



For people with HR+, HER2- metastatic breast cancer



Patient portrayal.

MORE HELP preparing for your next appointment



How to get ready for visits and conversations with your doctor

Use this guide to help prepare for upcoming appointments and to collaborate with your doctor on your treatment goals.

Helpful tips for your appointment

- **Be prepared:**
You probably have lots of questions. Take a minute to write them down before your visit.
- **Consider bringing a friend or family member:**
There's a lot of information to take in at your doctor visits. Having another person there to remember important details and offer emotional support can be helpful.
- **Take notes:**
Write things down so there's no chance of forgetting important details or medical terms. You may want to refer to them later when researching your diagnosis or if you choose to get a second opinion.
- **Simple is smarter:**
Medical discussions can be confusing. Ask your doctor to use simple, straightforward terms, so you understand everything that's being said.
- **It's never too late to ask questions:**
If you think of questions after your appointment, don't be afraid to call your doctor's office and talk to a nurse or your oncologist. It's important that you have a clear understanding of your diagnosis and treatment options.

Share this guide at your next doctor appointment and make that conversation easier

DOWNLOAD & SAVE



PRINT



INDICATION

What is KISQALI?

KISQALI® (ribociclib) is a prescription medicine used to treat adults with hormone receptor (HR)-positive, human epidermal growth factor receptor 2 (HER2)-negative breast cancer that has gotten worse or has spread to other parts of the body (advanced or metastatic), in combination with:

- an aromatase inhibitor as the first endocrine-based therapy; or
- fulvestrant as the first endocrine-based therapy or following disease progression on endocrine therapy

It is not known if KISQALI is safe and effective in children.



Questions to consider before your appointment

You are your best advocate. Taking an active role in your treatment can help you feel more in control. Choose your answers here and write in any questions you have in the lines below before meeting with your doctor.

Check off what matters most during treatment:

- Effectiveness in extending my life without progression
- Duration of treatment
- What are the side effects, and are they manageable?
- How I take it, such as a pill or an injection
- Impact on daily life

Questions for my doctor

Write in your questions.

MORE ANSWERS  **MORE SUPPORT**

Novartis Patient Support™ is a free personalized program to help you start, stay, and save on treatment. It can help you throughout your journey with access to financial resources and a team of experts for support.

Learn more about what support is available at <https://support.kisqali.com/>

For more information, call Novartis Patient Support at 866-433-8000.

Monday through Friday, 8:00 AM to 8:00 PM ET, excluding holidays.

IMPORTANT SAFETY INFORMATION

KISQALI may cause serious side effects, including:

Lung problems. KISQALI may cause severe or life-threatening inflammation of the lungs during treatment that may lead to death. Tell your health care provider right away if you have any new or worsening symptoms, including:

- trouble breathing or shortness of breath
- cough with or without mucus
- chest pain

 **KISQALI**[®]
ribociclib 200 mg
tablets



Considering KISQALI? Questions to ask your doctor

About KISQALI

Why should I choose KISQALI to treat my type of cancer?

What are the clinical trial results, and how do they compare to other treatment options?

What's the difference between overall survival (OS) and progression-free survival (PFS)?

What makes KISQALI a targeted therapy? How does that help treat my type of cancer?

What to Expect

What can I expect in my day-to-day life while taking KISQALI?

What are the possible side effects of KISQALI?

How is KISQALI taken, and how often?

What kind of results can I expect to see from KISQALI? How will I know if it is working for me?

What would follow-up testing and doctor visits be like while taking KISQALI?

Notes

Severe skin reactions. Tell your health care provider or get medical help right away if you get severe rash or rash that keeps getting worse; reddened skin; flu-like symptoms; skin pain or burning, blistering of the lips, eyes, or mouth, blisters on the skin or skin peeling, with or without fever.

Heart rhythm problems (QT prolongation). KISQALI can cause a heart problem known as QT prolongation. This condition can cause an abnormal heartbeat and may lead to death.

- Your health care provider should check your heart and do blood tests before and during treatment with KISQALI
- **Tell your health care provider right away if you have a change in your heartbeat (a fast or irregular heartbeat), or if you feel dizzy or faint**





Patient portrayal.

INDICATION

What is KISQALI?

KISQALI® (ribociclib) is a prescription medicine used to treat adults with hormone receptor (HR)-positive, human epidermal growth factor receptor 2 (HER2)-negative breast cancer that has gotten worse or has spread to other parts of the body (advanced or metastatic), in combination with:

- an aromatase inhibitor as the first endocrine-based therapy; or
- fulvestrant as the first endocrine-based therapy or following disease progression on endocrine therapy

It is not known if KISQALI is safe and effective in children.

IMPORTANT SAFETY INFORMATION

KISQALI may cause serious side effects, including:

Lung problems. KISQALI may cause severe or life-threatening inflammation of the lungs during treatment that may lead to death. Tell your health care provider right away if you have any new or worsening symptoms, including:

- trouble breathing or shortness of breath
- cough with or without mucus
- chest pain

Severe skin reactions. Tell your health care provider or get medical help right away if you get severe rash or rash that keeps getting worse; reddened skin; flu-like symptoms; skin pain or burning, blistering of the lips, eyes, or mouth, blisters on the skin or skin peeling, with or without fever.

Heart rhythm problems (QT prolongation). KISQALI can cause a heart problem known as QT prolongation. This condition can cause an abnormal heartbeat and may lead to death.

- Your health care provider should check your heart and do blood tests before and during treatment with KISQALI
- **Tell your health care provider right away if you have a change in your heartbeat (a fast or irregular heartbeat), or if you feel dizzy or faint**

Liver problems. KISQALI can cause serious liver problems. Your health care provider should do blood tests to check your liver before and during treatment with KISQALI. Tell your health care provider right away if you get any of the following signs and symptoms of liver problems:

- yellowing of your skin or the whites of your eyes (jaundice)
- dark or brown (tea-colored) urine
- feeling very tired
- loss of appetite
- pain on the upper right side of your stomach area (abdomen)
- bleeding or bruising more easily than normal

Low white blood cell counts (neutropenia). Low white blood cell counts are very common during treatment with KISQALI and may result in infections that may be severe. Your health care provider should check your white blood cell counts before and during treatment with KISQALI. Tell your health care provider right away if you have signs and symptoms of low white blood cell counts or infections, such as fever and chills.

Your health care provider may tell you to decrease your dose, temporarily stop, or completely stop taking KISQALI if you develop certain serious side effects during treatment with KISQALI.

What should I tell my health care provider before taking KISQALI?

Before you take KISQALI, tell your health care provider if you:

- have any heart problems, including heart failure, irregular heartbeats, and QT prolongation

- have ever had a heart attack
- have a slow heartbeat (bradycardia)
- have high blood pressure that is not controlled
- have decreased thyroid gland function (hypothyroidism)
- have problems with the amount of potassium, calcium, phosphorus, or magnesium in your blood
- have fever, chills, or any other signs or symptoms of infection
- have liver problems
- have kidney problems
- are pregnant, or plan to become pregnant. KISQALI can harm your unborn baby
 - If you are able to become pregnant, your health care provider should do a pregnancy test before you start treatment with KISQALI
 - Females who are able to become pregnant and who take KISQALI should use effective birth control during treatment and for at least 3 weeks after the last dose of KISQALI
 - Talk to your health care provider about birth control methods that may be right for you during this time
 - If you become pregnant or think you are pregnant, tell your health care provider right away
- are breastfeeding or plan to breastfeed. It is not known if KISQALI passes into your breast milk. Do not breastfeed during treatment with KISQALI and for at least 3 weeks after the last dose of KISQALI

Tell your health care provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. KISQALI and other medicines may affect each other, causing side effects. Know the medicines you take. Keep a list of them to show your health care provider or pharmacist when you get a new medicine.

What should I avoid while taking KISQALI?

Avoid eating grapefruit and avoid drinking grapefruit juice during treatment with KISQALI since these may increase the amount of KISQALI in your blood.

The most common side effects of KISQALI in people with advanced or metastatic breast cancer include:

- | | |
|-------------------------------------|-------------------------|
| • decreased white blood cell counts | • vomiting |
| • decreased red blood cell counts | • headache |
| • increased liver function tests | • constipation |
| • infections | • hair loss |
| • nausea | • cough |
| • increased kidney function test | • rash |
| • tiredness | • back pain |
| • decreased platelet counts | • low blood sugar level |
| • diarrhea | |

KISQALI may cause fertility problems in males, which may affect your ability to father a child. Talk to your health care provider if this is a concern for you.

Tell your health care provider if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of KISQALI. For more information, ask your health care provider or pharmacist. Call your doctor for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see full Prescribing Information including Patient Information.

