










A GUIDE TO MANAGING CABOMETYX® SIDE EFFECTS

Your doctor has prescribed CABOMETYX®, a medication used to treat adults with:

- A type of advanced kidney cancer called renal cell carcinoma (RCC). 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.
- A type of liver cancer called hepatocellular carcinoma (HCC). These patients will have been previously treated with a medication called sorafenib.
- A type of thyroid cancer called differentiated thyroid carcinoma (DTC). CABOMETYX® is used when the cancer has spread to nearby tissues or to other parts of the body. These patients will:
 - have been previously treated with anticancer medications and;
 - no longer respond to the radioactive iodine treatment or are not able to receive radioactive iodine treatment.

Like many drugs, CABOMETYX® may cause side effects. This guide provides practical tips to help manage some potential side effects. Keep it handy and refer to it often. Stay connected with your healthcare team and keep them informed about any side effects you may experience.

The personal diary is designed to help you track your appointments, symptoms, and your personal progress while on CABOMETYX®. Your doctor may also provide you with instructions on what dose of CABOMETYX® tablets you should take each day.

DO	DON'T
 Take CABOMETYX® 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.	 Don't drink grapefruit juice, eat grapefruit or take supplements that contain grapefruit.
 Swallow the tablets whole with a full glass of water (at least 8 ounces).	 Don't crush CABOMETYX® tablets.
 Take CABOMETYX® at the same time each day.	 Don't take more than the dose you've been prescribed.
 If you miss a dose and your next dose is 12 hours or more away, take the missed dose as soon as you remember.	 Don't make up a missed dose if your next dose is less than 12 hours away. Wait until your next scheduled dose.
 Talk to your healthcare team about all the medicines you're taking or have recently taken including prescriptions, over-the-counter medications, vitamins and herbal supplements.	

**If you have any questions or concerns, talk to your healthcare team.
Staying engaged in your own care is key to managing possible side effects.**

 **CABOMETYX®**
(cabozantinib) tablets
60 mg | 40 mg | 20 mg

WHAT CAN I DO TO HELP MANAGE SIDE EFFECTS?

If you experienced a side effect, write down how you felt, how bothersome it was on a scale of 1-10, and when it happened. Share this information with your doctor at your next appointment.

If you have a serious side effect, tell your doctor or nurse right away.



Here are some practical tips to help manage some of the side effects:

<p>Diarrhea</p>		<ul style="list-style-type: none"> • Keep a record of your bowel movements and what you eat • Stay well hydrated • Eat more low-fibre foods (e.g., bananas, white rice, yogurt) • Avoid spicy and high-fat foods, caffeine and alcohol 	<p>Decreased appetite/weight loss</p>		<ul style="list-style-type: none"> • Exercise (e.g., a short walk) before meals to boost appetite • Choose foods and drinks high in calories • Keep your favourite foods nearby for snacking
<p>Fatigue</p>		<ul style="list-style-type: none"> • Take breaks throughout the day • Eat small, frequent meals and snacks (5-6/day) • Modify your work schedule, if possible • Get support for day-to-day activities 	<p>Taste disturbances</p>		<ul style="list-style-type: none"> • Rinse your mouth before and after eating • Try foods and drinks that are different from your usual ones • Try foods with strong flavours and seasonings
<p>High blood pressure (hypertension)</p>		<ul style="list-style-type: none"> • Monitor and track your blood pressure regularly • Limit sodium intake, and avoid high-fat, high-cholesterol foods • If you smoke, try to quit 	<p>Mouth soreness/pain</p>		<ul style="list-style-type: none"> • Maintain good oral hygiene • Use oral rinses (e.g., ¼-½ tsp baking soda in 8 oz water) to keep your mouth moist and clean • Avoid alcohol-based mouthwashes • Eat soft, bland foods
<p>Hand-foot skin reaction</p>		<ul style="list-style-type: none"> • Reduce exposure of hands and feet to hot water • Take cool showers and pat your skin dry • Use cotton gloves and socks to keep hands and feet protected • Moisturize with fragrance-free creams containing lanolin or 5-10% urea 	<p>Low red blood cell count (anemia)</p>		<ul style="list-style-type: none"> • Brush your teeth gently with an extra-soft toothbrush • Use lip balm to keep lips moist and prevent cracking • Avoid activities that may result in an injury or bruising
<p>Upset stomach, nausea, vomiting</p>		<ul style="list-style-type: none"> • Drink 6-8 glasses of fluids/day • Eat small, frequent meals (5-6/day) • Eat bland, easy-to-digest foods (e.g., toast, crackers, dry cereal) 	<p>Body pain, including arms, legs, joints, and abdomen</p>		<ul style="list-style-type: none"> • Keep track of your pain symptoms (how strong it is, how long it lasts and where you feel it) • Talk to your doctor about ways to treat your pain (e.g., medications, complementary techniques)
<p>Constipation</p>		<ul style="list-style-type: none"> • Eat high-fibre foods, such as whole grains, vegetables and fruits • Choose foods that are natural laxatives (e.g., prunes, papayas) • Try to be active every day 	<p>Other possible CABOMETYX® side effects include: abdominal pain; heartburn; redness, swelling or pain in the mouth or throat; rash or redness and small bruises on the skin, raised purple to red spots on skin (including lumps or open sores); dry skin and mouth; insomnia; weakness; headache; fever; dizziness; fainting; pain in arms, legs and joints, muscle spasms; shortness of breath; difficulty speaking, hoarseness; cough; hair loss; swelling in lower legs or hands; weakness or numbness in hands or feet; ringing in the ears. This is not a complete list of possible side effects. Tell your doctor or nurse about any bothersome effect that you experience.</p>		

MY CABOMETYX[®] DIARY

My CABOMETYX[®] dose: _____
 60 mg | 40 mg | 20 mg

Have this page handy for your next appointment so your doctor can provide you with instructions on what dose of CABOMETYX[®] you should take each day.

When you take your dose, use this calendar to:

- Track how you are feeling by selecting the picture that best describes your day
- Enter any important daily notes (e.g., energy level, sleep quality, exercise, appetite, comfort level, etc.)
- Note things to discuss with your healthcare professional during your next visit

Month: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
☺ Notes: ☹ ☹	☺ Notes: ☹ ☹	☺ Notes: ☹ ☹	☺ Notes: ☹ ☹	☺ Notes: ☹ ☹	☺ Notes: ☹ ☹	☺ Notes: ☹ ☹
☺ Notes: ☹ ☹	☺ Notes: ☹ ☹	☺ Notes: ☹ ☹	☺ Notes: ☹ ☹	☺ Notes: ☹ ☹	☺ Notes: ☹ ☹	☺ Notes: ☹ ☹
☺ Notes: ☹ ☹	☺ Notes: ☹ ☹	☺ Notes: ☹ ☹	☺ Notes: ☹ ☹	☺ Notes: ☹ ☹	☺ Notes: ☹ ☹	☺ Notes: ☹ ☹
☺ Notes: ☹ ☹	☺ Notes: ☹ ☹	☺ Notes: ☹ ☹	☺ Notes: ☹ ☹	☺ Notes: ☹ ☹	☺ Notes: ☹ ☹	☺ Notes: ☹ ☹
☺ Notes: ☹ ☹	☺ Notes: ☹ ☹	☺ Notes: ☹ ☹	☺ Notes: ☹ ☹	☺ Notes: ☹ ☹	☺ Notes: ☹ ☹	☺ Notes: ☹ ☹

Note to the healthcare team: To report adverse events, call 1-855-215-2288, or email medinfoandsafetycanada@ipсен.com.

IPSEN CARES[®] helps simplify interactions between you, your insurance company and your doctor's office, and helps support you throughout your treatment journey.

Contact us at:
1-855-215-2288
 (Option 1), Monday through Friday,
 8 a.m. to 8 p.m. EST.

IPSEN CARES[®]
 Coverage, Access, Reimbursement & Education Support

MY CABOMETYX® DIARY

My CABOMETYX® dose: _____
 60 mg | 40 mg | 20 mg

Have this page handy for your next appointment so your doctor can provide you with instructions on what dose of CABOMETYX® you should take each day.

When you take your dose, use this calendar to:

- Track how you are feeling by selecting the picture that best describes your day
- Enter any important daily notes (e.g., energy level, sleep quality, exercise, appetite, comfort level, etc.)
- Note things to discuss with your healthcare professional during your next visit

Month: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
😊 Notes: 😐 ☹️	😊 Notes: 😐 ☹️	😊 Notes: 😐 ☹️	😊 Notes: 😐 ☹️	😊 Notes: 😐 ☹️	😊 Notes: 😐 ☹️	😊 Notes: 😐 ☹️
😊 Notes: 😐 ☹️	😊 Notes: 😐 ☹️	😊 Notes: 😐 ☹️	😊 Notes: 😐 ☹️	😊 Notes: 😐 ☹️	😊 Notes: 😐 ☹️	😊 Notes: 😐 ☹️
😊 Notes: 😐 ☹️	😊 Notes: 😐 ☹️	😊 Notes: 😐 ☹️	😊 Notes: 😐 ☹️	😊 Notes: 😐 ☹️	😊 Notes: 😐 ☹️	😊 Notes: 😐 ☹️
😊 Notes: 😐 ☹️	😊 Notes: 😐 ☹️	😊 Notes: 😐 ☹️	😊 Notes: 😐 ☹️	😊 Notes: 😐 ☹️	😊 Notes: 😐 ☹️	😊 Notes: 😐 ☹️
😊 Notes: 😐 ☹️	😊 Notes: 😐 ☹️	😊 Notes: 😐 ☹️	😊 Notes: 😐 ☹️	😊 Notes: 😐 ☹️	😊 Notes: 😐 ☹️	😊 Notes: 😐 ☹️

Note to the healthcare team: To report adverse events, call 1-855-215-2288, or email medinfoandsafetycanada@ipсен.com.

IPSEN CARES® helps simplify interactions between you, your insurance company and your doctor's office, and helps support you throughout your treatment journey.

Contact us at:
1-855-215-2288
 (Option 1), Monday through Friday,
 8 a.m. to 8 p.m. EST.

Serious side effects and what to do about them

Stop CABOMETYX® treatment and get immediate help if you experience: **Blood clot in a vein or artery** – pain, 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; **bleeding** – vomiting blood, black stools, bloody urine, headache, coughing up blood; **tear in your stomach or intestinal wall** – abdominal pain, feeling sick, vomiting, constipation, fever; **convulsion** – fits (seizures), headaches, confusion or struggle to focus; **heart attack** – pressure or squeezing pain between the shoulder blades, in the chest, jaw, left arm or upper abdomen, shortness of breath, dizziness, fatigue, lightheadedness, 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; **blood clot in the lungs** – sharp chest pain, coughing up blood, sudden shortness of breath; **build-up of fluid around the lung** – chest pain, dry cough, fever, difficulty breathing, shortness of breath; **an abnormal heart signal** – irregular heartbeat, fainting, loss of consciousness; **posterior reversible encephalopathy syndrome** – headache, confusion, seizures (fits), visual problems.

Tell your doctor or pharmacist if you experience:

Only if severe:

- **Hand-foot skin reaction:** Watch for redness, blisters, pain in palms of hands or soles of the feet
- **Increase in blood pressure:** Watch for headaches, vision problems, nausea and vomiting
- **Anemia (low levels of red blood cells):** Watch for fatigue, pale skin, shortness of breath, loss of energy or weakness
- **Low level of blood electrolytes:** Sodium – watch for loss of energy, tiredness, muscle weakness or cramps, seizures; phosphate – watch for muscle weakness, coma, bone pain and fractures; magnesium – watch for nausea, vomiting, weakness, muscle spasms, tremors; potassium – watch for muscle weakness, cramping; calcium – watch for numbness and tingling in the hands, feet or lips, muscle cramping or spasms, lightheadedness, slow heartbeat
- **Low level of white blood cells:** Watch for swollen lymph nodes, painful swollen joints and rash
- **Anal fistula:** Watch for pain and swelling around the anus, pain with bowel movements, bleeding, bloody or foul smelling discharge from the anus, fever, chills
- **Pancreas inflammation:** Watch for abdominal pain that lasts or gets worse when you lie down, nausea, vomiting
- **Decrease in bile flow from the liver:** Watch for yellow skin or eyes
- **Too much protein in your urine:** Watch for swelling of the hands, feet, face
- **Dehydration:** Watch for thirst, headache, loss of appetite, tiredness, weakness, decreased urine, dark urine
- **Low levels of platelets in the blood:** Watch for bruising easily, bleeding gums, nosebleeds, more bleeding than expected

In all cases:

- **Hypothyroidism (underactive thyroid gland):** Watch for changes in heart rate, appetite or weight, tiredness, constipation, feeling cold, dry skin, swelling at front of neck
- **Hyperthyroidism (high levels of thyroid hormone):** Watch for 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:** Watch for nausea, vomiting, weight loss, fatigue, yellowing of the skin or eyes, dark urine, itching
- **Bone damage in the jaw:** Watch for jaw pain
- **Wound complication:** Watch for a wound that does not heal
- **Artery dissection (separation of the layers of an artery wall):** Watch for 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. Watch for 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
- **Ascites (fluid in the abdomen):** Watch for abdominal pain, feeling of fullness, flat or pushed out navel, weight increase, shortness of breath
- **Hepatic encephalopathy (worsening brain function due to liver issues):** Watch for 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):** Watch for fatigue, darkening of skin colour, low blood pressure with dizziness or fainting, muscle and joint pain, craving salt
- **Pneumonia (infection in the lungs):** Watch for chest pain when you breath or cough, confusion, cough which may produce phlegm, fatigue, fever, sweating and shaking chills, nausea, vomiting or diarrhea, shortness of breath
- **Thyroiditis (swelling or inflammation of the thyroid gland):** Watch for feelings of worry, irritability, anxiety or nervousness, trouble sleeping, fatigue, weight loss, increased appetite, shaking
- **Dysphagia:** Difficulty swallowing that can cause food or liquid to get into your lungs, problems with your esophagus

Serious Warnings and Precautions

Serious side effects with CABOMETYX® 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 leukoencephalopathy syndrome
- Abnormal wound healing

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

IPSEN and IPSEN CARES are registered trademarks of Ipsen S.A.
CABOMETYX is a registered trademark of Exelixis, Inc.,
licensed to Ipsen Pharma S.A.S.
© 2025 Ipsen Biopharmaceuticals Canada Inc.
All rights reserved.

CBR/10/24/32E

