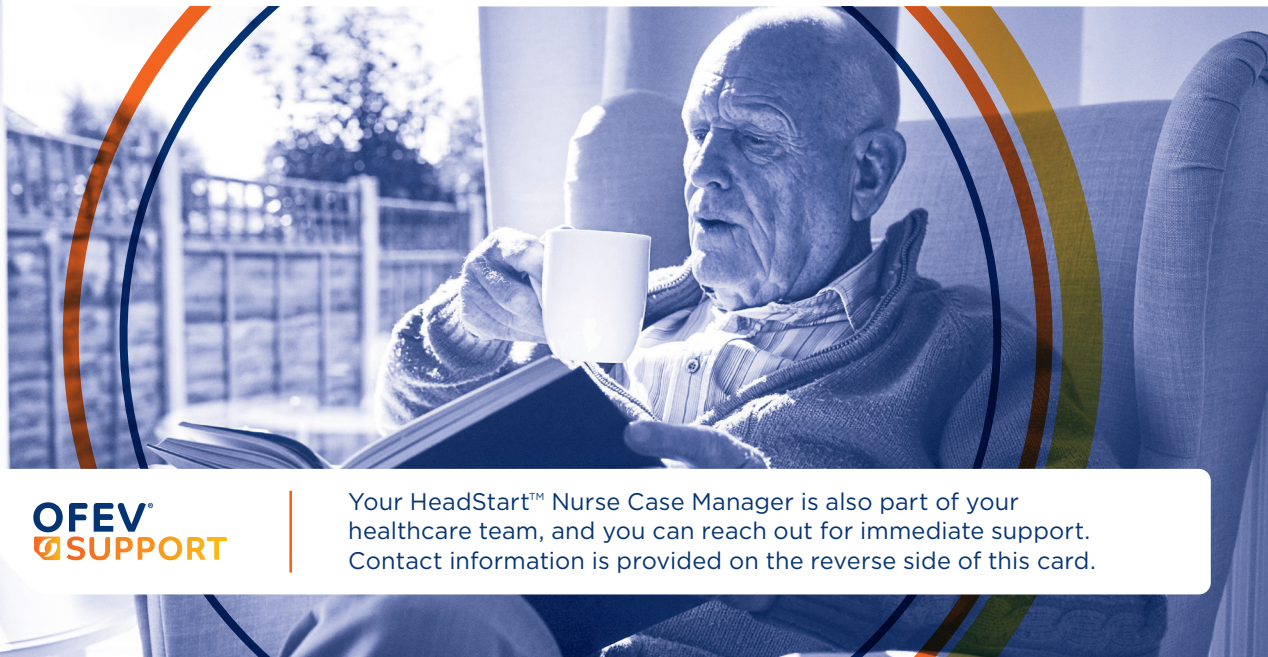


Managing nausea and vomiting

Nausea and vomiting are very common serious side effects with OFEV®. In most patients, nausea and vomiting were of mild to moderate intensity. Speak with your healthcare team if you experience these side effects.

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.



Tips to help manage nausea and vomiting

Eat and drink slowly

- Avoid lying down for at least 2 hours after eating
- Serve food cold or at room temperature
- Avoid having liquids with meals
- Eat small meals often throughout the day
- Try to avoid strong tastes and smells

If vomiting occurs

- Drink clear liquids such as water, apple juice, sports drinks, broth or soda (ginger ale)
- Try crackers or plain toast when you feel like eating

Other approaches

- Relaxing and distracting yourself with positive thoughts can help you control nausea and vomiting
- Treatments such as acupuncture

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



Supportive care: Anti-nausea/vomiting medication

Your healthcare team or your HeadStart Nurse Case Manager may recommend medication to treat nausea and vomiting. **Talk to your healthcare team or your HeadStart Nurse Case Manager before taking any medication or supplement for nausea or vomiting.**

If you feel that suggested treatment and tips have not helped with nausea and vomiting, 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-purplish 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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