

Remember, you are not alone in treatment. Your doctor and nurses, along with your caregiver, are your number one resources for any questions or concerns you may have about NINLARO® (ixazomib) and your disease.

GET THE MOST OUT OF YOUR VISITS BY WORKING TOGETHER WITH YOUR HEALTHCARE TEAM

- **Create a partnership** with your healthcare team that has clear lines of communication
- **Establish trust** by having open discussions and making treatment decisions together
- **Prepare for your visit** by tracking symptoms and potential side effects in your NINLARO planner
- **Ask questions** if you're uncertain. There's no such thing as a silly question
- **Take notes** during your visit
- **Review this discussion guide** prior to your visit for a productive conversation

Continue reading to find helpful questions and discussion topics for your doctor.

Indication for NINLARO® (ixazomib)

Uses of NINLARO

NINLARO is a prescription medicine used to treat multiple myeloma in combination with the medicines REVLIMID® (lenalidomide) and dexamethasone, in people who have received at least one prior treatment for their multiple myeloma.

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

Please read the Important Safety Information on page 6 and Patient Information in the accompanying full Prescribing Information.

STARTING TREATMENT

Starting a new treatment for multiple myeloma can be overwhelming. You may be concerned about how the treatment will affect your lifestyle, impact you financially, or you may have questions about what to expect. Review the questions below in preparation for your next doctor's appointment to help you get the most out of your visit.

Before receiving NINLARO® (ixazomib), tell your healthcare provider about all your medical conditions and all medications (prescription and over-the-counter) and nutritional supplements you are taking.

LAB WORK AND TESTS

- What typical tests will I need?
- What scans will I need?
- How often do I need them?
- What tests/results should I keep track of?
- Can you explain the results of my blood and urine tests?
(Don't hesitate to ask about other tests you may be curious about.)

TREATMENT

- Can you help me understand the differences in available multiple myeloma treatments?
- What are the different treatment schedules for each?
- How effective is the treatment you're recommending?
- How long will I receive multiple myeloma treatment, and how will it be given?
- What are the side effects of the treatment?
- Can the dose be adjusted if there are side effects?
- How will I know if my multiple myeloma is responding to treatment?
- What does it mean if I achieve remission?
- These are the medications and supplements I am currently taking (be prepared with a list).
Do these affect my treatment, and how?

Please read the Important Safety Information on page 6 and Patient Information in the accompanying full Prescribing Information.

STARTING TREATMENT (continued)

PHYSICAL AND DAILY LIFE

- Will I be nauseous?
- Will I get diarrhea?
- Will I be exhausted?
- Can I eat all kinds of foods?
- I've had chickenpox. Is there anything I can do to lessen the chance of getting shingles?

SIDE EFFECTS

- What side effects are associated with these treatments?
- Are there signs or symptoms I should look out for?
- I have heard about peripheral neuropathy—can you explain what it is?
- What should I do if I experience any side effects?

PAYING FOR TREATMENT

- Who can tell me about the cost of the various treatment options?
- What organizations or resources are available to help me pay for treatment?
- How do I get treatment if I don't have insurance?

Please read the Important Safety Information on page 6 and Patient Information in the accompanying full Prescribing Information.

AFTER RESPONDING TO TREATMENT

If you've been on treatment for some time, you may start to settle into a treatment routine and feel more comfortable with your treatment. At this point, your questions and concerns may be different from when you started treatment.

GENERAL QUESTIONS

- Which tests are important at this point?
- Is there assistance to get back and forth from my medical appointments?
- Will I need home healthcare?
- Are there patient support groups that you might recommend?
- Can I make plans to travel?
- What signs might show that I am responding to treatment?

TREATMENT

- What happens when I begin responding to treatment? How can I tell?
- If the myeloma has responded to treatment, do I continue with the same therapy?
- What happens after I complete my treatment?
- What happens if/when the multiple myeloma comes back (relapse)?
- How will I know if the multiple myeloma is getting worse?

SIDE EFFECTS

- What side effects should I look out for at this point?
- Should I expect any new or worsening symptoms at this point in my treatment?

Please read the Important Safety Information on page 6 and Patient Information in the accompanying full Prescribing Information.

AFTER A RELAPSE

If your multiple myeloma returns, you should know what to expect and if there are other treatment options available. Have an open dialogue with your healthcare team to talk about your options and discuss future treatment goals.

GENERAL QUESTIONS

- What happens if I stop responding to my treatment?
- What treatment options are available to me?
- Do I need a different type of medication?
- How effective is the treatment you're recommending?
- How long will I receive treatment, and how will it be given?

SIDE EFFECTS

- I experienced side effects with the last treatment. Will they be similar with my new treatment?
- What side effects have been reported with this treatment?
- How can I recognize the signs and symptoms of these side effects?
- What should I do if I experience any side effects?
- Can I help prevent any side effects from treatment?

Please read the Important Safety Information on page 6 and Patient Information in the accompanying full Prescribing Information.

For more information on NINLARO and multiple myeloma, visit [NINLARO.com](https://www.ninlaro.com).

Indication and Important Safety Information for NINLARO® (ixazomib)

Uses of NINLARO

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

NINLARO may cause serious side effects, including:

- **Low platelet counts (thrombocytopenia)** are common with NINLARO and can sometimes be serious. You may need platelet transfusions if your counts are too low. Tell your healthcare provider if you have any signs of low platelet counts, including bleeding and easy bruising.
- **Stomach and intestinal (gastrointestinal) problems.** Diarrhea, constipation, nausea, and vomiting are common with NINLARO and can sometimes be severe. Call your healthcare provider if you get any of these symptoms and they do not go away during treatment with NINLARO. Your healthcare provider may prescribe medicine to help treat your symptoms.
- **Nerve problems** are common with NINLARO and may also be severe. Tell your healthcare provider if you get any new or worsening symptoms including: tingling, numbness, pain, a burning feeling in your feet or hands, or weakness in your arms or legs.
- **Swelling** is common with NINLARO and can sometimes be severe. Tell your healthcare provider if you develop swelling in your arms, hands, legs, ankles, or feet, or if you gain weight from swelling.
- **Skin Reactions.** Tell your healthcare provider if you get a new or worsening rash.
- **Liver problems.** Tell your healthcare provider if you get these signs of a liver problem: yellowing of your skin or the whites of your eyes; pain in your right upper-stomach area.

Other common side effects have occurred. Tell your healthcare provider if you get new or worsening back pain, lowered white blood cells (neutropenia) that may increase the risk of infection, or vision conditions such as blurred vision, dry eye, or pink eye (conjunctivitis).


These are not all the possible side effects of NINLARO. Talk to your healthcare provider for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

Before taking NINLARO, tell your healthcare provider about all your medical conditions, including if:

- You have liver problems or kidney problems or are on dialysis.
- You or your partner are pregnant or plan to become pregnant. NINLARO can harm your unborn baby. Avoid becoming pregnant during treatment with NINLARO. You and your partner should use effective birth control during treatment and for 90 days after the final dose of NINLARO. If using hormonal contraceptives (for example, the pill), an additional barrier method of contraception (for example, diaphragm or condom) must be used.
- You are breastfeeding or plan to breastfeed. Do not breastfeed during treatment with NINLARO and for 90 days after your final dose of NINLARO.

Tell your healthcare provider about all the medications (prescription and over-the-counter) and nutritional supplements you are taking or before starting any new medicines.

Please read the Patient Information in the accompanying full Prescribing Information.

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