

A GUIDE
FOR
PATIENTS

BECAUSE MY TOMORROW IS STILL UNWRITTEN

My story continues with LONSURF® (trifluridine/tipiracil)
[LON-serf] tablets

LONSURF is a prescription medicine used to treat adults with

- colorectal cancer that has spread to other parts of the body and who have been previously treated or cannot receive certain chemotherapy medicines.
- a kind of stomach cancer called gastric cancer including cancer of the gastroesophageal junction that has spread to other parts of the body and who have been previously treated or cannot receive certain chemotherapy medications.

It is not known if LONSURF is safe and effective in children

Please see Important Safety Information on pages 26-27 and full Prescribing Information in pocket.



Lonsurf[®]
(trifluridine and tipiracil) tablets

Actor portrayal.

ABOUT COLON OR RECTAL CANCER

What is metastatic colon or rectal cancer?

You have likely read a lot about colon or rectal cancer since you were diagnosed. As you may have already discovered, colon and rectal cancers combined are the third most common cancers in men and women.

Metastatic means that the cancer has spread to other parts of the body.

About this guide

You have been through a lot since your cancer diagnosis. You have had a number of treatments, experienced certain side effects, and dealt with a whole range of emotions. Hearing the news that a treatment has stopped working is never easy—but LONSURF® (trifluridine/tipiracil) tablets offer you another treatment option. Whether you have been prescribed LONSURF or just want to know more about it, this brochure is for you.

The information in this booklet is not a substitute for your healthcare provider's advice. Always ask your healthcare provider any questions you may have about LONSURF and colon or rectal cancer.

You can always learn more at LONSURF.com/tomorrow.



What is LONSURF?

LONSURF tablets are a prescription medicine for colon or rectal cancer.

LONSURF is an oral tablet, which means it is taken by mouth. It is a prescription chemotherapy tablet that is made up of 2 parts. LONSURF offers you a chance to continue cancer treatment. It may help you live longer and slow or stop the growth of cancer in your body for a period of time.

LONSURF was studied in a clinical trial of 800 patients with colon or rectal cancer that had spread to other parts of the body and had been previously treated with certain chemotherapy medicines.

- Half of the patients treated with LONSURF were still alive at 7.1 months and half of the patients who received placebo were still alive at 5.3 months
- Worsening of the disease or death occurred in 88% of patients treated with LONSURF and 94% of patients who received placebo



Living with colon or rectal cancer can be difficult, but you are not alone. You are facing it with your family, friends, and loved ones. LONSURF may give you the chance to continue the journey longer and further alongside them.

Please see Important Safety Information on pages 26-27
and full Prescribing Information in pocket.

Lonsurf[®]
(trifluridine and tipiracil) tablets

Who should take LONSURF?

LONSURF® (trifluridine/tipiracil) tablets are for those:

- Living with colon or rectal cancer that has spread to other parts of the body
- Who have been previously treated with or cannot receive certain chemotherapy medicines
- Who now may need another option

Those previous medicines may include:

- Fluoropyrimidine: Such as 5-fluorouracil, also known as 5-FU
- Oxaliplatin-based treatment: Such as FOLFOX (5-FU, leucovorin, and oxaliplatin); CAPOX (capecitabine and oxaliplatin); or Eloxatin® (oxaliplatin)
- Irinotecan-based treatment: Such as FOLFIRI (5-FU, leucovorin, and irinotecan); CAPIRI (capecitabine and irinotecan); or Camptosar® (irinotecan)
- Anti-VEGF biological therapy: Such as Avastin® (bevacizumab); or Zaltrap® (ziv-aflibercept)
- Anti-EGFR therapy: Such as Erbitux® (cetuximab); or Vectibix® (panitumumab)

If you aren't sure what treatments you've had in the past, ask your healthcare provider.

Do not use LONSURF if you are allergic to any of the ingredients in LONSURF. Talk to your healthcare provider if you are not sure whether you are allergic to any of the ingredients in LONSURF.

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You can learn more about colon or rectal cancer through these organizations

You can find information about colon or rectal cancer, support, and community at:

Colontown®

Visit colontown.org or call 1-410-881-3160

Colorectal Cancer Alliance

Visit ccalliance.org or call 1-877-422-2030

Fight Colorectal Cancer®

Visit fightcolorectalcancer.org or call 1-877-427-2111

The Raymond Foundation

Visit TheRaymondFoundation.org or call 1-646-598-2001

CancerCare®

Visit cancercares.org or call 1-800-813-HOPE (4673)

Cancer Support Community®

Visit cancersupportcommunity.org or call 1-888-793-9355

Selected Important Safety Information

- **Low blood counts.** Low blood counts are common with LONSURF and can sometimes be severe and life-threatening. LONSURF can cause a decrease in your white blood cells, red blood cells, and platelets. Low white blood cells can make you more likely to get serious infections that could lead to death. Your healthcare provider should do blood tests before you receive LONSURF, at day 15 during treatment with LONSURF, and as needed to check your blood cell counts. Your healthcare provider may lower your dose of LONSURF or stop LONSURF if you have low white blood cell or platelet counts

Please see Important Safety Information on pages 26-27 and full Prescribing Information in pocket.

Lonsurf®
(trifluridine and tipiracil) tablets

What is metastatic stomach cancer?

You have likely read a lot about stomach cancer since you were diagnosed. As you may have already discovered, stomach cancer is not as common as some other cancers in men and women.

Metastatic means that the cancer has spread to other parts of the body.

Stomach cancer is sometimes called gastric cancer.

- Your healthcare provider may have told you that you have gastroesophageal junction cancer, which is a type of stomach cancer located in the lower part of the esophagus that connects to the stomach

About this guide

You have been through a lot since your cancer diagnosis. You have had a number of treatments, experienced certain side effects, and dealt with a whole range of emotions. Hearing the news that a treatment has stopped working is never easy—but LONSURF® (trifluridine/tipiracil) tablets offer you another treatment option.

The information in this booklet is not a substitute for your healthcare provider's advice. Always ask your healthcare provider any questions you may have about LONSURF and stomach cancer.

You can always learn more at LONSURF.com/tomorrow.



What is LONSURF?

LONSURF tablets are a prescription medicine for stomach cancer.

LONSURF is an oral tablet, which means it is taken by mouth. It is a prescription chemotherapy tablet that is made up of 2 parts. LONSURF offers you a chance to continue cancer treatment. It may help you live longer and slow or stop the growth of cancer in your body for a period of time.

LONSURF was studied in a clinical trial of 507 patients with stomach cancer that had spread to other parts of the body and had been previously treated with certain chemotherapy medicines.

- Half of the patients treated with LONSURF were still alive at 5.7 months and half of the patients who received placebo were still alive at 3.6 months
- Worsening of the disease or death occurred in 85% of patients treated with LONSURF and 92% of patients who received placebo

Living with stomach cancer can be difficult, but you are not alone. You are facing it with your family, friends, and loved ones. LONSURF may give you the chance to continue the journey longer and further alongside them.

Please see Important Safety Information on pages 26-27 and full Prescribing Information in pocket.

Lonsurf[®]
(trifluridine and tipiracil) tablets

Who should take LONSURF?

LONSURF® (trifluridine/tipiracil) tablets are for those:

- Living with stomach cancer that has spread to other parts of the body
- Who have been previously treated with or cannot receive certain chemotherapy medicines
- Who now may need another option

Those previous medicines may include:

- Fluoropyrimidine: Such as 5-fluorouracil, also known as 5-FU, and Xeloda® (capecitabine)
- Platinum
- Taxane and/or irinotecan-based treatment: Such as FOLFIRI (5-FU, leucovorin, and irinotecan) and Camptosar® (irinotecan)
- HER-2 inhibitor

If you aren't sure what treatments you've had in the past, ask your healthcare provider.

Do not use LONSURF if you are allergic to any of the ingredients in LONSURF. Talk to your healthcare provider if you are not sure whether you are allergic to any of the ingredients in LONSURF.

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You can learn more about stomach cancer through these organizations

You can find information about stomach cancer, support, and community at:

Debbie's Dream Foundation

Visit debbiesdream.org
or call 1-855-475-1200

Gastric Cancer Foundation

Visit gastriccancer.org

GI Cancers Alliance

Visit gicancersalliance.org
or call 1-646-598-2001

Hope for Stomach Cancer

Visit stocan.org or call
1-424-239-9943

No Stomach for Cancer®

Visit nostomachforcancer.org
or call 1-608-692-5141

The Raymond Foundation

Visit TheRaymondFoundation.org
or call 1-646-598-2001

CancerCare®

Visit cancercares.org or call
1-800-813-HOPE (4673)

Cancer Support Community®

Visit cancersupportcommunity.org
or call 1-888-793-9355

Selected Important Safety Information

Tell your healthcare provider right away if you get any of the following signs and symptoms of infection during treatment with LONSURF: fever, chills, or body aches.

Please see Important Safety Information on pages 26-27
and full Prescribing Information in pocket.

Lonsurf®
(trifluridine and tipiracil) tablets

How can LONSURF help me?

With proven results to help patients live longer, LONSURF® (trifluridine/tipiracil) tablets may allow you to continue your journey with cancer.

LONSURF has been proven to:

- Allow some patients to live longer
- Slow or stop the growth of cancer for a period of time

How it works

LONSURF is a prescription medicine used to treat people with colon/rectal or stomach cancer that has spread to other parts of the body and who have been previously treated with or cannot receive certain chemotherapy medicines. LONSURF consists of two medicines in one:

- One part (tipiracil) helps the other part (trifluridine) stay active and work properly, and stops cells from making copies of themselves. This may help stop tumors from growing



What is the most important information I need to know about LONSURF?

It's important to know what to expect so you can recognize side effects right away and talk to your healthcare provider. There are things you can do to help manage them while the treatment team is monitoring your symptoms.

Your healthcare provider should check your blood cell counts before you receive LONSURF, at day 15 during treatment, and as needed.

- Low blood counts are common with LONSURF and can sometimes be severe and life-threatening. LONSURF can cause a decrease in your white blood cells, red blood cells, and platelets. Low white blood cells can make you more likely to get serious infections that could lead to death. Your dosage of LONSURF may be reduced or stopped
- Tell your healthcare provider right away if you develop any signs of infection such as fever, chills, or body aches

Selected Important Safety Information

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

- Have kidney or liver problems
- Are pregnant or plan to become pregnant. LONSURF can harm your unborn baby.

Please see Important Safety Information on pages 26-27 and full Prescribing Information in pocket.

Lonsurf®
(trifluridine and tipiracil) tablets

How to take LONSURF

LONSURF® (trifluridine/tipiracil) tablets are swallowed:

- Twice a day with food
- The type of food does not matter

LONSURF comes in 2 strengths: 15-mg and 20-mg tablets.*

Your healthcare provider may prescribe both strengths for your prescribed dose.

 15-mg tablet


















 20-mg tablet

Tablets shown at actual size.

*Tablet strength of LONSURF is based on 1 active part of the medicine. Actual tablet size is 7 mm for 15-mg dose and 8 mm for 20-mg dose.

Tips for the LONSURF 28-day dosing schedule

 First daily dose  Second daily dose

Day 1:  	Day 2:  	Day 3:  	Day 4:  	Day 5:  	Day 6: REST	Day 7: REST
Day 8:  	Day 9:  	Day 10:  	Day 11:  	Day 12:  	Day 13: REST	Day 14: REST
Day 15: REST	Day 16: REST	Day 17: REST	Day 18: REST	Day 19: REST	Day 20: REST	Day 21: REST
Day 22: REST	Day 23: REST	Day 24: REST	Day 25: REST	Day 26: REST	Day 27: REST	Day 28: REST

You will take LONSURF after morning and evening meals for 5 days a week, and then rest for 2 days. This goes on for 2 weeks.

Then you will not take LONSURF for 2 weeks (14 days).

This is repeated for as long as your healthcare provider says. Always follow all of your healthcare provider's directions carefully.

Use the digital calendar at LONSURF.com/mycalendar to help you keep track of your treatment. Your healthcare provider may give you a treatment calendar as well.

Please see Important Safety Information on pages 26-27 and full Prescribing Information in pocket.


(trifluridine and tipiracil) tablets



Other things to keep in mind about taking LONSURF

- Store LONSURF® (trifluridine/tipiracil) tablets at room temperature between 68°F and 77°F (20°C to 25°C)
- Don't store LONSURF with other medicines. Keep LONSURF in its own container
- If you store your tablets outside of the original container, any unused LONSURF tablets should be disposed of after 30 days
- Wash your hands after handling LONSURF. Even though it is a pill, it is still chemotherapy
- Make sure your caregiver wears gloves when handling LONSURF
- Note that there is a packet inside the bottle that helps absorb moisture. Do not swallow this material
- Keep LONSURF out of the reach of children

Contact your healthcare provider if:

- You miss a dose. Do not take additional doses to make up for the missed dose. Call your healthcare provider for instructions about what to do for a missed dose
- You have leftover tablets. Your healthcare provider or pharmacist will tell you how to dispose of them properly



SAFETY

What are the most common side effects caused by LONSURF?

Almost all patients treated with LONSURF tablets experience side effects at some time. Some common side effects you may experience include:

- Tiredness (fatigue/weakness)
- Nausea
- Vomiting
- Decreased appetite
- Diarrhea
- Abdominal pain
- Fever

Tell your healthcare provider if you have nausea, vomiting, or diarrhea that is severe or that does not go away. These are not all of the possible side effects of LONSURF.



If you have a LONSURF Starter Kit, you can use the thermometer to check your temperature. Record your temperature, along with any side effects you have, then bring this information with you to discuss with your healthcare provider at your next appointment.

You can also call the Taiho Oncology 24/7 hotline with questions about side effects with LONSURF at **1-844-US-TAIHO (1-844-878-2446)**. You may report side effects to the FDA at **1-800-FDA-1088**.

Please see Important Safety Information on pages 26-27 and full Prescribing Information in pocket.

Lonsurf[®]
(trifluridine and tipiracil) tablets

How to manage side effects

Your healthcare provider may have ways to help manage some of the side effects of LONSURF® (trifluridine/tipiracil) tablets. This could include adjusting your treatment plan by changing your dosage or stopping treatment.

The following information may also be helpful to you in managing some of the side effects of LONSURF while under your healthcare provider's care.

This information is not meant to replace your healthcare provider's advice. Always discuss any side effects with your healthcare provider.

Tiredness (fatigue/weakness)

- Do the things that are most important first each day. Don't overdo it
- Take time to rest
- Take naps that are less than 1 hour. Keeping naps short will help you sleep at night
- Try to be active each day. Talk to your healthcare provider about exercise that can help, like going for a 15-minute walk, doing yoga, or riding an exercise bike
- Make a bedtime routine. Bathing, reading, listening to music, or meditating before you go to bed may help you relax
- Try to sleep at least 8 hours each night
- Ask family members and friends for help with chores, driving to your appointments, shopping, and cooking
- Talk to your healthcare provider. He or she may prescribe medication that can help decrease tiredness

Nausea and vomiting

- A good way to prevent vomiting is to first prevent nausea. It may help to avoid certain foods. Don't eat greasy, fried, sweet, or spicy foods if you feel sick after eating them
- Eat 5 or 6 small meals a day, instead of 3 big ones (this does not change your dosing schedule)
- Have food and drinks that are warm or cool instead of hot or cold
- Try small bites of Popsicles or fruit ices. You can see if sucking on ice cubes helps (stop if the cold temperature bothers you)
- Talk to your healthcare provider, who may prescribe something to help. You can also ask your healthcare provider about acupuncture

Decreased appetite

- Patients with stomach cancer should talk to their healthcare provider for special dietary needs that may be impacted by their condition
- Eat 5 or 6 small meals a day, instead of 3 big ones (this does not change your dosing schedule)
- Drink milkshakes, smoothies, juice, or soup if you do not feel like eating solid foods
- Choose foods that are high in calories and/or protein
- Being active may help you feel hungrier. Talk to your healthcare provider about exercises that can help, like going for a 15-minute walk, stretching, swimming, or riding a bike
- Talk to your healthcare provider, who may suggest that you take extra vitamins or supplements

Please see Important Safety Information on pages 26-27 and full Prescribing Information in pocket.

How to manage side effects (cont'd)

Diarrhea/abdominal pain

For diarrhea:

- Eat 5 or 6 small meals each day, instead of 3 big ones (this does not change your dosing schedule)
- Ask your healthcare provider about foods high in sodium and potassium. Because your body can lose these minerals when you have diarrhea, it is important to replace them. Foods that are high in sodium and potassium include bananas, oranges, peach and apricot nectar, and boiled or mashed potatoes
- Eat low-fiber foods
- Drink 8 to 12 cups of clear liquids each day
- Drink liquids at room temperature slowly
- Talk with your healthcare provider, who may prescribe medicine to help. Do not take any medicine without discussing it beforehand
- Try deep breathing, yoga, or other ways to relax. This can help with muscle tension, anxiety, and pain

For abdominal pain:

- Exercise regularly
- Eat plenty of foods that are high in fiber such as fruits and vegetables
- Avoid foods that produce gas
- Let your caregiver know about your pain so he or she can try and help

Fever

- Drink plenty of liquids, like water, juice, and broth because a fever can cause fluid loss and dehydration
- Rest
- Keep cool by dressing in light clothing and sleeping with only a sheet
- **Call your healthcare provider immediately** if you have a fever or other signs of infection. You can use the thermometer in the Starter Kit to check your temperature each day



You can call the Taiho Oncology 24/7 hotline with questions about side effects with LONSURF® (trifluridine/tipiracil) tablets at **1-844-US-TAIHO (1-844-878-2446)**.

Tips for your appointments

How to come prepared

Write down questions for your healthcare provider and bring them with you.

Write down your questions when you think of them. You can use the journal in this guide, the LONSURF Treatment Calendar ([LONSURF.com/mycalendar](https://www.lonsurf.com/mycalendar)), or another diary or piece of paper. Bring your notes with you to your appointments. That way, you have a reminder of your questions.

Keep a record of any side effects.

Note when they occur. You can use the journal provided in this guide and bring it with you to your appointments so your healthcare provider can help manage certain side effects.

Bring any health insurance information or other disease or treatment information.

You can use the pocket on the back of this booklet or a folder to keep these all in one place.

How to make the most out of your appointments

Don't feel like you have to go to your appointments alone.

Bring your caregiver, a family member, or a trusted friend with you to your appointments. He or she can help you remember what your healthcare provider says and can be there to serve as your support system.

Take notes at your appointments.

You can do this or your caregiver, family member, or friend can do it for you. You can use the journal in the back of this booklet.

Get your healthcare provider's contact information.

Be sure you have phone numbers or e-mail addresses for follow-up questions. You can write them at the end of this booklet in the journal provided.

Plan ahead for an emergency.

Ask your healthcare provider what to do in an emergency, including:

- Whom to contact during office hours and off-hours
- How to reach them
- Where to go





APPOINTMENT CHECKLIST

Whether you are at your healthcare provider's office or going over your treatment via telemedicine, it can be a lot to process. This checklist can help you prepare so you can make the most of your appointment:

• **How are you feeling since your last appointment?**

Better About the same Worse

Be sure to note:

- Any changes in symptoms
- When they started or stopped/how long they have been going on

• **Are you experiencing any side effects related to LONSURF® (trifluridine/tipiracil) tablets (for example, nausea, vomiting, diarrhea, or others)?**

Yes No

If Yes, be sure to tell your healthcare provider and to note if:

- These are new side effects or ones that have become worse
- When they started/how long they have been going on

• **Are there any changes to your medical history since your last appointment?**

Yes No

If Yes, be sure to note:

- New diagnoses from another healthcare professional
- Changes in other medications you're taking, including when, how often, and what dose

• **Are you experiencing any challenges in your life, or do you have any upcoming life events you're preparing for?**

Yes No

If Yes, be sure to note:

- What these challenges or events are
- Any questions or concerns you might have about how your symptoms or treatment may affect you during these events

Write a list of your top questions and concerns to discuss with your doctor during your appointment.

JOURNAL

You can use these pages to write down notes for each checklist item, questions, and anything else you would like to remember. You may want to include the date next to each entry.



Important Safety Information

LONSURF may cause serious side effects, including:

- **Low blood counts.** Low blood counts are common with LONSURF and can sometimes be severe and life-threatening. LONSURF can cause a decrease in your white blood cells, red blood cells, and platelets. Low white blood cells can make you more likely to get serious infections that could lead to death. Your healthcare provider should do blood tests before you receive LONSURF, at day 15 during treatment with LONSURF, and as needed to check your blood cell counts. Your healthcare provider may lower your dose of LONSURF or stop LONSURF if you have low white blood cell or platelet counts

Tell your healthcare provider right away if you get any of the following signs and symptoms of infection during treatment with LONSURF: fever, chills, or body aches.

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

- Have kidney or liver problems
- Are pregnant or plan to become pregnant. LONSURF can harm your unborn baby.
- **Females** who can become pregnant: Your healthcare provider will verify your pregnancy status before you start treatment with Lonsurf. You should use effective birth control during and 6 months after the last dose of treatment with LONSURF. Tell your healthcare provider immediately if you become pregnant
- **Males**, while on treatment and for 3 months after your last dose of LONSURF, you should use a condom during sex with female partners who are able to become pregnant. Tell your healthcare provider right away if your partner becomes pregnant while you are taking LONSURF

- Are breast-feeding or plan to breast-feed. It is not known if LONSURF passes into your breast milk. Do not breast-feed during treatment with LONSURF and for 1 day after your last dose of LONSURF

Tell your healthcare provider about all the prescription and over-the-counter medicines, vitamins, and herbal supplements you take.

The **most common side effects** with LONSURF include tiredness (fatigue, weakness), nausea, decreased appetite, diarrhea, vomiting, abdominal pain, and fever.

Tell your doctor if you have nausea, vomiting, or diarrhea that is severe or that does not go away.

These are not all of the possible side effects of LONSURF. For more information, ask your healthcare provider. Call your doctor for medical advice about side effects.



Taiho Oncology is committed to providing ongoing services that include treatment support, referral to financial assistance resources to help you pay for your medicine, informational e-mails, and access to our call center, where you can get answers to your questions about LONSURF[®] (trifluridine/tipiracil) tablets.

For more support with LONSURF:

- Call **1-844-TAIHO-4U (1-844-824-4648)** Monday-Friday, 8 AM to 8 PM ET
- Go to **TaihoPatientSupport.com**
- See the Patient Access Brochure available at **LONSURF.com/resources**

Please see Important Safety Information on pages 26-27 and full Prescribing Information in pocket.

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