

Suggestions for managing **diarrhea**

Diarrhea is a very common serious side effect with OFEV®. At the first signs of diarrhea, drink plenty of fluids and start antidiarrheal treatment. In most patients, diarrhea was of mild to moderate intensity and occurred within the first 3 months of treatment. Speak with your healthcare team immediately if you experience diarrhea.

HeadStart™
Patient Assistance Program



OFEV®
SUPPORT

Your HeadStart™ Nurse Case Manager is also part of your healthcare team, and you can reach out for immediate support. Contact information is provided on the reverse side of this card.

Plenty of fluids and easy-to-digest foods

Drink plenty of fluids

Diarrhea may lead to a loss of fluid and important electrolytes (salts, such as sodium or potassium) in your body. At the first signs of diarrhea, drink plenty of fluids. Drinking lots of water and other clear liquids daily will help to prevent dehydration – try apple juice, sports drinks or clear broth (for example, chicken or beef broth, vegetable broth or miso) or recommendations from your healthcare team.

Your healthcare team may also prescribe oral rehydration therapy to replace water and electrolytes.



Eat simply

If you experience diarrhea, you may need to make changes to your diet.

Tips:

- Eat small, frequent meals
- Plain foods are easy to digest and less likely to upset your stomach: white bread, rice, pasta, bananas, chicken and turkey
- Avoid fatty, high-fibre, sugary, or highly seasoned or spicy foods, orange juice, milk, caffeine and alcohol

Foods that are gentle on the stomach and easy to digest can be helpful while you are experiencing diarrhea. Consider the **BRAT** diet: **B**ananas, **R**ice, **A**pple sauce, **T**oast.



Supportive care: Antidiarrheal treatment

At the first signs of diarrhea, you should also start an antidiarrheal treatment. Your healthcare team can recommend an appropriate **antidiarrheal treatment**.

An antidiarrheal medication may be delivered with your first OFEV prescription, upon approval of your healthcare team. An example of this kind of medicine is loperamide. Loperamide is also available from your pharmacist.

Talk to your healthcare team or your HeadStart Nurse Case Manager before taking any medication for diarrhea.

If you feel that suggested treatment and tips have not helped with diarrhea, contact your healthcare team or your HeadStart Nurse Case Manager.

Serious side effects: While taking OFEV:

> **Tell your healthcare professional immediately** if you experience:

- diarrhea
- abdominal pain
- vomiting
- pancreatitis (inflammation of the pancreas): severe upper abdominal pain
- spreading to the back, fever, nausea and vomiting
- thrombocytopenia (low blood platelets): easily bruised, rash with reddish-purple spots usually on the lower legs, longer than usual bleeding from a cut, bleeding from your gums or nose, blood in urine or stool (black like tar stool), fatigue and weakness

> Tell your doctor **only if these symptoms are severe:**

- nausea
- weight loss
- loss of appetite
- rash/itchy skin
- ischemic colitis (inflammation of the bowel): sudden or gradual pain, tenderness or cramping in the abdomen, bleeding in your stool, diarrhea, which can be urgent or vomiting
- hypertension (high blood pressure): shortness of breath, fatigue, dizziness or fainting, chest pain or pressure, swelling in your ankles and legs, bluish colour to your lips and skin, racing pulse, heart palpitations, and vision disorders
- proteinuria (excess proteins in urine): swelling of the hands, feet, or face

> **Stop taking OFEV and get immediate medical help** if you have:

- bleeding
- serious liver problems or jaundice (build up of bilirubin in the blood): increased liver enzymes levels (liver test), yellowing of your skin or the white part of the eyes, dark or brown (tea coloured) urine, abdominal pain, nausea, vomiting, loss of appetite, bleeding or bruising more easily than normal, or feeling tired, light coloured stool, and itching all over your body
- gastrointestinal perforation (hole in the wall of your stomach or bowels): severe constant abdominal pain with tenderness, swelling, nausea and vomiting
- myocardial infarction (heart attack): upper abdominal pain, fever, a fast heartbeat; shortness of breath, tenderness when touching the abdomen, nausea or vomiting
- artery dissection (tear in the 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, brain): symptoms differ by site and include coughing, coughing up blood, strong pain high in your neck or back when you didn't hurt yourself, problems swallowing, hoarse voice, unusual pulsing in your chest or abdomen

> Do not take OFEV if

- You are allergic to nintedanib, peanut, soya, or any of the other ingredients in OFEV
- You are pregnant, think you may be pregnant or are planning to have a baby. If you become pregnant while taking OFEV, tell your healthcare professional right away. It can cause birth defects.

For complete information regarding side effects, please consult the Consumer Information leaflet contained in your OFEV product package.

Your HeadStart Program services



1-on-1 support from a dedicated Nurse Case Manager



Clinical calls and ongoing check-ins



Drug coverage navigation



Lifestyle tips



Notes from conversations with your Nurse Case Manager

HeadStart™
Patient Assistance Program

HeadStart is available to help

Call HeadStart at:
1-844-473-6338



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PC-CA-103455

