



Your guide to  
CABOMETYX<sup>®</sup> (cabozantinib)

**Advanced renal cell carcinoma**

 Pr **CABOMETYX<sup>®</sup>**  
(cabozantinib) tablets  
60 mg | 40 mg | 20 mg

# Welcome to your CABOMETYX<sup>®</sup> treatment guide

This guide has been designed to help you learn about renal cell carcinoma (RCC) and CABOMETYX<sup>®</sup>, a type of medication used to treat advanced RCC in adults who may or may not have received prior treatments.

**Please note:** This guide is not a replacement for medical advice. Talk to your healthcare team about any questions or concerns you may have.

## Table of contents

About this guide	2
Your healthcare team	3
About renal cell carcinoma	4
About CABOMETYX <sup>®</sup>	6
Side effects	10
Managing side effects	15
IPSEN CARES <sup>®</sup> Patient Support Program	19
Resources	20



# Your healthcare team

As you start your treatment with CABOMETYX®, get to know some of the people who may be there to help you along the way. Below is a list of healthcare professionals who may be on your team:

	Role in your care	Name/Contact information
<b>Family doctor</b>	Knows you and can support you.	
<b>Oncologist</b>	Specializes in cancer, knows all about your treatment and is one of the important decision-makers.	
<b>Nurse practitioner (NP)/ Clinical nurse specialist (CNS)</b>	Registered nurse with additional education and experience. You'll hear a lot from them during the first few weeks of your treatment.	
<b>Cancer/ Hospital pharmacist</b>	Takes care of all your prescriptions and also steps in to support your nurse practitioner during consultations.	
<b>Other</b>	There are a number of reputable organizations that can help you with everything from emotional support to financial planning. Some of them are listed at the end of this guide.	





“ I know I have the support of my healthcare team, family, and friends. ”



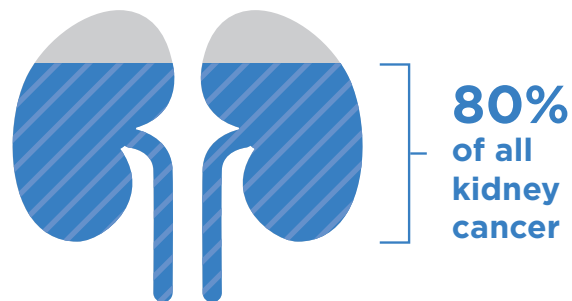
## About Renal Cell Carcinoma



# About renal cell carcinoma and how it can advance

## What is renal cell carcinoma?

Renal cell carcinoma is the most common type of kidney cancer in adults, representing about 80% of all kidney cancer.



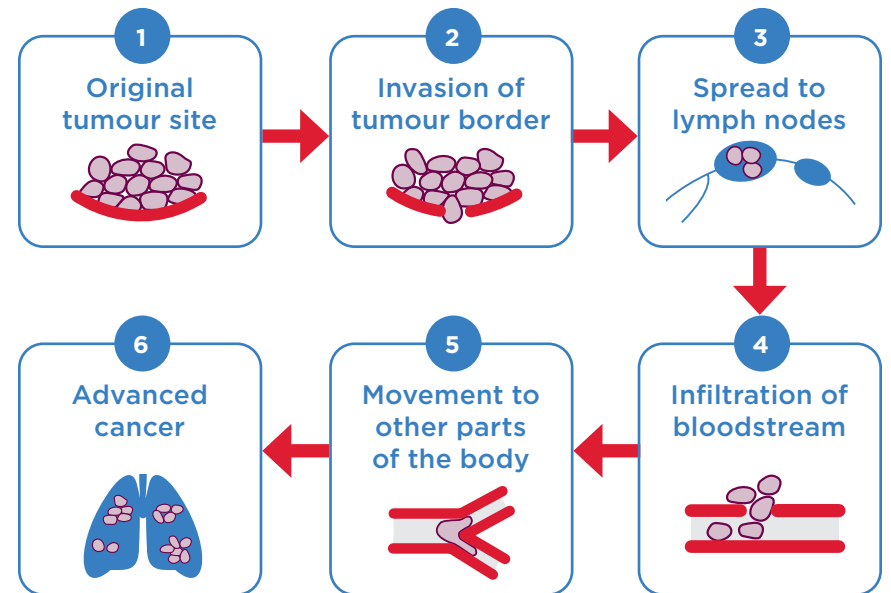
## How does renal cell carcinoma advance?

The term *advanced cancer*, or *metastasis*, refers to the spread of the first (primary) tumour beyond the kidneys to other parts of the body.

Once a primary tumour grows large enough, its cells begin to release a growth factor that causes the surrounding blood vessels to grow.

This increased blood supply can help the tumour continue to grow. It may also start to carry cells from the kidney throughout the rest of the bloodstream to other parts of the body where a new tumour, called *metastasis* or *secondary tumour*, may develop.

## How cancer spreads



CABOMETYX® works by helping to block the blood supply the tumour needs to grow.

## I have advanced renal cell carcinoma. What next?

It's normal to experience a wide range of feelings and emotions. There's a lot of new information to absorb, all while trying to decide what your next steps should be. Your feelings will become more manageable as you start to digest everything that's happened.



“ I know that any question is a good question, so I’m never afraid to ask my healthcare team. ”



About  
CABOMETYX®



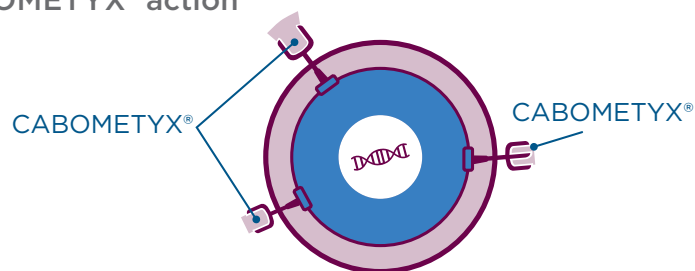
# About CABOMETYX®

CABOMETYX® is used to treat adults with a type of advanced kidney cancer called renal cell carcinoma. These patients may or may not have received prior treatments.

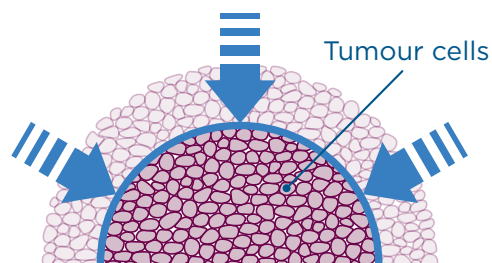
CABOMETYX® may also be given with another medicine called nivolumab. This is given to patients who have not received any previous treatments for their disease. These patients cannot be treated with radiation or surgery, and have a cancer that has spread to other parts of the body.

## How CABOMETYX® works

### CABOMETYX® action



CABOMETYX® is a multi-kinase inhibitor. It works by blocking the action of proteins called receptor tyrosine kinases, which are involved in cell growth and the development of new blood vessels that supply them.



CABOMETYX® can slow down the rate at which the tumour grows, help block the blood supply that the cancer needs and may increase the length of time before the cancer gets worse.

## Before taking CABOMETYX®

Do not take CABOMETYX® if you are allergic to cabozantinib or to any of its ingredients.

To help avoid side effects and ensure proper use, talk to your healthcare professional before you take CABOMETYX®. Talk about any health conditions and problems you may have, including:

- High blood pressure and its complications, including separation of the layers of an artery wall (artery dissection)
- Heart disease
- Diarrhea
- Unusual bleeding
- If you plan to have any surgery, including dental surgery. You should stop taking CABOMETYX® at least 28 days before any scheduled surgery.
- Liver or kidney disease, including increased amounts of protein in your urine
- Inflammatory bowel disease (e.g., Crohn's, ulcerative colitis, diverticulitis or appendicitis)
- Previous blood clot in the leg, lungs or liver, stroke or heart attack
- Heart disorder, including an irregular heartbeat, prolongation of the QT interval or a family history of QT prolongation or sudden cardiac death at less than 50 years of age
- Thyroid problems
- If you are pregnant or plan to become pregnant. Avoid getting pregnant if you're on CABOMETYX®. You should use effective birth control during treatment and for 4 months after your final dose.
- If you are a male patient with a female partner who is able to become pregnant. Use effective birth control during treatment and for 4 months after your final dose.
- If you are breastfeeding or plan to breastfeed. Do not breastfeed during treatment and for 4 months after your final dose.



# CABOMETYX<sup>®</sup> treatment

## How to take CABOMETYX<sup>®</sup>

Take CABOMETYX<sup>®</sup> exactly as your healthcare professional tells you to take it.



Take CABOMETYX<sup>®</sup> once a day on an empty stomach. Do not eat for at least 2 hours before and at least 1 hour after taking your dose.



Swallow the tablets whole with a full glass of water. Do not crush.



Take CABOMETYX<sup>®</sup> at the same time each day.



Do not drink grapefruit juice, eat grapefruit or take supplements that contain grapefruit during your treatment with CABOMETYX<sup>®</sup>.

## What to do if you miss a dose

If you miss a dose and your next dose is in less than 12 hours, take your next dose at its scheduled time. Do not make up the missed dose.



If you miss a dose and your next dose is 12 hours or more away, take the missed dose as soon as you remember. Take the next dose at the normal time.


## If you think you have taken too much CABOMETYX<sup>®</sup>

Contact your healthcare professional, hospital emergency department or regional Poison Control Centre immediately, even if there are no symptoms.

## How to store CABOMETYX<sup>®</sup>

Store CABOMETYX<sup>®</sup> at room temperature (15°C-25°C). Keep out of reach and sight of children.

The usual adult dose of CABOMETYX<sup>®</sup> is 60 mg taken once a day. Your doctor will decide on the right dose for you.





## Things to think about while taking CABOMETYX®



**Tell your healthcare team** if you're taking or have recently **taken any other medicines**. This includes prescription and over-the-counter medications, vitamins, and herbal medicines. This is because CABOMETYX® can affect the way some medicines work and other medicines can affect the way CABOMETYX® works.



Make a **list of any other medications** you're taking (prescription and over-the-counter) and try to keep it with you.



If you become pregnant or think you are pregnant, tell your healthcare professional right away.



If you're a male patient and your partner becomes pregnant, tell your healthcare professional right away.



Wait to see how you respond to CABOMETYX® before doing tasks that may require special attention. If you feel dizzy, weak, or tired, do not drive or use tools or machines.



When you're not meeting with your healthcare team as regularly, there may be a **support network** that can help you with what you need when you need it. Check with your healthcare team to find out about resources that can help you.



Refer to page 18 of this guide for tips on living with cancer, managing stress, connecting with support networks, and getting the help you need.





“ I stay involved in my treatment by letting my healthcare team know about any side effects I am experiencing. ”



## Side Effects



# Side effects while on CABOMETYX<sup>®</sup> treatment

When you begin treatment with CABOMETYX<sup>®</sup>, your doctor, nurse, or pharmacist will monitor you closely to see how you're responding to therapy. Throughout your treatment, they will also want to see if you're experiencing any side effects.

CABOMETYX<sup>®</sup> may cause side effects, so it's important to be aware of them. Be sure to discuss any side effects you might be experiencing with your healthcare team, even if they aren't listed in the Patient Medication Information leaflet.



Refer to page 16 of this guide for practical tips and things you can do to help manage side effects on your own.

## Serious Warnings and Precautions

CABOMETYX<sup>®</sup> should only be prescribed and used under the supervision of a healthcare professional experienced in drugs to treat cancer.

### Serious side effects with CABOMETYX<sup>®</sup> can include:

- Life-threatening blood clots
- High blood pressure. Blood pressure can be severely high and could cause stroke (hypertensive crisis).
- Life-threatening tear in your stomach or intestinal wall (perforation) or abnormal connection between two parts of your body (fistula)
- Life-threatening bleeding
- Life-threatening liver injury
- A condition called posterior reversible encephalopathy syndrome
- Abnormal wound healing

CABOMETYX<sup>®</sup> has not been studied in patients with heart problems or severe kidney or liver problems.



## Possible side effects

These are some possible side effects you may experience when taking CABOMETYX®. If you experience any side effects not listed here, contact your healthcare professional.

- Altered sense of taste
- Cough
- Decreased appetite
- Difficulty in speaking, hoarseness
- Dizziness, fainting
- Dry skin and mouth
- Fatigue, insomnia
- Fever
- Hair loss
- Headache
- Heartburn (bringing up stomach acid)
- Pain in arms, legs and joints, muscle spasms
- Rash or redness and small bruises on the skin, raised purple to red spots on skin (including lumps or open sores)
- Redness, swelling, or pain in the mouth or throat
- Ringing in the ears
- Shortness of breath
- Stomach upset, including diarrhea, nausea, vomiting, constipation, indigestion, and abdominal pain
- Swelling in lower legs or hands
- Upper respiratory tract infection
- Weakness
- Weakness or numbness in hands or feet
- Weight loss



## Serious side effects that require you to contact your healthcare professional immediately include:

### Very common

- Hand-foot skin reaction: redness, blisters, pain in the palms of the hands or soles of the feet\*
- Ascites (fluid in the abdomen): abdominal pain, feeling of fullness, flat or pushed out navel, weight increase, shortness of breath
- Hypertension (increase in blood pressure): headaches, vision problems, nausea, and vomiting\*
- Anemia (low levels of red blood cells): fatigue, having pale skin, shortness of breath, loss of energy, or weakness\*
- Hypothyroidism (underactive thyroid gland): changes in heart rate, appetite, or weight, tiredness, constipation, feeling cold, dry skin, swelling at front of neck
- Hyponatremia (low level of blood sodium): loss of energy, tiredness, muscle weakness or cramps, seizures\*
- Hypophosphatemia (low level of blood phosphate): muscle weakness, coma, bone pain, and fractures\*
- Hypomagnesemia (low level of blood magnesium): nausea, vomiting, weakness, muscle spasms, tremors\*
- Hypokalemia (low level of blood potassium): muscle weakness, cramping\*
- Decreased lymphocytes (low level of white blood cells): swollen lymph nodes, painful swollen joints, and rash\*
- Proteinuria (too much protein in your urine): swelling of the hands, feet, face\*
- Hyperthyroidism (high levels of thyroid hormone): anxiety or nervousness, weight loss, frequent and loose bowel movements, breathlessness, feeling hot and possibly feelings of having rapid, fluttering or pounding heart
- High levels of liver enzymes (alanine transaminase, aspartate transaminase) or bilirubin in the blood: nausea, vomiting, weight loss, fatigue, yellowing of the skin or eyes, dark urine, itching

### Common

- Hypocalcemia (low level of calcium in the blood): numbness and tingling in the hands, feet, or lips, muscle cramping or spasms, light-headedness, slow heartbeat\*
- Dehydration (condition that happens when you lose more fluid than you take in): thirst, headache, loss of appetite, tiredness, weakness, decreased urine, dark urine\*
- Thrombocytopenia (low levels of platelets in the blood): bruising easily, bleeding gums, nosebleeds, more bleeding than expected\*

- Hepatic encephalopathy (worsening brain function due to liver issues): change in alertness, confusion, mood or personality changes, disorientation, changes in sleep patterns, loss of consciousness, coma
- Adrenal insufficiency (when adrenal glands don't make enough cortisol): fatigue, darkening of skin colour, low blood pressure with dizziness or fainting, muscle and joint pain, craving salt
- Hypersensitivity reactions, including anaphylaxis and infusion-related reactions (severe allergic reactions): fever, skin rash, hives, itching, swelling, shortness of breath, wheezing, runny nose, difficulty swallowing, itchy, watery eyes, feeling sick to your stomach and throwing up. This side effect is possible when CABOMETYX® is taken with nivolumab.

### Uncommon

- Pneumonia (infection in the lungs): chest pain when you breathe or cough, confusion, cough that may produce phlegm, fatigue, fever, sweating and shaking chills, nausea, vomiting or diarrhea, shortness of breath
- Anal fistula (abnormal connection between the anus and another part of your body): pain and swelling around the anus, pain with bowel movements, bleeding, bloody or foul smelling discharge from the anus, fever, chills\*
- Pancreatitis (inflammation of the pancreas): abdominal pain that lasts or gets worse when you lie down, nausea, vomiting\*
- Hepatitis cholestatic (decrease in bile flow from the liver): yellow skin or eyes\*
- Osteonecrosis (bone damage in the jaw): pain in the mouth, teeth and/or jaw, swelling or sores inside the mouth, numbness or a feeling of heaviness in the jaw, or loosening of a tooth
- Wound complication: a wound that does not heal
- Thyroiditis (swelling or inflammation of the thyroid gland): feelings of worry, irritability, anxiety or nervousness, trouble sleeping, fatigue, weight loss, increased appetite, shaking

### Very rare

- Artery dissection (separation of the layers of an artery wall): sudden severe pain in the back, chest, or abdomen
- Artery aneurysm (a bulge in the wall of any artery including in the chest, arms, legs, heart, and brain): symptoms will differ by the site. They can be cough, coughing up blood, strong pain high in your neck or in your back when you didn't hurt yourself, problems swallowing, hoarse voice, unusual pulsing in your chest or abdomen

### Unknown frequency

- Dysphagia: difficulty swallowing that can cause food or liquid to get into your lungs, problems with your esophagus

\* Contact your doctor right away only if these side effects are severe.



## Stop CABOMETYX® immediately and get immediate medical help if you experience:

### Common

- Thromboembolism (blood clot in a vein or artery): pain or tenderness or swelling in your arm or leg, skin that is red or warm, coldness, tingling or numbness, pale skin, muscle pain or spasms, weakness
- Severe hemorrhage (bleeding): vomiting blood, black stools, bloody urine, headache, coughing up blood
- Gastrointestinal perforation (tear in your stomach or intestinal wall): abdominal pain, feeling sick, vomiting, constipation, fever

### Uncommon

- Convulsion: fits (seizures), headaches, confusion, or struggling to focus
- Myocardial infarction (heart attack): pressure or squeezing pain between the shoulder blades, in the chest, jaw, left arm, or upper abdomen, shortness of breath, dizziness, fatigue, light-headedness, clammy skin, sweating, indigestion, anxiety, feeling faint, and possible irregular heartbeat
- Stroke (bleeding or blood clot in the brain): sudden numbness, weakness or tingling of the face, arm, or leg, particularly on one side of the body, sudden headache, blurry vision, difficulty swallowing or speaking, or lethargy, dizziness, fainting, vomiting, trouble understanding, trouble with walking and loss of balance
- Liver injury: yellowing of the skin or eyes, dark urine, abdominal pain, nausea, vomiting, loss of appetite, itching, bruising, weight loss
- Pulmonary embolism (blood clot in the lungs): sharp chest pain, coughing up blood, sudden shortness of breath
- Pleural effusion (build-up of fluid around the lung): chest pain, dry cough, fever, difficulty breathing, shortness of breath

### Unknown frequency

- QT prolongation (an abnormal heart signal): irregular heartbeat, fainting, loss of consciousness
- Posterior reversible encephalopathy syndrome: headache, confusion, seizures (fits), visual problems



**Talk to your healthcare team if you experience any side effects. This includes any possible side effects not listed in the Patient Medication Information leaflet.**



“ Maintaining a healthy lifestyle is important to me. ”



Managing Side Effects



# Managing side effects

Firstly, it's important that you report any side effects to your healthcare team as soon as possible, because they will know how to manage them and help you feel better.

We have provided some tips that may be helpful to you when managing side effects. It's important to note that these are suggestions only, and they may not work for everyone.

Some information contained in this guide is in addition to that found in the CABOMETYX® Patient Medication Information leaflet and is not intended to replace the advice of your doctor or healthcare team. Please work with your healthcare team to manage all aspects of your treatment.



## Overall tips

Prior to starting your treatment, you may want to:



Visit your dentist for a thorough dental exam and complete any required dental work.



Put together a self-care kit containing some or all of the following items:

- Sport drinks
- Water or aloe-based lip balm
- Creams for hands and feet
- Mild, soap-free cleansing bars
- Body lotion
- Fragrance-free shower gel
- Soft-bristle toothbrush



Keep a side-effect journal and have it handy for all your medical appointments. It can help you keep track of:

- The date and time that a side effect first occurs
- How problematic the side effect is on a scale of 1-10
- How long the side effect lasts
- Strategies you have used to help manage it



## Management of common side effects



### Diarrhea

- Take note of when you experience diarrhea and what foods may be triggering it.
- Drink plenty of fluids (6-8 glasses a day), but only sip small amounts at a time.
- Eat small meals (at room temperature) every 2-3 hours.
- Try a diet that consists of:
  - Low-fat, low-fibre, and low-dairy foods (chicken, fish, white rice, cooked fruits and vegetables, applesauce, toast)
  - Fluids including sport drinks, broths, and soy beverages



### Hand-foot skin reaction

- Consider having a manicure and pedicure at the start of treatment and throughout treatment to aid in moisturizing your hands and feet and to remove any calluses.
- Take cool baths or showers. Pat your skin dry.
- Frequently and liberally apply fragrance-free creams containing lanolin or urea (5-10%) to the hands and feet.
- Use cotton gloves and socks to keep hands and feet protected.



### Nausea and vomiting

- Take slow, deep breaths through your mouth during nausea.
- Consider the following techniques:
  - Acupuncture and acupressure
  - Guided imagery
  - Music therapy
  - Muscle relaxation techniques
- Drink plenty of fluids (6-8 glasses a day), but only sip small amounts at a time.
- Recommended fluids are:
  - Broths
  - Sport drinks
  - Fruit juices and popsicles
  - Sodas and ginger ale
  - Peppermint tea, ginger tea, and weak tea with honey
- Eat small, frequent meals (5-6 per day).
  - Sit up for 1-2 hours after eating
- Eat dry, bland foods such as:
  - Toast and crackers
  - Dry cereal
  - Pretzels and bread sticks
  - Ginger cookies



## Fatigue

- Conserve energy by:
  - Setting priorities
  - Pacing your activities
  - Delegating to family and friends
- Take short rest periods throughout the day while trying to keep your normal sleep routine.
- Use relaxation techniques, massage, yoga, meditation.
- Try to maintain normal work and social schedules.
- Plan exercise for times when energy levels are highest.

This is not a full list of practical tips to manage treatment side effects. Visit Kidney Cancer Canada at [www.kidneycancerCanada.ca/managing-side-effects/](http://www.kidneycancerCanada.ca/managing-side-effects/) for a more complete list.

## Remember to continue caring for yourself

As you begin your treatment with CABOMETYX®, it is important that you continue to take control of your life and focus on what's most important to you. Practicing self-care can help bring positivity to balance any difficult emotions you may be experiencing.

### Self-care tips



#### Focus on what is important to you

- Connect more with people dear to you.
- Visit places that have a special meaning.
- Heal difficult relationships.



#### Talk about your cancer

- Choose who you tell, what you tell and how you tell regarding the changes happening with your cancer.
- Be honest about the situation and your feelings.
- Don't worry about silences.



#### Manage stress

- Express your emotions (talk to friends or family, or write down your feelings).
- Use creative outlets (draw, paint, sing).
- Try relaxation techniques or meditation.
- Keep yourself busy (TV, shopping, visiting friends).
- Get a massage.
- Exercise.



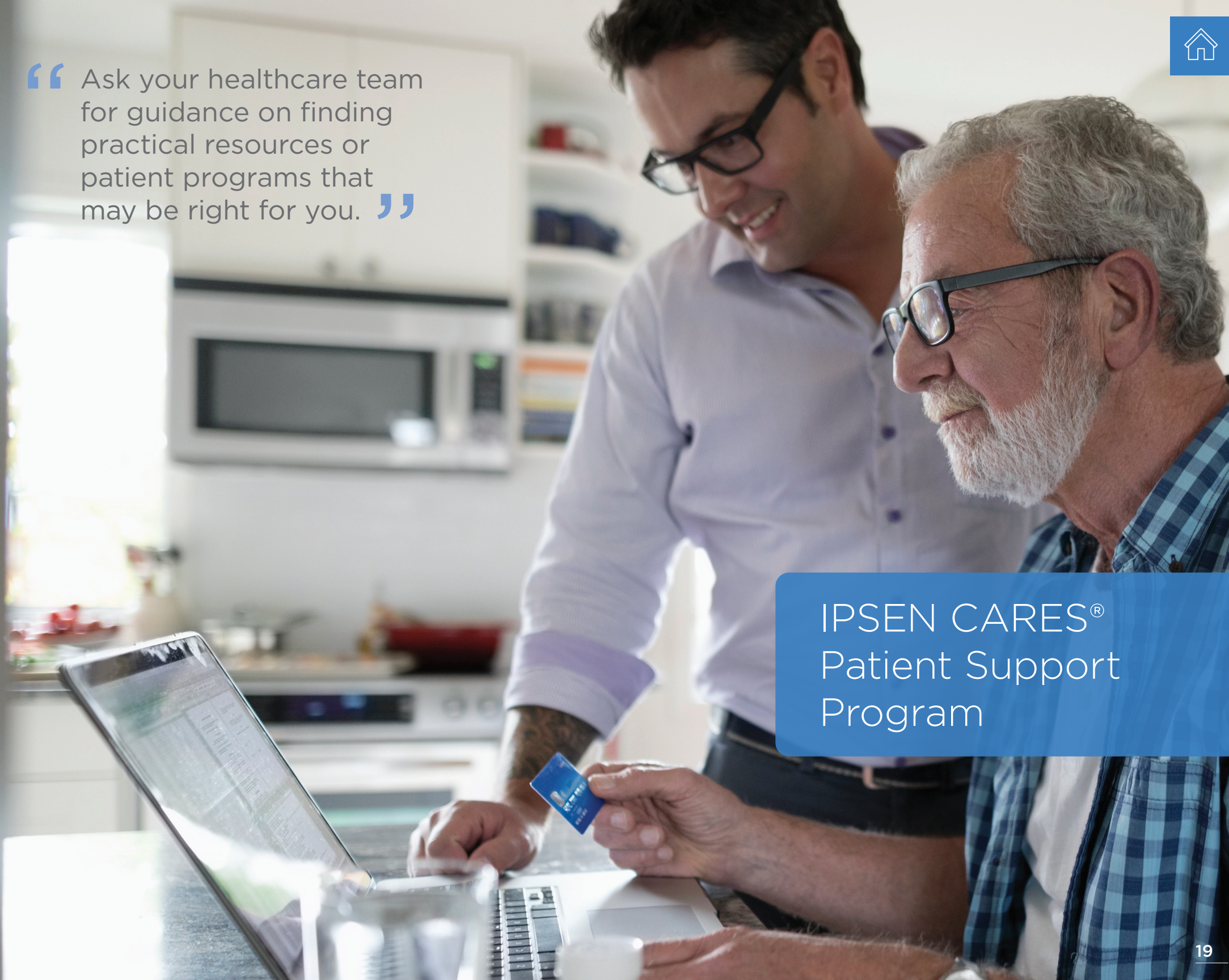
#### Ask for help

- Be clear about your needs and let your family and friends help you.
- Connect with people with similar experiences.
- Ask your healthcare team about professional counselling and resources available to you.



“ Ask your healthcare team for guidance on finding practical resources or patient programs that may be right for you. ”

IPSEN CARES®  
Patient Support  
Program





# IPSEN CARES® Patient Support Program

IPSEN CARES® is a patient support program offered by Ipsen Biopharmaceuticals Canada Inc.

In addition to the medical guidance and support offered by your physician and healthcare team, you will receive personalized support through the program to help you every step of the way:

- Reimbursement specialists will assist you with access to coverage and help you apply for other types of financial assistance, when appropriate.

This program does not replace the advice and guidance that are offered by your healthcare professional.

If you have questions about your treatment, speak to your healthcare team or contact your IPSEN CARES® representative at:



Telephone: 1-855-215-2288 (Option 1)  
Monday through Friday, 8 a.m. to 8 p.m. ET  
(5 a.m. to 5 p.m. PT)



Fax: 1-844-686-0661



Email: [ipsencares.canada@ipsen.com](mailto:ipsencares.canada@ipsen.com)

## Resources

The following resources are provided to help you find additional information and support that can assist you throughout your journey. Important information: Ipsen Biopharmaceuticals Canada Inc. neither owns nor endorses these resources and therefore is not responsible for the content or services related to these sites.

**Canadian Cancer Society**  
[www.cancer.ca](http://www.cancer.ca)

**Cancer Chat Canada**  
[www.cancerchatcanada.ca](http://www.cancerchatcanada.ca)

**Kidney Cancer Canada**  
[www.kidneycancer canada.ca](http://www.kidneycancer canada.ca)

**The Kidney Foundation of Canada**  
[www.kidney.ca](http://www.kidney.ca)

**Wellspring**  
<https://wellspring.ca>

**Canadian Association of Psychosocial Oncology**  
[www.copingwithcancer.ca](http://www.copingwithcancer.ca)

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For more information about the IPSEN CARES® Patient Support Program, call 1-855-215-2288 (Option 1), Monday through Friday, 8 a.m. to 8 p.m. ET (5 a.m. to 5 p.m. PT).

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