

A photograph of a young woman and a man celebrating. The woman is on the left, wearing an orange cardigan over a striped top, holding two balloons: a large orange one with a white infinity symbol and a yellow one with white polka dots. The man is on the right, wearing a red sweater, holding a white gift box tied with a yellow ribbon. They are both smiling and looking towards the right. The background is a clear blue sky.

Your guide to ALECENSA[®] (alectinib)

This resource, developed by Roche Products (New Zealand) Ltd, is intended as an educational support item for patients prescribed ALECENSA for the treatment of ALK+ non-small cell lung cancer.

ALK+ = anaplastic lymphoma kinase positive

For more information on anything covered in this booklet
talk to your specialist doctor or nurse
www.cancertreatments.co.nz

ABOUT THIS BOOKLET

You are receiving this booklet because your healthcare professional has prescribed ALECENSA, also known as alectinib for ALK+ non-small cell lung cancer (NSCLC).

It does not take the place of individual advice from your healthcare professional. More information on ALECENSA is available at cancertreatments.co.nz or in the Consumer Medicines Information at medsafe.govt.nz

Be positive

A positive attitude is an important asset right now which means keeping a strong mind, faith in yourself, taking your treatment as directed, and accepting the love and support from your whanau and friends.

This booklet contains information that can also help and support you throughout your treatment. Topics include:

- How ALECENSA works
- How it's given
- How to take ALECENSA safely
- Side effects
- Where you can find further help if you need it

We understand that there's a lot to take in and cover, so have aimed to make this information as relevant to you as possible. However this booklet doesn't cover everything and doesn't replace professional medical advice.

If you have more questions, make sure you write them down in the spaces provided so you can ask a member of your healthcare team – they are there to help and support you.



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WHAT IS ALK+ NSCLC?

Non small cell lung cancer, or NSCLC, is a common form of lung cancer.

A small number of people with NSCLC (about 5%) have a fault in their anaplastic lymphoma kinase (ALK) gene.

This causes an abnormal protein to be produced, which helps the lung cancer to grow and spread. This type of lung cancer is called ALK positive (ALK+) NSCLC.

You had tests to find out if you have ALK+ NSCLC so that your doctor could prescribe the most appropriate treatment options for you.

WHAT IS ALECENSA?

ALECENSA is a prescription medicine used to treat adults with non-small cell lung cancer (NSCLC). It contains the active ingredient alectinib.

ALECENSA belongs to a group of medicines called anti-neoplastic (or anti-cancer) agents which are used to treat cancer. It is prescribed if:

- Your lung cancer is ALK positive (ALK+), and
- Your cancer is advanced or has spread to another part of your body (metastatic), or
- You have had surgery to remove your cancer (treatment following surgery is also known as adjuvant treatment).

HOW DOES ALECENSA WORK?

The ALK protein helps cancer cells to grow and spread. ALECENSA works by blocking the activity of the ALK protein. For patients with advanced cancer or cancer that has spread to other parts of the body, it may slow down or stop the growth of your cancer. It may also help to shrink your cancer.

For patients taking ALECENSA after surgery (adjuvant) it can help to keep your ALK+ cancer from coming back.

KEY POINTS

- 1 Some people with NSCLC produce an abnormal protein (ALK)
- 2 The ALK protein helps lung cancer to grow and spread
- 3 ALECENSA blocks the ALK protein and may slow down or stop the growth of cancer

Before starting ALECENSA



Always talk with your doctor if you have any questions about ALECENSA or other medicines you take. It's never too late to tell your doctor about any of the above, even if you're already on ALECENSA.

It's important to let your doctor know if you:

1. Have allergies to any other medicines, foods, preservatives or dyes.
2. Are taking any other medicines or supplements, including any that you get without a prescription from a pharmacy, supermarket or health food shop.

ALECENSA may interfere with some medicines. These include:

- digoxin (used to treat heart disease)
- dabigatran (used to prevent or treat blood clots)
- methotrexate (used to treat rheumatoid arthritis and some cancers)

You need to tell your doctor about any other medicines or supplements you are taking as they may be affected by ALECENSA or they may stop ALECENSA from working as well as it could.

Your doctor and pharmacist may need to change the dose of your medicines, or you may need to take different medicines. They will provide more information on medicines to be careful with or avoid while taking ALECENSA.

3. Have ever had liver problems. Your doctor may do blood tests before treatment to check your liver function.
4. Cannot tolerate lactose, or you have an inherited problem called galactose intolerance, congenital lactase deficiency or glucose-galactose malabsorption. ALECENSA capsules contain lactose.

Check list

Do you have any allergies? Yes No

If Yes, list here: _____

Are you taking any other medicines or supplements? Yes No

If Yes, list here: _____

Have you ever had any liver problems? Yes No

If Yes, provide more info here: _____

Are you lactose intolerant, or do you have an inherited problem called galactose intolerance, congenital lactase deficiency or glucose-galactose malabsorption? Yes No

If Yes, provide more info here: _____

Before starting ALECENSA



It's important to let your doctor know if you:

1. Are pregnant or plan to become pregnant

- ALECENSA may be harmful to an unborn baby when taken by a pregnant woman. If you are a woman who could become pregnant, use highly effective contraception (birth control) during treatment, and for at least 1 week after taking the last capsule.
- If you are the partner of a woman who could become pregnant, use highly effective contraception during treatment, and for at least 3 months after taking the last capsule.
- Talk to your doctor about the right methods of contraception for you and your partner.

2. Are breastfeeding or planning to breastfeed

- It is not known whether ALECENSA passes into breast milk. It is not recommended that you breastfeed while taking ALECENSA and for 1 week after taking the last capsule.

Check list

Are you pregnant or do you plan to become pregnant? Yes No

Are you breastfeeding or planning to breastfeed? Yes No



If you've answered Yes to any of the questions above, make sure you tell your doctor before you start taking ALECENSA.

If you are not sure whether you should start taking ALECENSA, talk to your doctor. Remember that they are there to help and support you.

DURING YOUR TREATMENT WITH ALECENSA

How do I take ALECENSA?

ALECENSA is given in a capsule.



The normal dose of ALECENSA is 4 capsules twice a day (4 in the morning and 4 at night) with food.

Your doctor will tell you how many ALECENSA capsules you need to take each day as this will depend on your individual condition, whether you are taking any other medicines and whether you experience side effects.



Take 4 capsules in the morning with breakfast, then 4 capsules in the evening with dinner. Swallow with water.

- Take your ALECENSA capsules at about the same time each day. This will have the best effect, and will also help you remember when to take it.
- Do not open or dissolve the capsules.
- Swallow the capsules whole with a full glass of water and take with food.

My dose

capsules in the morning

capsules at night

REMEMBER



Swallow whole with a full glass of water



Take with food

IMPORTANT: Make sure you follow the directions given to you by your doctor or pharmacist carefully. They may differ from the information in this brochure.

FREQUENTLY ASKED QUESTIONS

How long will I take ALECENSA for?

The length of time you will be treated with ALECENSA will depend on the nature of your condition and how you are responding to the treatment. Make sure you continue to take ALECENSA until your doctor tells you to stop.

What should I do if I miss a dose?

If you forget to take a dose, or if you vomit after taking a dose, skip the dose you missed and take your next dose when you are meant to. Do not take a double dose to make up for the dose that you missed. This may increase the chance of you getting an unwanted side effect.

If you have trouble remembering to take your medicine, ask your pharmacist - they will have some tips to help keep you on track.

What should I do if I take too much ALECENSA?

Immediately telephone your doctor or the New Zealand National Poisons Centre (freephone 0800 764 766) for advice, or go to the Emergency Department at the nearest hospital. Do this even if there are no signs of discomfort or poisoning as you may need urgent medical attention.

If you have any further questions or are not sure what to do, ask your doctor or pharmacist.

Doctor's phone number:

Pharmacy phone number:

Can I drive if I'm taking ALECENSA?

Be careful driving or operating machinery until you know how ALECENSA affects you. ALECENSA may cause problems with vision or cause slowing of the heartbeat or low blood pressure that can lead to dizziness or fainting in some people. If you have any of these symptoms, do not drive, operate machinery or do anything else that could be dangerous. If you experience any of these problems, and they continue to get worse, talk to your doctor.

What should I do if I seek medical treatment for anything else whilst I'm taking ALECENSA?

Tell all doctors, dentists, and pharmacists who treat you that you are taking ALECENSA.

If my partner or I become pregnant whilst taking ALECENSA, what should we do?

Make sure you use highly effective contraception to prevent pregnancy whilst you (or your partner) is being treated with ALECENSA. However, if you or your partner does become pregnant while taking ALECENSA, tell your doctor immediately.



Can I go out in the sun when I'm taking ALECENSA?

ALECENSA can cause skin sensitivity when exposed to sunlight. Avoid being out in the sun while you are taking ALECENSA and for at least 7 days after you stop. Apply sunscreen and a lip balm with a high SPF (50 or higher) and cover your arms, legs and head to reduce exposure to sunlight.

I've got really sore muscles, what should I do?

Tell your doctor right away if you get new or worsening signs of muscle problems, including unexplained muscle pain or muscle pain that does not go away, tenderness, or weakness.

I'm not feeling very well, what should I do?

If you do not feel well while you are taking ALECENSA, tell your doctor or pharmacist right away. They will advise you what to do and can then help to address your side effects.

Will my hair fall out?

It's highly unlikely that your hair will fall out due to taking ALECENSA so this is not something you should worry about.

Do you have any other questions to ask your healthcare team?

Make a note of them here:

Don't miss any of your medical appointments. It's important that you attend them so your progress can be checked.

Don't give your medicine to anyone else, even if they have the same condition as you.

Don't adjust the dosage of your medicine or stop taking it without consulting your doctor.

OTHER
IMPORTANT
THINGS

SIDE EFFECTS

Like all medicines, ALECENSA may have some unwanted side effects. Sometimes they are serious; most of the time they are not. You may need medical attention to manage these side effects.

Tell your doctor or pharmacist as soon as possible if you do not feel well while you are taking ALECENSA. Do not be alarmed by the following lists of side effects. You may not experience any of them.

The following list includes the more common side effects of ALECENSA. Tell your doctor or pharmacist if you notice any of these and they worry you:

- Rash
- Diarrhoea or constipation
- Tiredness
- Dizziness
- Nausea and/or vomiting
- Swelling of hands, feet, legs or around the eyes
- Problems with your eyes such as blurred or impaired vision, black dots or white spots in your vision, double vision
- Headache
- Sensitivity to sunlight
- Inflammation in your mouth
- Change in sense of taste.



See the next page for some other possible side effects of ALECENSA

SERIOUS SIDE EFFECTS

The following list includes very serious side effects. You may need urgent medical attention or hospitalisation. If any of these happen, tell your doctor.

- Shortness of breath or difficulty breathing, cough and/or fever
- Yellowing of your skin or the whites of your eyes
- Slow heartbeat
- New or worsening signs and symptoms of muscle problems, including unexplained muscle pain that does not go away, tenderness or weakness.

Other side effects of ALECENSA not listed above may also occur in some people. Some side effects can only be found when your doctor does blood tests or other tests.

These tests could show a change in the liver, kidneys, levels of blood cells or changes in heart rate or blood pressure.



Go to the Emergency Department at your nearest hospital if you cannot access your doctor immediately.

DURING AND AFTER TREATMENT

Taking the time to care for yourself during cancer treatment is an important part of well-being and recovery.

Here are a few tips to help you:

- Slow down and find quiet time. You may feel more tired than normal during treatment. Prioritise sleep and give yourself permission to have a rest or a nap when you need to.
- Reduce stress levels. Practice mindfulness, meditation or prayer to quieten the mind and find a sense of calm.
- Eat healthy foods. Eat fresh, unprocessed foods, with lots of fruit and vegetables. If you have trouble eating or don't feel like eating, talk to your healthcare team.
- Get exercise and fresh air. Exercise can help reduce stress and tiredness, and can help you feel like eating. Check with your healthcare team about your exercise plan to make sure it's OK.
- Ask your healthcare team about alcohol. Small amounts of beer or wine may help you relax and help you feel hungry. But alcohol can cause problems with some cancer treatments. Your healthcare team can tell you if it's OK to drink alcohol in moderation.
- Do things you enjoy. Continue with hobbies, read, listen to music, watch movies, visit the beach, take your dog for a walk - do things that are positive and revitalising.
- Spend time with loved ones. Make time to see the most important people in your life.
- It's OK to say 'no'. You don't have to say yes to every invitation that comes your way. Avoid activities that zap your energy.
- Try starting a journal. Some people find that writing in a journal can be helpful. Having space to record your thoughts and worries can help to calm your mind and lower your stress levels.
- Be willing to accept help and ask for help. Whānau and friends will want to help you, so if they offer help don't be too proud to accept it, and if you need help don't hesitate to ask. People will appreciate knowing exactly what – and how – you need to be supported.
- Be kind to yourself. Self-care during cancer isn't a luxury; it's a necessary part of your happiness and health. Remember: you matter, and your needs matter, even as you're managing a cancer diagnosis.

WHERE TO GO FOR FURTHER SUPPORT

As you receive treatment with ALECENSA, remember that you are not alone – the following groups know what you are going through and can offer you support and valuable information.

Cancer Society of New Zealand

 www.cancernz.org.nz

 0800 226 237

Lung Foundation New Zealand

 www.lungfoundation.org.nz

 For more information on ALECENSA visit www.cancertreatments.co.nz

Important numbers for you:

 Specialist	
 Clinic	
 Nurse	
 Pharmacist	
 24 hour contact	

Notes

You might have questions for your doctor about ALK+ NSCLC and want to learn more about ALECENSA. You can use this space to write down any notes or questions you have for your healthcare team.

GLOSSARY

ALK Anaplastic lymphoma kinase is a gene in your body. Sometimes this gene can have a fault, causing an abnormal protein to be produced. This protein is described as ALK+ which enables the lung cancer to grow and spread

Adjuvant Treatment following surgery

Benign Not malignant, a non-cancerous growth

Cancer A malignant growth or tumour caused by the abnormal and uncontrolled division of cells in the body

Gene The fundamental unit of heredity which is transferred from a parent to offspring; a specific section of DNA within a chromosome.

Malignant A cancerous or potentially dangerous growth

Metastatic When cancer cells have spread to other parts of the body

NSCLC Non-small cell lung cancer. Any type of lung cancer other than small cell lung cancer (SCLC)

Protein Essential components of your body which are required for the structure, function, and regulation of your cells, tissues, and organs

Tumour A mass of tissue formed by the uncontrolled growth of new cells. Tumours can be cancerous (malignant) or non cancerous (benign)

Alecensa® (alectinib) 150mg capsules is a **Prescription Medicine** used for the treatment of adults with ALK-positive non-small cell lung cancer.

Ask your doctor if Alecensa is right for you.

Alecensa is a PHARMAC funded medicine for patients with ALK-positive locally advanced or metastatic (spread to other parts of the body) non-small cell lung cancer who meet pre-defined criteria. A prescription charge may apply.

Alecensa is not PHARMAC funded for ALK-positive non-small cell lung cancer patients following surgery (adjuvant treatment).

Use only as directed. If symptoms continue or you have side effects, see your healthcare professional. For more information about Alecensa:

- talk to your health professional; or
- visit [medsafe.govt.nz](https://www.medsafe.govt.nz) for the Alecensa Consumer Medicine Information; or
- visit [roche.co.nz](https://www.roche.co.nz) or call Roche on 0800 276 243.

Alecensa has risks and benefits.

Possible common side effects include: rash including increased sensitivity to sunlight (follow sun protection guidelines); diarrhoea and constipation, nausea and/or vomiting; tiredness, dizziness; swelling of hands, feet, legs or around eyes; eye problems like blurred or impaired vision, black dots or white spots in your vision or double-vision; headache, inflammation in your mouth, change of sense of taste, and weight gain.

Do not use Alecensa if: you or your partner are pregnant or you are breastfeeding.

Tell your doctor if: you have liver problems; you have lactose or galactose intolerance, congenital lactase deficiency or glucose-galactose malabsorption; you are planning a pregnancy or plan to breastfeed. Tell your doctor if you are taking any other medicines.

Tell your doctor immediately or go to your nearest Accident and Emergency Centre if you notice any of the following: shortness of breath or difficulty breathing with cough and/or fever; yellowing of the skin or whites of the eyes; slow heart beat; new or worsening of muscle pain/problems that don't go away, tenderness or weakness; decreased urine output with swelling of legs, ankles, and around eyes with confusion, tiredness, nausea, chest pain or pressure.

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This resource, developed by Roche Products (New Zealand) Ltd, is intended as an educational support item for patients prescribed ALECENSA (alectinib) for the treatment of adults with ALK-positive non-small cell lung cancer. It is not intended as a substitute for advice from a qualified medical professional, nor is it considered a comprehensive and exhaustive source of information.

- ① For any questions about this booklet or ALECENSA (alectinib), contact Roche Medical Information on 0800 276 243 or via medinfo.roche.com.



If you have any questions about your diagnosis or treatments, please speak to your healthcare professional.

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