

# YOUR REBLOZYL® TREATMENT GUIDE

For people diagnosed with  
myelodysplastic disease syndromes (MDS)



VISIT  
**REBLOZYL.ca**  
TO FIND OUT MORE



Pr **Reblozyl**®  
lusatercept for injection

## GETTING **STARTED**

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Your healthcare professional has prescribed you with REBLOZYL – and you may have questions about this medication.

This brochure has been designed to help you gain a better understanding of REBLOZYL, including how it works, how it is taken, potential side effects, as well as tips for taking care of yourself.

You may find that the more you know, the better equipped you will be to play an active role with your healthcare team.



Keep in mind that this booklet is not meant to substitute any guidance, advice, or help provided by your healthcare team. Please refer to the Patient Medication Information leaflet at the end of this booklet.



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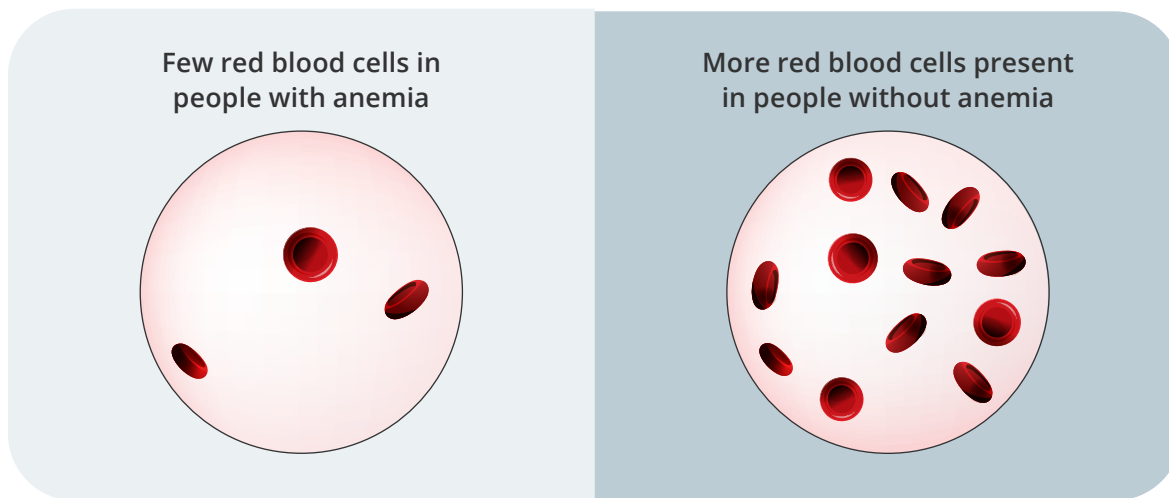
Use the *Take note* section at the back of this booklet to write down any questions you may have and how you are feeling. Share this information with your healthcare professional so that you can get answers and keep track of your health together.

# ABOUT **REBLOZYL**

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## What is REBLOZYL?

REBLOZYL (luspatercept) is used in adults who have low red blood cell counts (anemia) and require red blood cell transfusions due to a blood and bone marrow disorder called myelodysplastic disease syndromes.



Anemia is a condition that occurs when there are fewer mature, working red blood cells or a low amount of hemoglobin

## How does REBLOZYL work?

REBLOZYL may improve red blood cell production and increases hemoglobin levels – reducing the need for red blood cell transfusions.

REBLOZYL should not be used if you are allergic to luspatercept or any other ingredients of this medication

**For a complete list of the ingredients, refer to the Patient Medication Information leaflet at the end of this booklet**

If you are not sure, talk to your healthcare professional before using REBLOZYL



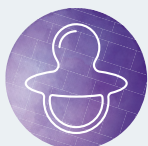
# WHAT TO TELL YOUR HEALTHCARE PROFESSIONAL BEFORE STARTING TREATMENT

To help avoid side effects and ensure proper use, talk to your healthcare professional about any conditions you may have before taking REBLOZYL, including if you:



## **Have or previously had high blood pressure, since it may increase with REBLOZYL**

- Your blood pressure will be monitored before REBLOZYL administration and throughout treatment



## **Are pregnant, think you may be pregnant, or are planning to have a baby**

- Do not use REBLOZYL if you are pregnant as it may cause harm to your unborn baby
- Your healthcare professional may arrange a pregnancy test before treatment
- Females of childbearing potential should use an effective method of contraception during treatment with REBLOZYL and for at least 3 months after their last dose
- If you are a woman, REBLOZYL may cause fertility problems, which may affect your ability to have a baby
  - Talk to your healthcare professional for advice before taking REBLOZYL



## **Are breastfeeding or are planning to breastfeed**

- Do not breastfeed when using this medication and for at least 3 months after your last dose
- It is unknown if REBLOZYL passes into breastmilk

Keep a list of all the medications you take, including any drugs, vitamins, minerals, natural supplements, or alternative medications to share with your healthcare professional

# HOW YOU WILL BE TREATED WITH REBLOZYL



REBLOZYL is given as an injection under the skin. The injections are given by a doctor, nurse, or other healthcare professional.

- Before receiving treatment, you will have a blood test to measure your hemoglobin levels
- If your hemoglobin is too high, you may not receive REBLOZYL at your visit
- Your blood pressure will also be monitored before each administration of this medication and throughout treatment

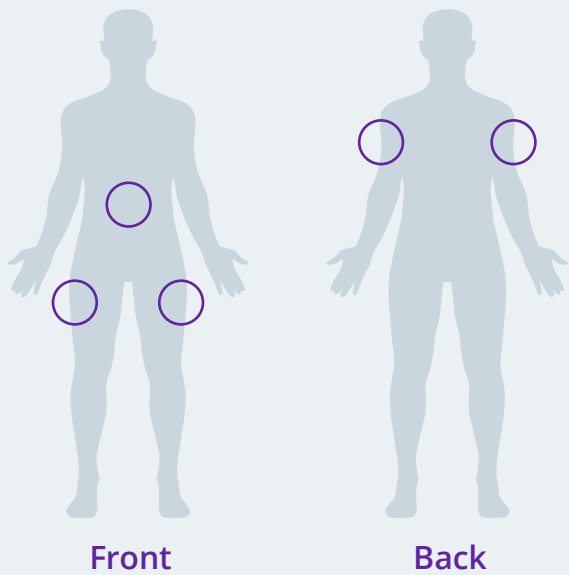
Your healthcare professional will determine the appropriate dose for you, based on your body weight:

- The recommended starting dose is 1.0 mg/kg of body weight once every 3 weeks
- The highest recommended dose is 1.75 mg/kg of body weight once every 3 weeks

Your healthcare professional will check your progress and may change your dose, if needed.

DAY 1 	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
DAY 22 	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
DAY 29	DAY 30	DAY 31				

## Possible injection sites



## The injection may be given in:

- Upper arm
- Thigh
- Abdomen

## What to do in the case of a missed dose

In the case of a missed or delayed injection of REBLOZYL, you will receive an injection as soon as possible and your dose will continue as prescribed – with at least 3 weeks between doses

# POSSIBLE SIDE EFFECTS OF REBLOZYL

The following are side effects that have occurred in people receiving REBLOZYL:

Very common side effects (may affect more than 1 in 10 people)	Common side effects (may affect up to 1 in 10 people)
<ul style="list-style-type: none"><li>• Dizziness, headache</li><li>• Fatigue (feeling tired/weak, low energy)</li><li>• Cough</li><li>• Diarrhea, nausea or constipation</li><li>• Back pain</li><li>• Difficulty breathing or shortness of breath</li><li>• Infection of the bladder (urinary tract infection)</li></ul>	<ul style="list-style-type: none"><li>• Muscle pain</li><li>• Flu-like symptoms</li><li>• Upper respiratory tract infections</li><li>• Decreased appetite</li><li>• Increase in blood sugar levels</li><li>• Injection site reactions: Redness, burning and pain at the site of the injection</li></ul>

## Serious very common side effects that may occur include:

- Peripheral edema
  - Symptoms include: Swelling of the legs or feet

## Serious common side effects that may occur include:

- Anemia (decrease in red blood cells)
  - Symptoms include: Tiredness/fatigue
- Basal cell carcinoma (certain types of skin cancer)
  - Symptoms include: Changes in the appearance of your skin or growths on your skin
- Heart problems including:
  - Cardiac failure
    - Symptoms include: Shortness of breath, swelling of legs, ankles and feet, rapid heartbeat, coughing/wheezing with white/pink phlegm
  - Angina
    - Symptoms include: Chest pain/discomfort
  - AV block
    - Symptoms include: Chest pain, dizziness/fainting, fatigue, shortness of breath, feeling that the heart skips a beat
- Kidney failure
  - Symptoms include: Lack of urine, shortness of breath, confusion, swelling of legs, ankles, feet, drowsiness/fatigue, nausea
- Pneumonia
  - Symptoms include: Fever, chills, fatigue, cough, shortness of breath, coughing up thick yellow or green mucous, fast heartbeat
- Progression of MDS to acute myeloid leukemia (AML)
  - Symptoms include: Fever, bone pain, fatigue, shortness of breath, unusual bleeding, easy bruising
- Sepsis (overwhelming infection)
  - Symptoms include: Fever, chills, very low body temperature, decreased urine, rapid heartbeat, rapid breathing, nausea, vomiting, diarrhea

Keep in mind that these are not all the possible side effects that may occur. Talk to your healthcare professional about any side effects that you may experience.

## LIFESTYLE TIPS: REMEMBER TO TAKE CARE OF YOURSELF

It is important to take care of yourself – this means eating well, getting some exercise, and learning to relax to help improve your overall health and wellness.

### Nutrition tips

Getting a balance between different food types is important for your general health. Eating a variety of foods can help you feel better and stay stronger.

#### *A healthy diet is comprised of:*



##### **Carbohydrates**

The body's main source of energy

**Sources include:** Breads, cereals, oatmeal, rice, and pasta



##### **Fibre**

Promotes healthy digestion

**Sources include:** Fruits, vegetables, whole-wheat bread, cereals, and brown rice



##### **Proteins**

Important for growth and tissue repair

**Sources include:** Lentils, meat, fish, beans, tofu, eggs, and peanut butter



##### **Fats**

Help absorb certain vitamins and essential fatty acids

**Sources include:** Oils (olive, coconut, avocado, etc.), butter, nuts, and seeds

Some people with MDS may need to follow a special diet if they have a very low white blood cell count or are undergoing a stem cell transplant. Talk to your healthcare professional about any diet modifications you may require.



## LIFESTYLE TIPS: REMEMBER TO TAKE CARE OF YOURSELF

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### Get active

Physical activity is an essential part of an overall healthy lifestyle.

Some activities to consider performing include:



Stretching



Swimming



Water aerobics



Tai Chi



Brisk walking

Talk to your healthcare professional about the level of exercise that is most appropriate for you

### Practice good hygiene

To help prevent developing an infection, try:

- Washing your hands often
- Using moisturizing lotions to soften the skin and avoid cracks
- Using hand sanitizer – particularly in public places
- Using an electric shaver to avoid cutting yourself
- Cleaning any cut or scrape immediately with warm water and soap
- Avoiding crowds and people who are sick
- Avoiding eating/handling raw foods

## KEEP TRACK OF YOUR **APPOINTMENTS**

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Use this section to help keep track of any appointments with your healthcare professional, including when you are to receive treatment.

### **My next appointments are...**

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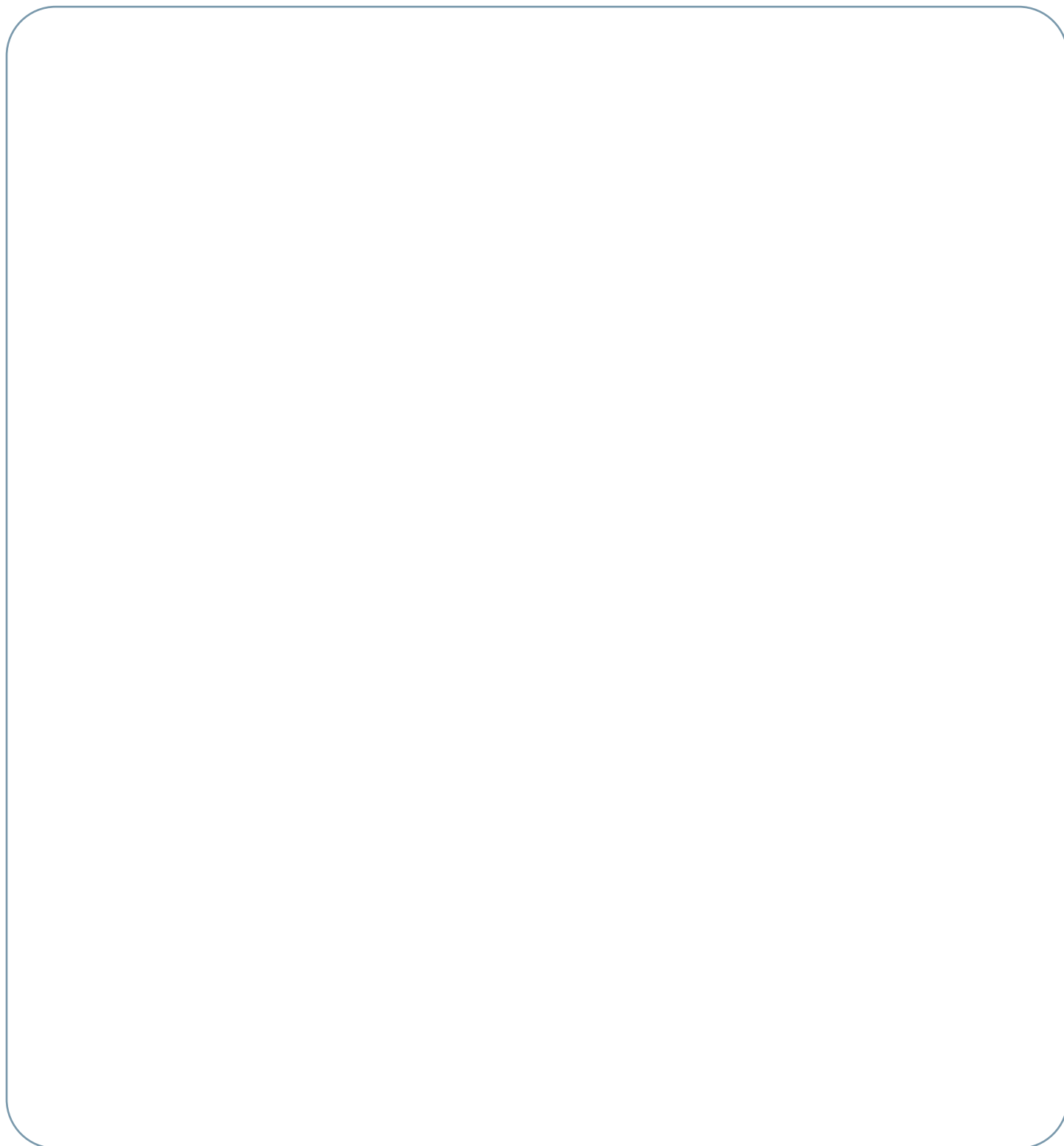
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## TAKE NOTE

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Bring this booklet with you to your appointments so you can write any questions you may have, record any information provided to you by your healthcare team, and to keep track of and share how you are feeling.

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TAKE NOTE

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