

YOUR RYBREVANT[®] TREATMENT JOURNAL

This journal is designed to help support you during treatment and at your doctor appointments. Consider bringing it with you to your appointments.



Please see full [Prescribing Information](#) for RYBREVANT[®].

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This journal is designed to help support you during treatment and at your doctor appointments. Inside, you'll find resources to help you stay organized and talk to your care team.

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This journal belongs to:

Name:



Phone Number:



Email Address:



Home Address:


This journal contains important information about my cancer treatment. If found, please contact me.


Care team contact information

Write down the names and contact numbers for the members of your care team so that you have them available when you need them.

Oncologist:


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 _____

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Primary Physician:


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 _____


Dermatologist:


 _____


 _____

 _____

Infusion Nurse:

 _____

 _____

 _____

Other:

 _____

 _____

 _____



Treatment calendar

MONTH: _____

Sunday	Monday	Tuesday	Wednesday

Use this calendar to keep track of your appointments, infusions, and any other important events.

Thursday	Friday	Saturday	Notes

Treatment calendar

MONTH: _____

Sunday	Monday	Tuesday	Wednesday

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Symptom tracker

It's important to tell your care team about any symptoms you experience.

You already have a lot to deal with, and living with lung cancer has its own challenges as well. Any treatment can come with certain symptoms.

Some symptoms may be prevented or reduced by treating them before they happen. Your care team can help you to feel your best during treatment.

Bring this tracker with you to your doctor appointments and use it to guide your discussions with your care team.

Date	Symptom Description








TIP

Here's a helpful way to bring up symptoms to your care team: "Since [insert date], I've had [insert symptom], and it's been a [insert number 1-5] on a scale of 1 to 5."

Symptom Rating Scale

Use these numbers to help rate how serious each symptom is, based on how it affects your daily life.

-  **1** – Just noticeable
-  **2** – Annoying, but can still do daily activities
-  **3** – Uncomfortable, can't do some daily activities
-  **4** – Very uncomfortable, hard to do any activities
-  **5** – Unbearable, not able to do daily activities

How Serious (circle one)	Care Team Suggestions
1 2 3 4 5	
1 2 3 4 5	
1 2 3 4 5	
1 2 3 4 5	

Symptom tracker

Date	Symptom Description

How Serious (circle one)	Care Team Suggestions
1 2 3 4 5	
1 2 3 4 5	
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1 2 3 4 5	
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1 2 3 4 5	
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1 2 3 4 5	
1 2 3 4 5	



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Infusion checklist

Here are some tips to help you prepare for your infusion appointments.



Drink plenty of water the day before your infusion and have a healthy breakfast the morning of the infusion.



Infusions can last several hours, so make sure you've set aside enough time for your appointment. Ask your care team about how long your infusion will be.



Bring a drink and snack with you to your appointment in case you get hungry, but check with the office first.



Consider setting up transportation to and from the infusion center. You may receive medicines before your infusion that can make you drowsy, so you may not want to drive. If you need help setting up a ride, reach out to your family and friends.



Wearing loose clothing can help keep you comfortable in the infusion room and allow your care team to access the infusion site easily.



Bring a pillow and blanket for extra comfort.



Bring a book, game, puzzle, music, or other entertainment to help pass the time.



Pay close attention to how you feel during an infusion, and make sure you let your care team know if you experience any discomfort. They know how to help.



Your care team may give you allergy medicine, a fever reducer, and a steroid, to help reduce the risk and seriousness of side effects.



TIP

If you have any other questions about your infusions, ask your care team.

Doctor discussion guide

The booklet that came with this journal contains additional information about your treatment. If you have any other questions, ask your doctor or other members of your care team.

Here are some helpful questions to get the conversation started with your doctor.

?

Is there a way I can give a friend or family member the ability to talk to my doctors on my behalf?

A

?

Where will my treatment infusions take place?

A

?

How long will my treatment infusions be?

A



What side effects of treatment should I expect?





Do you have any suggestions to help prevent or reduce the seriousness of side effects?





What resources and support programs are available to me as I start RYBREVANT®?



Remember, the members of your care team are the experts on treatment, but you are the expert on yourself, what you are expecting from treatment, and how you are feeling. Tell them about any thoughts you have and ask them any questions you have. They are there to help!

Notes

Use these pages to write down anything that will help you stay organized or feel better. Consider writing down questions you have for your care team, journaling about how you're feeling, or making "to do" lists. You can also use this space to take notes during your doctor's appointments.

Topics to discuss:

- _____
- _____
- _____
- _____
- _____
- _____

Summary of infusion:

Date/Time:

- | | |
|------------|-------|
| •
_____ | _____ |
| _____ | _____ |
| •
_____ | _____ |
| _____ | _____ |
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_____ | _____ |
| _____ | _____ |

Treatment notes:

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Reminders:

Date/Time:

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TIP

If you're looking for information about your treatment that's not included in this journal, review the booklet that you received with this journal. If you still have questions, ask your care team.

Glossary of terms and phrases

During treatment, you may hear or read some words or phrases that you're not used to. The definitions below can help with some of them. If you have any other questions about the meaning of certain terms, ask your care team.

Antibody

Antibodies are protective proteins that help detect harmful substances and diseases such as cancers. They are made naturally by your immune system and can also be man-made. Man-made antibodies used to treat cancer have a specific target on a cancer cell that they aim to find, attach to, and attack. RYBREVANT® is a man-made antibody.

Biomarker

A biomarker is any molecule that can help show when your body is working normally or abnormally. This includes mutations in certain cells associated with metastatic NSCLC.

Combination therapy

Therapy that combines more than one method of treatment.

Dose

The amount of medicine given at one time.

EGFR (epidermal growth factor receptor)

The EGFR protein is involved in controlling cell division and survival. Sometimes, mutations (changes) in the *EGFR* gene cause EGFR proteins to be made in higher than normal amounts on some types of cancer. This causes cancer cells to divide more rapidly.

Mutation

Any change in the DNA sequence of a cell. Mutations may be caused by mistakes during cell division, or they may be caused by exposure to DNA-damaging agents in the environment. Certain mutations may lead to cancer or other diseases. A mutation is sometimes called a variant.

Intravenous infusion

A method of putting fluids, including medicines, into the bloodstream through a vein.

Metastatic

The spread of cancer from the primary site (place where it started) to other places in the body. This can also be called “advanced” cancer.

Savings & Support

Once you and your doctor have decided that RYBREVANT® is right for you, sign up for RYBREVANT withMe support.

RYBREVANT withMe

Personalized 1-on-1 Support

You have access to free, dedicated support. Your Care Navigator is here to help guide you to support solutions throughout your treatment journey, so you feel informed and empowered.

Starting a new medicine can be overwhelming, and you may still have questions. We are here to help.



Free, Dedicated 1-on-1 Support from a Care Navigator



Cost Support Options Regardless of Your Insurance Type



Additional Resources and Community Connections



Sign up for personalized support throughout your treatment journey now by visiting RYBREVANTwithMe.com, or calling 833-JNJ-wMe1 (833-565-9631), Monday through Friday, 8:00 AM–8:00 PM ET.

The support and resources provided by RYBREVANT withMe are not intended to provide medical advice, replace a treatment plan you receive from your doctor or nurse, or serve as a reason for you to start or stay on treatment.

Please see full **Prescribing Information** for RYBREVANT®.

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