

YOUR TREATMENT GUIDE

What you need to know about REBLOZYL®



VISIT
REBLOZYL.ca
TO FIND OUT MORE



Pr **Reblozyl**®
luspaterecept for injection

GETTING STARTED

Your healthcare professional has prescribed you with REBLOZYL – and you may have questions about this medication.

This brochure has been designed to help you gain a better understanding of REBLOZYL, including how it works, how it is taken, potential side effects, as well as tips for taking care of yourself.

You may find that the more you know, the more equipped you will be to play an active role with your healthcare team.



Keep in mind that this booklet is not meant to substitute any guidance, advice, or help provided by your healthcare team. Please refer to the Patient Medication Information leaflet at the end of this booklet.



TABLE OF CONTENTS

3 About REBLOZYL ▶

3 What is REBLOZYL? ▶

3 How does REBLOZYL work? ▶

4 What to tell your healthcare professional before starting treatment ▶

5 How you will be treated with REBLOZYL ▶

6 Possible side effects of REBLOZYL ▶

7 Lifestyle tips: Remember to take care of yourself ▶

7 Nutrition tips ▶

8 Get active ▶

8 Practice good hygiene ▶

9 Keep track of your appointments ▶

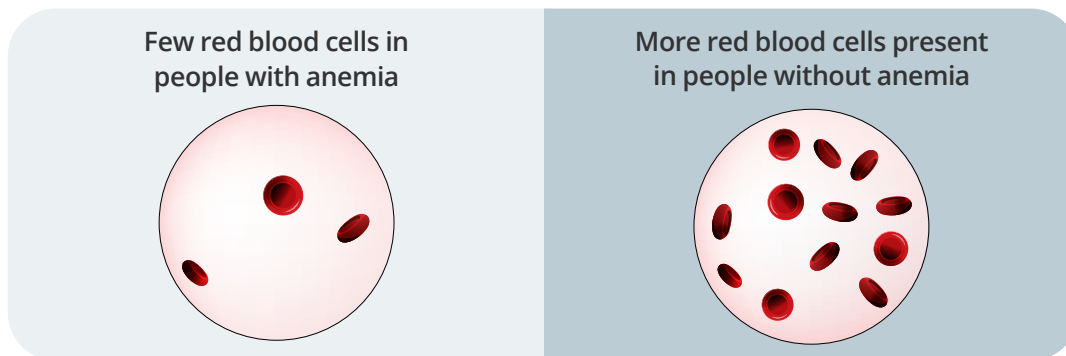
17 Take note ▶

Use the *Take note* section at the back of this booklet to write down any questions you may have and how you are feeling. Share this information with your healthcare professional so that you can get answers and keep track of your health together.

ABOUT REBLOZYL

What is REBLOZYL?

REBLOZYL (luspatercept) is used to treat adults who have low red blood cell counts (anemia) and require red blood cell transfusions due to a blood disorder (β -thalassemia) that affects the production of hemoglobin (a protein in the red blood cells that transports oxygen throughout the body).



β -thalassemia is a blood disorder that can lead to anemia – a condition that occurs when there is a low number of red blood cells or a low amount of hemoglobin.

Anemia occurs in patients with β -thalassemia in 3 ways:



Low or absent production of hemoglobin



Ineffective formation of red blood cells



Fewer mature, working red blood cells

How does REBLOZYL work?

REBLOZYL may improve red blood cell production and increase hemoglobin levels – reducing the number of red blood cell transfusions that may be required.

REBLOZYL should not be used if you are allergic to luspatercept or any other ingredients of this medication.

For a complete list of the ingredients, refer to the Patient Medication Information leaflet at the end of this booklet.

If you are not sure, talk to your healthcare professional before using REBLOZYL.

WHAT TO TELL YOUR HEALTHCARE PROFESSIONAL BEFORE STARTING TREATMENT

To help avoid side effects and ensure proper use, talk to your healthcare professional about any conditions you may have before taking REBLOZYL, including if you:



Have β -thalassemia and have had your spleen removed

- You may have a higher risk for developing a blood clot when given REBLOZYL
- Discuss other potential risk factors that may increase your risk with your healthcare professional, including hormone replacement therapy or a previous blood clot
- Your healthcare professional may use preventative measures or medications to reduce the likelihood of the formation of a blood clot



Have or previously had high blood pressure, since it may increase with REBLOZYL

- Your blood pressure will be monitored before REBLOZYL administration and throughout treatment



Are pregnant, think you may be pregnant, or are planning to have a baby

- Do not use REBLOZYL if you are pregnant as it may cause harm to your unborn baby
- Your healthcare professional may arrange a pregnancy test before treatment
- Females of childbearing potential should use an effective method of contraception during treatment with REBLOZYL and for at least 3 months after their last dose
- If you are a woman, REBLOZYL may cause fertility problems, which may affect your ability to have a baby
 - Talk to your healthcare professional for advice before taking REBLOZYL



Are breastfeeding or are planning to breastfeed

- Do not breastfeed when using this medication and for at least 3 months after your last dose
- It is unknown if REBLOZYL passes into breastmilk

Keep a list of all the medications you take to share with your healthcare professional, including any drugs, vitamins, minerals, natural supplements, or alternative medications.

HOW YOU WILL BE TREATED WITH REBLOZYL



REBLOZYL is given as an injection under the skin (subcutaneous). The injections are given by a doctor, nurse, or other healthcare professional.

- Before receiving treatment, you will have a blood test to measure your hemoglobin levels
- If your hemoglobin is too high, you may not receive REBLOZYL at your visit
- Your blood pressure will also be monitored before each administration and throughout treatment

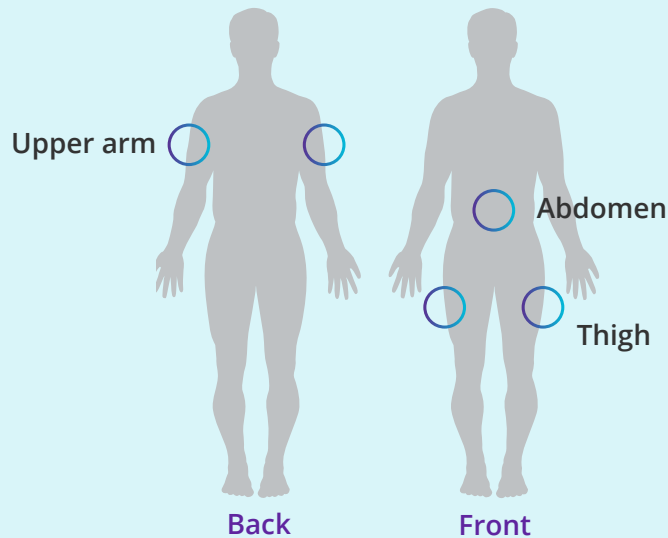
Your healthcare professional will determine the appropriate dose for you, based on your body weight:

- The recommended starting dose is 1.0 mg/kg of body weight once every 3 weeks
- The highest recommended dose is 1.25 mg/kg of body weight once every 3 weeks

Your healthcare professional will check your progress and may change your dose, if needed.

DAY 1 	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
DAY 22 	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
DAY 29	DAY 30	DAY 31				

Possible injection sites



The injection may be given in:

- Upper arm
- Thigh
- Abdomen

What to do in the case of a missed dose

In the case of a missed or delayed injection of REBLOZYL, you will receive an injection as soon as possible and your dose will continue as prescribed – with at least 3 weeks between doses.

POSSIBLE SIDE EFFECTS OF REBLOZYL

The following are side effects that have occurred in people receiving REBLOZYL:

Very common side effects (may affect more than 1 in 10 people)	Common side effects (may affect up to 1 in 10 people)
<ul style="list-style-type: none">• Dizziness, headache• Bone pain and/or joint pain• Fatigue (feeling tired or weak)• Cough• Abdominal pain• Diarrhea	<ul style="list-style-type: none">• Flu-like symptoms• Nausea• Upper respiratory tract infections• Increase in blood pressure• High level of uric acid in the blood (hyperuricemia)• Injection site reactions: Redness, burning and pain at the site of the injection

Serious common side effects that may occur include:

- Anemia (decrease in red blood cells)
 - Symptoms include: Tiredness/fatigue
- Cellulitis (skin infection)
 - Symptoms include: Red, swollen, hot, and/or tenderness of the skin
- Cholangitis (inflammation of the bile duct system)
 - Symptoms include: Abdominal pain, fever, chills, yellowing of the skin/eyes, nausea, vomiting, clay-coloured stools, dark urine, and tiredness
- Deep vein thrombosis (blood clots that form in the blood vessels)
 - Symptoms include: Arm or leg pain with swelling
- Fever
- Septic shock (overwhelming infection)
 - Symptoms include: Fever, chills, very low body temperature, decreased urine, rapid heartbeat, rapid breathing, nausea, vomiting, and diarrhea
- Stroke
 - Symptoms include: Difficulty moving limbs, walking, or speaking

Keep in mind that these are not all the possible side effects that may occur.
Talk to your healthcare professional about any side effects that you may experience.

LIFESTYLE TIPS: REMEMBER TO TAKE CARE OF YOURSELF

It is important to take care of yourself – this means eating well, getting some exercise, and learning to relax to help improve your overall health and wellness.

Nutrition tips

Getting a balance between different food types is important for your general health. Eating a variety of foods can help you feel better and stay stronger.

A healthy diet is comprised of:



Carbohydrates

The body's main source of energy

Sources include: Breads, cereals, oatmeal, rice, and pasta



Fibre

Promotes healthy digestion

Sources include: Fruits, vegetables, whole-wheat bread, cereals, and brown rice



Proteins

Important for growth and tissue repair

Sources include: Lentils, meat, fish, beans, tofu, eggs, and peanut butter



Fats

Help absorb certain vitamins and essential fatty acids

Sources include: Oils (olive, coconut, avocado, etc.), butter, nuts, and seeds



Foods high in iron may need to be limited in people living with β -thalassemia – as this may cause a build-up of iron in the blood. Foods high in iron include meat, fish, and some vegetables (such as spinach). Talk to your healthcare professional about whether or not you should limit the amount of iron in your diet.

LIFESTYLE TIPS: REMEMBER TO TAKE CARE OF YOURSELF

Get active

Physical activity is an essential part of an overall healthy lifestyle.

Although some people with β -thalassemia may have trouble participating in vigorous forms of exercise (such as participating in high-impact, contact sports), it is important to participate in moderate physical activity, including biking, jogging, or brisk walking.

If you have a problem with your joints, consider participating in low-impact activities such as:



Yoga



Swimming



Water aerobics



Walking

Talk to your healthcare professional about the level of exercise that is most appropriate for you.

Practice good hygiene

To help prevent developing an infection, try:

- Washing your hands often
- Using moisturizing lotions to soften the skin and avoid cracks
- Wearing rubber gloves when washing dishes, cleaning, or gardening
- Using an electric shaver to avoid cutting yourself
- Cleaning any cut or scrape immediately with warm water and soap
- Avoiding crowds and people who are sick
- Avoiding eating/handling raw foods

KEEP TRACK OF YOUR **APPOINTMENTS**

Use this section to help keep track of any appointments with your healthcare professional, including when you are to receive treatment.

My next appointments are...

Date: _____

Time: _____

Location: _____

Date: _____

Time: _____

Location: _____

Date: _____

Time: _____

Location: _____

Date: _____

Time: _____

Location: _____

KEEP TRACK OF YOUR **APPOINTMENTS**

Date: _____

Time: _____

Location: _____

Date: _____

Time: _____

Location: _____

Date: _____

Time: _____

Location: _____

Date: _____

Time: _____

Location: _____

KEEP TRACK OF YOUR **APPOINTMENTS**

Date: _____

Time: _____

Location: _____

Date: _____

Time: _____

Location: _____

Date: _____

Time: _____

Location: _____

Date: _____

Time: _____

Location: _____

KEEP TRACK OF YOUR **APPOINTMENTS**

Date: _____

Time: _____

Location: _____

Date: _____

Time: _____

Location: _____

Date: _____

Time: _____

Location: _____

Date: _____

Time: _____

Location: _____

KEEP TRACK OF YOUR **APPOINTMENTS**

Date: _____

Time: _____

Location: _____

Date: _____

Time: _____

Location: _____

Date: _____

Time: _____

Location: _____

Date: _____

Time: _____

Location: _____

KEEP TRACK OF YOUR **APPOINTMENTS**

Date: _____

Time: _____

Location: _____

Date: _____

Time: _____

Location: _____

Date: _____

Time: _____

Location: _____

Date: _____

Time: _____

Location: _____

KEEP TRACK OF YOUR **APPOINTMENTS**

Date: _____

Time: _____

Location: _____

Date: _____

Time: _____

Location: _____

Date: _____

Time: _____

Location: _____

Date: _____

Time: _____

Location: _____

KEEP TRACK OF YOUR **APPOINTMENTS**

Date: _____

Time: _____

Location: _____

Date: _____

Time: _____

Location: _____

Date: _____

Time: _____

Location: _____

Date: _____

Time: _____

Location: _____

TAKE NOTE

Bring this booklet with you to your appointments so you can write any questions you may have, record any information provided to you by your healthcare team, and to keep track of and share how you are feeling.

TAKE NOTE



VISIT
REBLOZYL.ca
TO FIND OUT MORE



REBLOZYL and the REBLOZYL logo are registered trademarks of Celgene Corporation used under license by Bristol-Myers Squibb Canada.

© 2023 Celgene Corporation.

