brochure contains resources to help you throughout your treatment with STIVARGA

INDICATIONS

STIVARGA (regorafenib) is a prescription medicine used to treat adults with:

- colon or rectal cancer that has spread to other parts of the body and for which they have received previous treatment with certain chemotherapy medicines
- a rare stomach, bowel, or esophagus cancer called GIST (gastrointestinal stromal tumor) that cannot be treated with surgery or that has spread to other parts of the body and for which they have received previous treatment with certain medicines
- a type of liver cancer called hepatocellular carcinoma (HCC) in people who have been previously treated with sorafenib

It is not known if STIVARGA is safe and effective in children less than 18 years of age.

IMPORTANT SAFETY INFORMATION

STIVARGA (regorafenib) can cause severe liver problems, including increased blood ammonia, which can sometimes lead to death. Your healthcare provider will do blood tests to check your liver function before you start taking STIVARGA and during your treatment with STIVARGA to check for liver problems.

Please see additional Important Safety Information on pages 2-3 and full [Prescribing Information](#), including the Boxed Warning.



IMPORTANT CONTACT INFORMATION

HOSPITAL/CLINIC	Phone	Email
Oncologist		
Oncology nurse		
Radiologist		
Specialty doctor		
Specialty pharmacy		

INSURANCE	Phone	Email
Medicare		
Group number		
ID number		

SUPPLEMENTAL INSURANCE	Phone	Email
Group number		
ID number		

OTHER	Phone
Access Services by Bayer™ support line	1-800-288-8374
Oncology \$0 Co-Pay Program	1-647-245-5622



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WHAT IS STIVARGA® (regorafenib)?

STIVARGA is a prescription medicine used to treat adults with:

- colon or rectal cancer that has spread to other parts of the body and for which they have received previous treatment with certain chemotherapy medicines
- a rare stomach, bowel or esophagus cancer called GIST (gastrointestinal stromal tumor) that cannot be treated with surgery or that has spread to other parts of the body and for which they have received previous treatment with certain medicines
- a type of liver cancer called hepatocellular carcinoma (HCC) in people who have been previously treated with sorafenib

It is not known if STIVARGA® is safe and effective in children less than 18 years of age.



IMPORTANT SAFETY INFORMATION

STIVARGA (regorafenib) can cause severe liver problems, including increased blood ammonia, which can sometimes lead to death. Your healthcare provider will do blood tests to check your liver function before you start taking STIVARGA and during your treatment with STIVARGA to check for liver problems.

Tell your healthcare provider right away if you get any of these signs or symptoms of liver problems during treatment:

- yellowing of your skin or the white part of your eyes (jaundice)
- pain on the upper right side of your stomach area (abdomen)
- nausea or vomiting
- loss of appetite
- light-colored stools (bowel movements)
- dark “tea-colored” urine
- severe headache or headaches that persist
- vision changes
- seizures
- feeling more tired than usual
- drowsiness
- trembling
- confusion
- memory loss or disorientation

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

- have liver problems in addition to liver cancer
- have bleeding problems
- have high blood pressure
- have heart problems or chest pain
- plan to have surgery or have had a recent surgery. You should stop taking STIVARGA at least 2 weeks before planned surgery
- are pregnant or plan to become pregnant. STIVARGA can harm your unborn baby.
 - Females should use effective birth control during treatment with STIVARGA and for 2 months after your final dose of STIVARGA. Tell your healthcare provider right away if you become pregnant during treatment with STIVARGA or within 2 months after your final dose of STIVARGA.
 - Males with female partners who can become pregnant should use effective birth control during treatment with STIVARGA and for 2 months after your final dose of STIVARGA.
- are breast-feeding or plan to breast-feed. It is not known if STIVARGA passes into your breast milk. Do not breastfeed during treatment with STIVARGA and for 2 weeks after your final dose of STIVARGA.

Tell your healthcare provider about all the prescription and over-the-counter medicines, vitamins, and herbal supplements you take. Avoid drinking grapefruit juice and taking St. John’s Wort while taking STIVARGA.



IMPORTANT SAFETY INFORMATION (CONTINUED)

STIVARGA may cause **serious** side effects, including:

- **infection.** STIVARGA may lead to a higher risk of infections especially of the urinary tract, nose, throat and lung. STIVARGA may lead to a higher risk of fungal infections of the mucous membrane, skin or the body. Tell your healthcare provider right away if you get fever, severe cough with or without an increase in mucus (sputum) production, severe sore throat, shortness of breath, burning or pain when urinating, unusual vaginal discharge or irritation, redness, swelling or pain in any part of the body.
- **severe bleeding.** STIVARGA can cause bleeding, which can be serious and sometimes lead to death. Tell your healthcare provider if you have any signs of bleeding while taking STIVARGA, including: vomiting blood or if your vomit looks like coffee grounds, pink or brown urine, red or black (looks like tar) stools, coughing up blood or blood clots, menstrual bleeding that is heavier than normal, unusual vaginal bleeding, nose bleeds that happen often, bruising, and lightheadedness.
- **a tear in your stomach or intestinal wall (bowel perforation).** STIVARGA may cause a tear in your stomach or intestinal wall (bowel perforation) that can be serious and sometimes lead to death. Tell your healthcare provider right away if you get severe pains or swelling in your stomach area (abdomen), fever, chills, nausea, vomiting, or dehydration.
- **a skin problem called hand-foot skin reaction and severe skin rash.** Hand-foot skin reactions are common and sometimes can be severe. Tell your healthcare provider right away if you get redness, pain, blisters, bleeding, or swelling on the palms of your hands and soles of your feet, or a severe rash.
- **high blood pressure.** Your blood pressure should be checked every week for the first 6 weeks of starting STIVARGA. Your blood pressure should be checked regularly and any high blood pressure should be treated while you are receiving STIVARGA. Tell your healthcare provider if you have severe headaches, light-headedness, or changes in your vision.
- **decreased blood flow to the heart and heart attack.** Get emergency help right away if you get symptoms such as chest pain, shortness of breath, feel dizzy, or feel like passing out.
- **a condition called Reversible Posterior Leukoencephalopathy Syndrome (RPLS).** Call your healthcare provider right away if you get severe headaches, seizure, confusion, change in vision, or problems thinking.
- **risk of wound healing problems.** Wounds may not heal properly during STIVARGA treatment. Tell your healthcare provider if you plan to have any surgery before starting or during treatment with STIVARGA.
 - You should stop taking STIVARGA at least 2 weeks before planned surgery.
 - Your healthcare provider should tell you when you may start taking STIVARGA again after surgery.

The most common side effects with STIVARGA include pain including stomach-area (abdomen); tiredness, weakness, fatigue; diarrhea (frequent or loose bowel movements); decreased appetite; infection; voice change or hoarseness; increase in certain liver function tests; fever; swelling, pain, and redness of the lining in your mouth, throat, stomach, and bowel (mucositis); and weight loss.

Call your healthcare provider for medical advice about side effects. You are encouraged to report side effects or quality complaints of products to the FDA by visiting www.fda.gov/medwatch or calling 1-800-FDA-1088.



HOW MIGHT STIVARGA® (regorafenib) WORK DIFFERENTLY AS A MULTIKINASE INHIBITOR?

STIVARGA is a systemic therapy that works throughout your body to help fight certain cancers.

STIVARGA is a **chemo-free oral option**. STIVARGA, a multikinase inhibitor, may work by blocking some proteins on certain normal and cancer cells. In this way, STIVARGA may prevent cancers from developing and spreading for a period of time.

Cancer involves the uncontrolled growth of certain cells in the body. **STIVARGA may work against cancer in 3 ways.**

1 STOP

STIVARGA may **stop** the creation of new blood vessels that feed cancer cells.

2 SLOW

STIVARGA may **slow** the cancer from spreading to other parts of the body.

3 HINDER

STIVARGA may **hinder** the signals that tell cancer cells to multiply.



WHAT SHOULD I TELL MY HEALTHCARE PROVIDER BEFORE TAKING STIVARGA® (regorafenib)?

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

- have liver problems in addition to liver cancer
- have bleeding problems
- have high blood pressure
- have heart problems or chest pain
- plan to have surgery or have had a recent surgery. You should stop taking STIVARGA at least 2 weeks before planned surgery
- are pregnant or plan to become pregnant. STIVARGA can harm your unborn baby
 - Females should use effective birth control during treatment with STIVARGA and for 2 months after your final dose of STIVARGA. Tell your healthcare provider right away if you become pregnant during treatment with STIVARGA or within 2 months after your final dose of STIVARGA
 - Males with female partners who can become pregnant should use effective birth control during treatment with STIVARGA and for 2 months after your final dose of STIVARGA
- are breastfeeding or plan to breastfeed. It is not known if STIVARGA passes into your breast milk. Do not breastfeed during treatment with STIVARGA and for 2 weeks after your final dose of STIVARGA

Tell your doctor or nurse about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. STIVARGA may affect the way other medicines work, and other medicines may affect how STIVARGA works.



KEEP A LIST OF ALL YOUR MEDICINES AND TELL YOUR DOCTOR OR NURSE ABOUT THEM

This should include all prescription and over-the-counter medicines, vitamins, and herbal supplements. STIVARGA® (regorafenib) may affect the way other medicines work, and other medicines may affect how STIVARGA works. Avoid drinking grapefruit juice or taking St John's Wort while taking STIVARGA.

LIST OF MEDICINES, VITAMINS, AND SUPPLEMENTS



COMMUNICATE WITH YOUR DOCTOR OR NURSE

Now that you're ready to start using your treatment journal, remember:

- **CONTACT YOUR DOCTOR OR NURSE** as soon as you receive your STIVARGA® (regorafenib) to schedule your first appointment within the first week. It's important to STAY IN TOUCH with your doctor or nurse, especially during the first week of treatment
- **CHECK YOUR BLOOD PRESSURE EVERY WEEK** for the first 6 weeks after starting STIVARGA and then every cycle, or more frequently, based on what your doctor tells you to do. Always tell your doctor or nurse if you have **SEVERE HEADACHES, LIGHTEADEDNESS, OR CHANGES IN VISION**
- **YOUR DOCTOR OR NURSE WILL DO BLOOD TESTS** to check your liver function before you start taking STIVARGA, as well as during your treatment with STIVARGA, to check for liver problems
- **CALL YOUR DOCTOR OR NURSE** as soon as you suspect a potential side effect. Your doctor or nurse can help you manage side effects, for example, by lowering your dose or temporarily stopping treatment—if you experience serious side effects or continue to experience side effects, your doctor may permanently stop treatment



HOW DO I STORE STIVARGA® (regorafenib) TABLETS?

- ✓ Keep STIVARGA in its **ORIGINAL BOTTLE**, as it contains a special drying agent (called a desiccant) to keep your medicine dry. Do not put the tablets in a daily or weekly pill bottle
- ✓ You will need to remove the drying agent to get tablets from the bottle. **PUT IT BACK IN THE ORIGINAL BOTTLE** after getting your medicine
- ✓ Keep the bottle of STIVARGA **TIGHTLY CLOSED** and store at room temperature
- ✓ STIVARGA boxes contain multiple bottles. Open only **1 BOTTLE AT A TIME**
- ✓ Any unused STIVARGA tablets should be **SAFELY THROWN AWAY** 7 weeks after opening the bottle
- ✓ Keep STIVARGA and all medicines **OUT OF THE REACH OF CHILDREN**



HOW DO I TAKE STIVARGA® (regorafenib) TABLETS?

Take STIVARGA exactly as your doctor or nurse tells you. Your doctor or nurse may change your dose or stop your treatment to manage side effects.

ONCE-DAILY DOSING SCHEDULE

The standard dose of STIVARGA is:

Take four 40-mg pills once a day for 21 days, and then take 1 week off

160 mg/day
(four 40-mg tablets)



Repeat this cycle for as long as your healthcare provider tells you to.



ABOUT DOSING



Take STIVARGA® (regorafenib) at the **SAME TIME** every day



Swallow STIVARGA tablets whole with water



Take STIVARGA after a low-fat meal of <600 calories and <30% fat

- ✓ Be sure you **UNDERSTAND YOUR DAILY DOSE** (number of tablets each day) that your doctor or nurse has prescribed for you and follow his or her directions for your treatment
- ✓ If you miss a dose, **TAKE IT AS SOON AS YOU REMEMBER ON THE SAME DAY**. Tell your doctor or nurse about any missed dose
- ✓ **DO NOT TAKE 2 DOSES ON THE SAME DAY** to make up for a missed dose
- ✓ **AVOID DRINKING GRAPEFRUIT JUICE OR TAKING ST JOHN'S WORT** while taking STIVARGA. These can affect the way STIVARGA works
- ✓ If you take too much STIVARGA, **CALL YOUR HEALTHCARE PROVIDER** or go to the nearest emergency room right away

Your doctor or nurse may do blood tests before each cycle of treatment.



YOUR DOCTOR OR NURSE MAY CHANGE YOUR DOSE OR STOP YOUR TREATMENT TO MANAGE SIDE EFFECTS

- Changing your dose or interrupting your treatment for a while is not unusual, and it may help manage the side effects of your STIVARGA[®] (regorafenib) treatment
- If you experience certain side effects, your doctor or nurse may change your dose or interrupt or stop your treatment permanently
- Always share your questions and concerns with your doctor or nurse

Call your doctor or nurse or go to the nearest emergency room right away if you take more than your prescribed dose by mistake.

If you have side effects with STIVARGA, tell your doctor or nurse right away.



HELPING YOU PLAN YOUR LOW-FAT MEALS

STIVARGA® (regorafenib) should be taken with water at the same time each day after a low-fat meal containing <600 calories and <30% fat. The following sample meals are provided as a guide to help you understand what types of food would be considered part of a low-fat meal when taking your medication. Discuss with your doctor what other types of food you should eat throughout the day.

IF YOU TAKE STIVARGA® (regorafenib) AFTER BREAKFAST

Sample Breakfast 1

- Bran Flakes Cereal ($\frac{3}{4}$ cup)
- 1% Milk (1 cup)
- Toasted White Bread (1 slice)
- Fat-Free Butter (1 tbsp)
- Orange Juice (8 oz)

Sample Breakfast 2

- Instant Oatmeal Maple & Brown Sugar (1 package, prepared with water)
- 1 Medium-Sized Banana (8 in)
- Whole Wheat Bread (1 slice)
- Fat-Free Butter (1 tbsp)
- Jam or Preserves (1 tbsp)
- Coffee (instant served with skim milk)

Sample Breakfast 3

- 1% Low-Fat Cottage Cheese (4 oz)
- English Muffin (1)
- Fat-Free Butter (1 tbsp)
- Jam or Preserves (1 tbsp)
- Apple Juice (8 oz)

Total Calories: 383
Total Fat: 10.1%

Total Calories: 411
Total Fat: 8.3%

Total Calories: 379
Total Fat: 5.9%

IF YOU TAKE STIVARGA® (regorafenib) AFTER LUNCH

Sample Lunch 1

- Turkey Breast Lunch Meat (2 slices)
- Toasted White Bread (2 slices)
- Mayonnaise (1 tbsp)
- Lettuce and Tomato (1 leaf/slice)
- 1 Large Apple (4 in)
- Cranberry Juice (8 oz)

Total Calories: 496
Total Fat: 23.6%

Sample Lunch 2

- Light Tuna Fish (canned in water)
- Lettuce (1/2 cup Romaine, shredded)
- Whole Wheat Bread (1 slice)
- Crunchy Granola Bar (2 oat & honey bars)
- Tea (8 oz)

Total Calories: 457
Total Fat: 16.5%

Sample Lunch 3

- Extra-Lean Sliced Ham (2 slices)
- English Muffin (1)
- Egg Substitute (1 cup, cooked in a pat of butter)
- Carrot Sticks (4 oz)
- Water (8 oz)

Total Calories: 399
Total Fat: 14.9%



HELPING YOU PLAN YOUR LOW-FAT MEALS (CONTINUED)

IF YOU TAKE STIVARGA® (regorafenib) AFTER DINNER

	Sample Dinner 1 ▪ Chicken (1/2 boneless, skinless breast) ▪ 1 Medium-Sized Baked Potato (with skin) ▪ Fat-Free Butter (1 tbsp) ▪ Whole-Kernel Canned Corn (1 cup, drained) ▪ Sparkling Water (8 oz)	Sample Dinner 2 ▪ Salmon (1 fillet, cooked in a pat of butter) ▪ Brown Rice (3/4 cup, cooked) ▪ Broccoli (1/2 cup, no salt) ▪ Unsweetened Iced Tea (8 oz)	Sample Dinner 3 (Vegetarian) ▪ Spaghetti (1 cup, cooked without added salt) ▪ Meatless Marinara Sauce (1/2 cup) ▪ Vegetable Salad (1/2 cup) ▪ Salad Dressing—Oil and Vinegar (1 tbsp)
	Total Calories: 408 Total Fat: 10.6%	Total Calories: 584 Total Fat: 25.3%	Total Calories: 435 Total Fat: 26.5%

Be sure to review calories, fat, and ingredients with your healthcare provider to ensure you are planning a low-fat meal that contains <600 calories and <30% fat.

Visit <https://fdc.nal.usda.gov> to find calorie and nutrition information for common foods.



UNDERSTANDING SIDE EFFECTS WITH STIVARGA® (regorafenib)

IN THIS SECTION, WE'LL TAKE A LOOK AT:

- The most serious side effects of STIVARGA
- The most common side effects of STIVARGA
- Ways to manage 3 of the most common side effects of STIVARGA:
 - Hand-foot skin reaction
 - Fatigue
 - Diarrhea



WHAT ARE THE POSSIBLE SIDE EFFECTS OF TAKING STIVARGA® (regorafenib)?

THE MOST SERIOUS SIDE EFFECTS WITH STIVARGA ARE:

Liver problems

- STIVARGA (regorafenib) can cause severe liver problems, including increased blood ammonia, which can sometimes lead to death. Your healthcare provider will do blood tests to check your liver function before you start taking STIVARGA and during your treatment with STIVARGA to check for liver problems.
- Tell your healthcare provider right away if you get any of these signs or symptoms of liver problems during treatment:
 - yellowing of your skin or the white part of your eyes (jaundice)
 - pain on the upper right side of your stomach area (abdomen)
 - nausea or vomiting
 - loss of appetite
 - light-colored stools (bowel movements)
 - dark “tea-colored” urine
 - severe headache or headaches that persist
 - vision changes
 - seizures
 - feeling more tired than usual
 - drowsiness
 - trembling
 - confusion
 - memory loss or disorientation

Infection

- STIVARGA may lead to a higher risk of infections especially of the urinary tract, nose, throat, and lung. STIVARGA may also lead to a higher risk of fungal infections of the mucous membrane, skin, or the body. Tell your healthcare provider right away if you get:
 - fever
 - severe cough with or without an increase in mucus (sputum) production

Please see Important Safety Information on pages 2-3 and full [Prescribing Information](#), including the Boxed Warning.

THE MOST SERIOUS SIDE EFFECTS WITH STIVARGA® (regorafenib) ARE:

**Infection
(continued)**

- severe sore throat
- shortness of breath
- burning/pain when urinating
- unusual vaginal discharge or irritation
- redness, swelling, or pain in any part of the body

**Severe
bleeding**

- STIVARGA can cause bleeding, which can be serious and sometimes lead to death. Tell your healthcare provider if you have any signs of bleeding during treatment with STIVARGA, including:
 - vomiting blood or if your vomit looks like coffee grounds
 - pink or brown urine
 - red or black (looks like tar) stools
 - coughing up blood or blood clots
 - menstrual bleeding that is heavier than normal
 - unusual vaginal bleeding
 - nosebleeds that happen often
 - bruising
 - lightheadedness

**A tear
in your
stomach or
intestinal
wall (bowel
perforation)**

- STIVARGA may cause a tear in your stomach or intestinal wall (bowel perforation) that can be serious and sometimes lead to death. Tell your healthcare provider right away if you get:
 - severe pain in your stomach area (abdomen)
 - swelling of the abdomen
 - fever
 - chills
 - nausea
 - vomiting
 - dehydration

THE MOST SERIOUS SIDE EFFECTS WITH STIVARGA® (regorafenib) ARE:

**A skin problem
called hand-foot skin
reaction (HFSR) and
severe skin rash**

- HFSRs are common and can sometimes be severe
- Tell your healthcare provider right away if you get redness, pain, blisters, bleeding, or swelling on the palms of your hands or soles of your feet, or a severe rash

High blood pressure

- Your blood pressure should be checked everyweek for the first 6 weeks after starting STIVARGA
- Your blood pressure should be checked regularly, and any high blood pressure should be treated during treatment with STIVARGA
- Tell your healthcare provider if you have severe headaches, lightheadedness, or changes in your vision

**Decreased blood
flow to the heart and
heart attack**

- Get emergency help right away and call your healthcare provider if you get symptoms such as:
 - chest pain
 - shortness of breath
 - feel dizzy or feel like passing out

**A condition called
reversible posterior
leukoencephalopathy
syndrome (RPLS)**

- Call your healthcare provider right away if you get:
 - severe headaches
 - seizure
 - confusion
 - change in vision
 - problems thinking



THE MOST SERIOUS SIDE EFFECTS WITH STIVARGA® (regorafenib) ARE:

Risk of Wound Healing Problems

- Wounds may not heal properly during STIVARGA treatment. Tell your healthcare provider if you plan to have any surgery before starting or during treatment with STIVARGA
 - You should stop taking STIVARGA at least 2 weeks before planned surgery
 - Your healthcare provider should tell you when you may start taking STIVARGA again after surgery

THE MOST COMMON SIDE EFFECTS WITH STIVARGA INCLUDE:

- pain, including stomach area (abdomen)
- tiredness, weakness, fatigue
- frequent or loose bowel movements (diarrhea)
- decreased appetite
- infection
- voice changes or hoarseness
- increase in certain liver function tests
- fever
- swelling, pain, and redness of the lining in your mouth, throat, stomach, and bowel (mucositis)
- weight loss

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

These are not all the side effects of STIVARGA. Please see the full [Prescribing Information](#) to learn more.

INFORMATION ABOUT SOME POSSIBLE SIDE EFFECTS WITH STIVARGA® (regorafenib)

HFSR: WHAT YOU CAN DO ABOUT IT

HFSR is a common side effect of treatment with STIVARGA. You may not recognize that you have HFSR if you don't know what to look for. That's why it is important to catch symptoms early on—and let your treatment team know about them.

Tell your doctor or nurse right away if you have even mild symptoms of these skin changes, as they could be signs of HFSR.

Changes in skin:

- Sensation
 - Numbness, burning, tingling, or "pins and needles" feelings
- Sensitivity
 - Increased sensitivity or sensitivity to hot objects
- Appearance
 - Redness or swelling
- Texture
 - Calluses (hard layers of skin) on the palms of hands or balls/soles of feet, blisters, dry or cracked skin, or flaking or peeling skin



TELL YOUR TEAM

Tell your treatment team right away if you have signs of HFSR on your hands or feet. They will determine how severe your symptoms are and can work with you to help manage them either by reducing your dose, temporarily discontinuing, or permanently discontinuing STIVARGA® (regorafenib)



GRADE 1



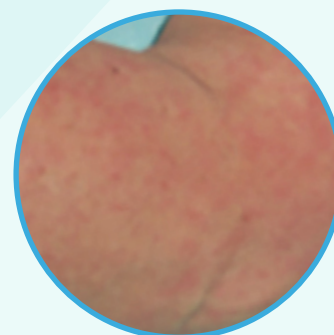
GRADE 2



GRADE 3

Rash is different from HFSR

You may notice a rash on your face or body when taking STIVARGA. Rash is different from HFSR, because it does not give you calluses on your feet or hands. A rash can be reddish, itchy, or tender. It can also include small blister-like bumps. If you have rash, talk with your doctor/nurse. You may need to see a dermatologist (skin doctor).



RASH

It is important to stay in regular contact with your doctor or nurse so you can catch symptoms early.

CARE FOR HFSR

When thinking about HFSR, remember to "CARE".

To manage HFSR, your healthcare provider may change your dose, interrupt your treatment, or stop your treatment permanently.

Check for and treat any new calluses

Inspect your skin regularly.

You can soak your feet weekly for 20-30 minutes in Epsom salts (magnesium sulfate). After soaking, gently pumice any callused skin.

Thick calluses require a consult with a podiatrist.

Add cushioning

(Such as gloves or handle grips) when doing activities that increase pressure on hands. This includes cooking, gardening, sports, and home repair.

Relieve pressure on feet

By wearing comfortable, well-padded shoes and loosening laces.

Exfoliate and moisturize skin

To keep it soft and well hydrated.



INFORMATION ABOUT SOME POSSIBLE SIDE EFFECTS OF STIVARGA® (regorafenib) (CONTINUED)

TIREDNESS: WHAT YOU CAN DO

Feeling tired is common when you have cancer. STIVARGA may also make you feel tired.

If you are feeling tired, try “REST”:

- ✓ **REPRIORITIZE DAILY TASKS** to do your most important ones when you have the most energy; don't worry about doing less important things if you are tired
- ✓ **EXERCISE LIGHTLY OR REMAIN ACTIVE.** Follow your doctor's guidelines for activity
- ✓ **STAY AWAKE DURING THE DAY,** so you can sleep well at night
- ✓ **TAKE TIME WITH FRIENDS AND FOR ACTIVITIES YOU ENJOY—** like listening to music or reading

DIARRHEA: WHAT YOU CAN DO

STIVARGA® (regorafenib) may cause diarrhea. If you get diarrhea, tell your doctor/nurse right away. You might need treatment to replace important fluids in your body or to keep you from losing too much weight.

Following these tips can help treat diarrhea:

- ✓ **EAT** several small meals each day instead of 2 or 3 large ones
 - Try bland foods, like bananas, rice, applesauce, and toast
- ✓ **DRINK** plenty of water, but stay away from hot or iced drinks
- ✓ **STAY AWAY** from spicy foods, dairy products, caffeine, and alcohol
- ✓ **TAKE DIARRHEA MEDICINE AS DIRECTED** by your doctor/nurse



MANAGING YOUR TREATMENT

STIVARGA® (regorafenib) may cause side effects. It’s important that you talk to your doctor or nurse as soon as you notice any side effects. You should write down when you first notice the side effects, so you can remember to tell your doctor or nurse at your next appointment. Use this treatment journal to help you remember the details of any side effects you may experience during treatment with STIVARGA.

NOTE: When describing how the medication is making you feel, always remember to circle the number of STIVARGA tablets you took that day.

NOTES

WHAT IS A TREATMENT JOURNAL?

This treatment journal is a place for you to record:

- How you are feeling
- How you are managing your treatment
- How many tablets you are taking each day
- Your skin condition, blood pressure, and any side effects you may experience

This journal will help you and your doctor or nurse throughout your treatment. Keep track of how much medicine you are taking and how it is making you feel. All of this information helps your doctor or nurse decide if your dose of STIVARGA® (regorafenib) should be reduced or if your treatment should be interrupted or stopped permanently. Some examples of how to fill out your daily journal are on pages 21 and 22.



HOW TO COMPLETE YOUR TREATMENT JOURNAL

As soon as you take your first STIVARGA® (regorafenib) dose, it is important for you to keep a daily journal.

- Mark how many tablets you took each day by circling them and indicating the time that you took them
- If your doctor or nurse instructed you not to take any tablets, circle the . You will also circle the  if you missed a dose, if your doctor or nurse interrupted your therapy, or if you are on your 4th week of treatment (your "take a break" week)
- Jot down how you are feeling and any skin care notes, including if you used any topical creams
- Your blood pressure should be checked every week for the first 6 weeks of treatment and then every cycle, or more frequently, based on what your doctor tells you to do. Write down your blood pressure every time it is checked
- It is also important to make note of the date you opened each bottle
- If you cannot fill out your journal you can have a family member or caregiver help you. Be sure to bring your journal to each appointment with your doctor or nurse. On the next page are some examples of how to fill out your journal for a single day

NOTES



EXAMPLE

Date bottle opened:

4

24

23

DAY 1

Date:

4

24

23

Time:

12

:

00

How many tablets did you take today?

40 mg

40 mg

40 mg

40 mg

Blood pressure:

120/80

Today I felt/Skincare/Other side effects:

Fine but a little tired.
Redness on right foot.
Felt generally fatigued.

DAY 2

Date:

4

25

23

Time:

12

:

00

How many tablets did you take today?

40 mg

40 mg

40 mg

40 mg

Blood pressure:

120/80

Today I felt/Skincare/Other side effects:

Had diarrhea in the morning.
Redness improved from cream.
More energy than yesterday.

DAY 3

Date:

MM

DD

YY

Time:

:

How many tablets did you take today?

40 mg

40 mg

40 mg

40 mg

Blood pressure:

Today I felt/Skincare/Other side effects:

DAY 4

Date:

MM

DD

YY

Time:

:

How many tablets did you take today?

40 mg

40 mg

40 mg

40 mg

Blood pressure:

Today I felt/Skincare/Other side effects:

DAY 5

Date:

MM

DD

YY

Time:

:

How many tablets did you take today?

40 mg

40 mg

40 mg

40 mg

Blood pressure:

Today I felt/Skincare/Other side effects:

DAY 6

Date:

MM

DD

YY

Time:

:

How many tablets did you take today?

40 mg

40 mg

40 mg

40 mg

Blood pressure:

Today I felt/Skincare/Other side effects:

DAY 7

Date:

MM

DD

YY

Time:

:

How many tablets did you take today?

40 mg

40 mg

40 mg

40 mg

Blood pressure:

Today I felt/Skincare/Other side effects:

WEEKLY NOTES AND QUESTIONS FOR MY DOCTOR OR NURSE

WEEK 1

Date bottle opened:

MM

DD

YY

DAY 1

Date:

MM

DD

YY

Time:

:

How many tablets did you take today?

40 mg

40 mg

40 mg

40 mg

Blood pressure:

Today I felt/Skincare/Other side effects:

DAY 2

Date:

MM

DD

YY

Time:

:

How many tablets did you take today?

40 mg

40 mg

40 mg

40 mg

Blood pressure:

Today I felt/Skincare/Other side effects:

DAY 3

Date:

MM

DD

YY

Time:

:

How many tablets did you take today?

40 mg

40 mg

40 mg

40 mg

Blood pressure:

Today I felt/Skincare/Other side effects:

DAY 4

Date:

MM

DD

YY

Time:

:

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Blood pressure:

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DAY 5

Date:

MM

DD

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Time:

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DAY 6

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YY

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DAY 7

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MM

DD

YY

Time:

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40 mg

40 mg

Blood pressure:

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WEEKLY NOTES AND QUESTIONS FOR MY DOCTOR OR NURSE

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MM

DD

YY

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MM

DD

YY

Time:

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Blood pressure:

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WEEKLY NOTES AND QUESTIONS FOR MY DOCTOR OR NURSE

YOUR SPECIALTY PHARMACY IS HERE TO HELP!

Now that you have started on STIVARGA® (regorafenib), you can rely on your specialty pharmacy for continued support and coordination with your doctor. A nurse from the network specialty pharmacies will be calling you soon.

The nurse is available to help answer your questions and assist you with the following:

- Potential side effects
- Medication questions
- Assist with reimbursement
- Provide ongoing communication throughout your treatment
- Provide refill assistance

REMEMBER:

Your specialty pharmacy nurse is here to help and discussions with them are confidential and do not impact prescription coverage. Only your doctor can prescribe or make changes to your medication.

See adjacent section for a list of specialty pharmacies within the STIVARGA network. A nurse from one of these pharmacies will be calling you soon to assist you.

STIVARGA SPECIALTY PHARMACY NETWORK

A nurse from one of the following specialty pharmacies will be calling you soon to assist you.

- | | |
|---------------------------------|---------------------------------|
| ■ AcariaHealth | ■ CenterWell Specialty Pharmacy |
| ■ Accredo | ■ Optum SP |
| ■ CVS | ■ Onco360 |
| ■ AllianceRX-Walgreens Pharmacy | ■ Biologics |

Specialty pharmacies offer a variety of services and a higher level of comprehensive and coordinated care. Your specialty pharmacy is also responsible for delivery of your medication through the mail. Your insurance requires the specialty pharmacy to speak with you before dispensing your medication and your verbal authorization for dispensing needs to occur in a timely manner. Remember, only your physician can make changes to your medication.

ADDITIONAL RESOURCES

COLON AND RECTAL CANCER INFORMATION

Colon Cancer Alliance
www.ccalliance.org
 877-422-2030

American Cancer Society (ACS)
www.cancer.org
 800-227-2345

Fight Colorectal Cancer
www.fightcolorectalcancer.org
 877-427-2111

CancerCare
www.cancercare.org/diagnosis/colorectal-cancer
 800-813-4673

HCC INFORMATION

American Liver Foundation
www.liverfoundation.org/support
 800-465-4837

Cancer Treatment Centers of America
www.cancercenter.com/liver-cancer
 844-832-4583

The Adrienne Wilson Liver Cancer Association
www.bluefaery.org
 818-636-5624
 800-445-8106

GIST INFORMATION

The Life Raft Group
www.liferaftgroup.org
 973-837-9092

GIST Support International
www.gistsupport.org
 215-340-9374

Cancer Hope Network
www.cancerhopenetwork.org
 877-467-3638

Family Caregiver Alliance
www.caregiver.org



REMEMBER:

contact your doctor or nurse to schedule
your first appointment within the first week



For More Information, Visit: www.stivarga-us.com

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