

A close-up, profile view of a middle-aged Black man with a shaved head, smiling broadly and looking towards the left. He is wearing a dark blue, textured turtleneck sweater. The background is a solid dark blue.

## GETTING STARTED ON YOUR TREATMENT JOURNEY WITH **ZEPZELCA**

Read this booklet to find out more about small cell lung cancer and ZEPZELCA®. The booklet also has lifestyle tips for you and information for caregivers.

Health Canada approved ZEPZELCA with conditions (NOC/c). This means it has passed Health Canada's review and can be bought and sold in Canada, but the manufacturer has agreed to complete more studies to make sure the drug works the way it should. For more information, talk to your healthcare professional.

- ZEPZELCA is used to treat a type of cancer called Stage III or metastatic small cell lung cancer (SCLC). It is used in adults who have received treatment with chemotherapy that contains platinum and it did not work or is no longer working.

### **What is a Notice of Compliance with Conditions (NOC/c)?**

A Notice of Compliance with Conditions (NOC/c) is a type of approval to sell a drug in Canada.

Health Canada only gives an NOC/c to a drug that treats, prevents, or helps identify a serious or life-threatening illness. The drug must show promising proof that it works well, is of high quality, and is reasonably safe. Also, the drug must either respond to a serious medical need in Canada or be much safer than existing treatments.

Drug makers must agree in writing to clearly state on the label that the drug was given an NOC/c, to complete more testing to make sure the drug works the way it should, to actively monitor the drug's performance after it has been sold, and to report their findings to Health Canada.



**YOUR GUIDE  
TO ZEPZELCA  
*STARTS HERE***

# ABOUT *LUNG* CANCER



You have been through treatment for lung cancer before. And you probably know a lot about it already.

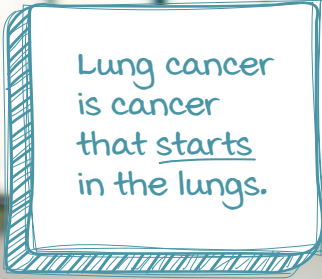
This section will help remind you of some details about small cell lung cancer. It can also help you explain your condition to others.

**Cancer starts when cells in the body behave abnormally or grow out of control. Lung cancer is cancer that starts in the cells of the lung.**

Other types of cancer can spread to the lungs, but this is not the same disease as lung cancer.

For this reason, cancer that starts in the lungs is sometimes called “primary lung cancer.”

↳ “Primary” means “first”—so primary lung cancer is cancer that started in the lungs first.



Lung cancer is cancer that starts in the lungs.



# ABOUT SMALL CELL LUNG CANCER (ALSO CALLED SCLC)

Small cell lung cancer, or SCLC, often starts in the airways that lead from the windpipe into the lungs (also called bronchi).

## Did you know?

SCLC is confirmed when a doctor looks at the cancer cells under a microscope.

Under a microscope, the cancer cells of SCLC are small and look flat, like oats used for making oatmeal. For this reason, SCLC is sometimes called “oat cell carcinoma.”

“Carcinoma” is another way of saying “cancer.”



# STAGES OF SCLC

When you were diagnosed with SCLC, your doctor probably told you about the **location and size of your cancer** and whether or not your cancer had **spread** to other parts of your body.

Your doctor would have considered these factors in order to define the “stage” of your cancer. They then used this information—along with other considerations—to help make your treatment plan.

## Different stages of SCLC

### Stage 0

**Definition:** There is a group of abnormal cells that are not cancer. They might become cancer in the future.

### Stage I

**Definition:** There is cancer. The cancer is small and still inside the lung.

### Stage II

**Definition:** The cancer is bigger than in Stage I. The cancer has not spread yet, or the cancer has only spread to lymph nodes close to the tumour.

### Stage III

**Definition:** The cancer is large. It may have spread into tissues around the lung and lymph nodes in the area.

25% of Canadians with SCLC

### Stage IV

**Definition:** The cancer has spread to other parts of the body far away from the lung. This stage is also called “metastatic” cancer.

67% of Canadians with SCLC

Percentage of Canadians with SCLC data sourced from Statistics Canada, Canadian Cancer Registry database (1992-2016); 2012-2016, does not include data from Quebec.

Your doctor may tell you the stage of your cancer. But don't worry, you don't have to remember this information as you start your treatment with ZEPZELCA.



# DEALING WITH SCLC

Healthcare providers like doctors, nurses, etc.

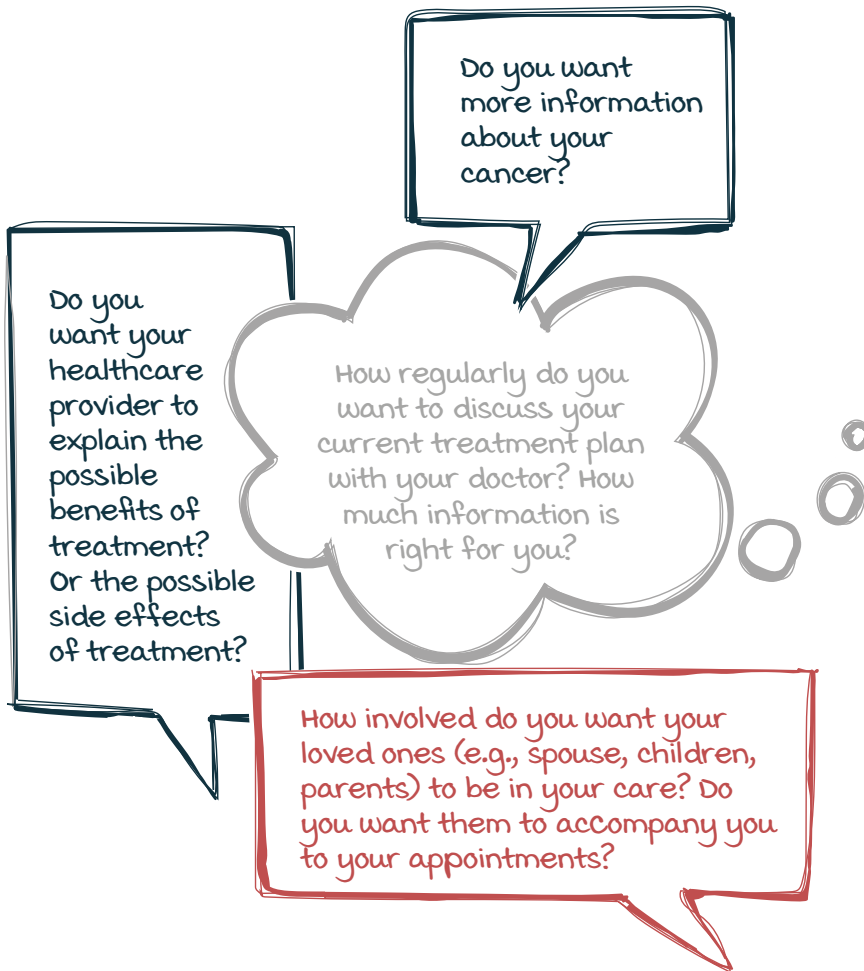
## Talking about treatment with your healthcare team

Talk to your healthcare providers about your cancer, your cancer stage, and what you can expect from treatment.

A large study with more than 5,000 patients found that people who talk with their healthcare providers about **everything** feel better about the care they get. So please make sure to ask your healthcare providers all your questions about your diagnosis and your treatment.

Also talk to your healthcare providers about what **you** want from treatment.

**For example:**





## Talking about what's next

Try not to get overwhelmed by the information you are given. If it's too much, ask your doctor to slow down.

Bringing another person to your appointments can help too. Your support person can help by asking questions or taking notes. Often, even having someone along can help you cope better.


Or ask if you can talk to a support nurse or another healthcare professional.

It's your treatment journey. Talk to your healthcare providers to make sure all your questions are answered. They are there to help and support you every step of the way.



# YOUR TREATMENT JOURNEY WITH ZEPZELCA

ZEPZELCA is used to treat Stage III or metastatic small cell lung cancer (also called SCLC). This medicine is used in adults who have received treatment with chemotherapy that contains platinum that did not work, or is no longer working.



*Before you start treatment with  
ZEPZELCA, talk to your doctor.*

Ask any questions you have about small cell lung cancer or treatment.

Tell your doctor about all the medicines, vitamins, supplements, herbal remedies, traditional Chinese medicines, or natural health products you take.

## How does ZEPZELCA work?

ZEPZELCA works by preventing the cancer cells from growing and spreading to other parts of the body. It can also reduce the ability of other cells to support the growth of the cancer cells. This helps stop the growth of the cancer cells.

ZEPZELCA is the name of your new treatment for SCLC. If you have any questions about ZEPZELCA or why your doctor prescribed it, ask your doctor, nurse, or pharmacist.



# HOW TO TAKE ZEPZELCA

ZEPZELCA will be given to you **in a hospital or at an infusion centre**. You do not take ZEPZELCA at home.

**Here's how it works:**



**Once every 21 days**, you will go to your appointment at a hospital or at an infusion centre.



The infusion itself takes **60 minutes** (one hour).



A trained specialist will give you ZEPZELCA through a needle in your vein.

This is called an "intravenous infusion" or IV.

ZEPZELCA is given by itself. But before each treatment, you may receive other medicines. These medicines help prevent nausea and vomiting or make them less severe.



## Your doctor will decide how long you will continue treatment with ZEPZELCA.



Your doctor may also do certain tests during your treatment with ZEPZELCA. This is to **check for certain side effects**, and also to see **how well you are responding** to the treatment.

### How much ZEPZELCA to take

↗ Your doctor will calculate your dose for you!

ZEPZELCA dosing is based on your body surface area. You can think about that as the amount of skin that covers you.

The usual dose of ZEPZELCA is  $3.2 \text{ mg/m}^2$  every 21 days. Your doctor will review your dose and may adjust it, if needed.

Your doctor will decide how much ZEPZELCA you receive every time and will decide how many treatments you need.

A hand-drawn illustration of a rectangular box with a thick, textured border. Inside the box, there is text and a small note on a piece of paper.

You will take ZEPZELCA in a hospital or at an infusion centre. Your doctor will calculate your ZEPZELCA dose, and a trained expert will give it to you.

3.2 mg/m<sup>2</sup>



# ANSWERS TO OTHER QUESTIONS YOU MAY HAVE

## What should you avoid eating or drinking while taking ZEPZELCA?

Some ingredients may interact with ZEPZELCA.  
So during treatment:

- **Do not** eat or drink products or juices containing **grapefruit** or **Seville oranges**.
- **Do not** take **St. John's Wort**.
- Keep in mind that **statins**, a class of medicines used to lower cholesterol, **may interact with ZEPZELCA**.

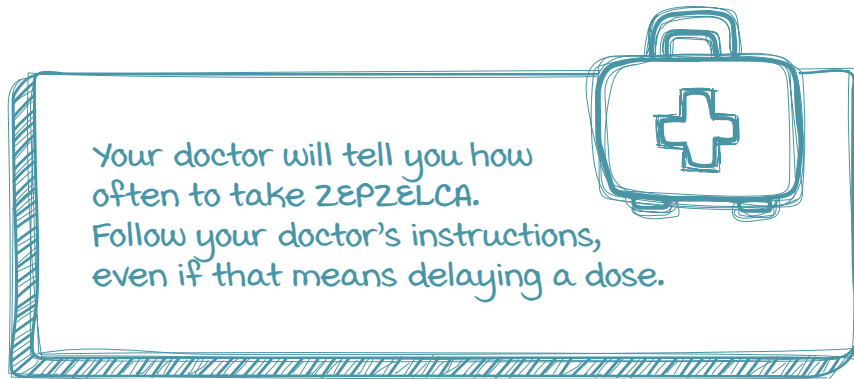
*This is a very individual decision, so be sure to talk about all your thoughts and feelings with your doctor.*

## Can you stop taking ZEPZELCA?

You and your doctor should discuss how long you keep taking ZEPZELCA.

## What if you miss an appointment?

If you miss any appointments, call your healthcare professional as soon as possible to **reschedule your appointment**. It is very important that you **do not miss a dose** of this medicine unless your doctor tells you to miss a dose.



# IMPORTANT INFORMATION TO TELL YOUR DOCTOR *BEFORE STARTING ZEPZELCA*

To help avoid side effects and ensure proper use, talk to your healthcare professional before you take ZEPZELCA.

**Talk about any health conditions or problems you may have, including if you:**

- Have liver problems
- Have kidney problems
- Have any neurological (nervous system) conditions

**Also tell your doctor if these situations apply to you:**



- You are pregnant or plan to become pregnant
- You are breastfeeding or planning to breastfeed



- You are male and have a female partner(s) who could become pregnant

## **Pregnancy:**

- Tell your healthcare professional if you are pregnant or plan to become pregnant.
- ZEPZELCA can harm your unborn baby.
- If you are a woman who could become pregnant:
  - <sup>3</sup> Your healthcare professional should do a pregnancy test before you start treatment with ZEPZELCA.
  - <sup>3</sup> You should use effective birth control (contraception) during treatment with and for 6 months after your final dose of ZEPZELCA.
  - <sup>3</sup> Tell your healthcare professional right away if you become pregnant or think that you are pregnant during treatment with ZEPZELCA.



**Males with female partners who are able to become pregnant:**

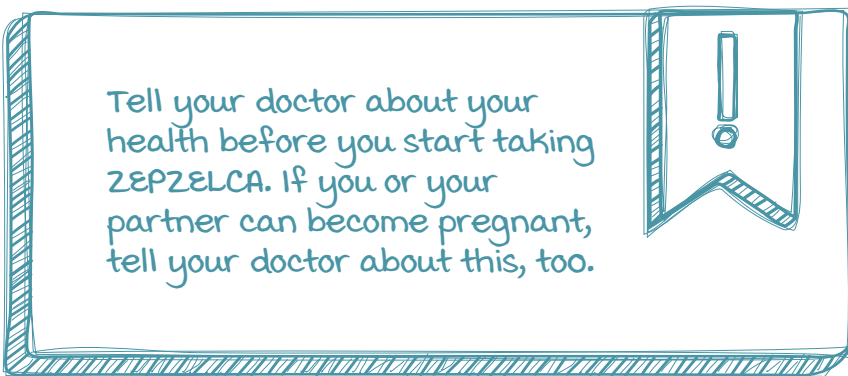
- Use effective birth control during treatment with and for 4 months after your final dose of ZEPZELCA.
- If your partner becomes pregnant while you are taking ZEPZELCA, tell your healthcare professional right away.

**Breastfeeding:**

- Tell your healthcare professional if you are breastfeeding or plan to breastfeed.
- It is not known if ZEPZELCA passes into your breastmilk. Do not breastfeed during treatment with ZEPZELCA and for 2 weeks after your final dose of ZEPZELCA. Talk to your healthcare provider about the best way to feed your baby during treatment with ZEPZELCA.

**Rhabdomyolysis (breakdown of damaged muscle):**

- ZEPZELCA may cause rhabdomyolysis, which is the breakdown of damaged muscle.
- Your healthcare professional will do tests before and during treatment to check for rhabdomyolysis.
- If you get rhabdomyolysis, your healthcare professional will decide which treatments are best for you.

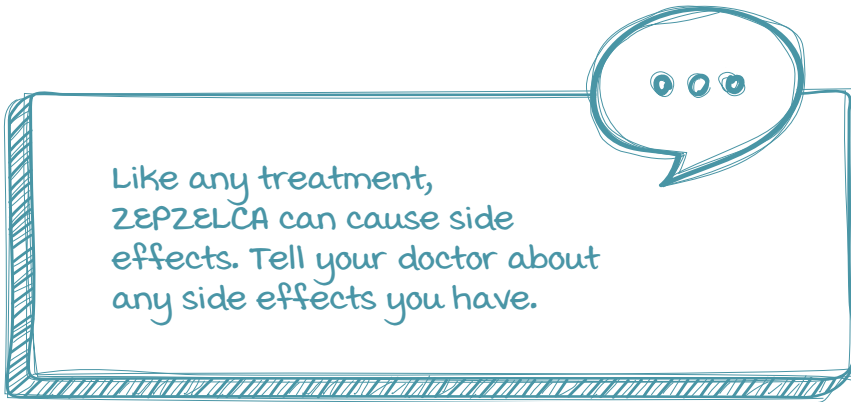


# IMPORTANT SAFETY INFORMATION *TO KNOW*



ZEPZELCA can cause fatigue and weakness and make you feel unwell.

Give yourself time after receiving treatment with ZEPZELCA to see how you feel before driving a vehicle or using machinery.



## Serious side effects and what to do about them

| Symptom/effect   | Talk to your doctor |              | Get immediate medical help |
|--|---------------------|--------------|----------------------------|
|  | Only if severe      | In all cases |                            |
| <b>VERY COMMON</b>   |                     |              |                            |
| <b>Low blood counts, including neutropenia (low neutrophils), leukopenia (decreased white blood cells), and thrombocytopenia (low platelet counts):</b> fever or any other signs of infection, shortness of breath, tiredness, weakness, unusual bruising or bleeding, pale skin |                     | X            |                            |
| <b>Anemia (decreased number of red blood cells):</b> fatigue, loss of energy, irregular heartbeats, pale complexion, shortness of breath, weakness   |                     | X            |                            |
| <b>Gastrointestinal problems:</b> loss of appetite, nausea or vomiting, pain on the right side of your stomach area (abdomen)  |                     | X            |                            |
| <b>Kidney problems:</b> nausea, vomiting, fever, swelling of extremities, fatigue, thirst, dry skin, irritability, dark urine, increased or decreased urine output, loss of appetite, abnormal blood test results  |                     | X            |                            |

## Serious side effects and what to do about them (cont'd)

| Symptom/effect   | Talk to your doctor |              | Get immediate medical help |
|--|---------------------|--------------|----------------------------|
|  | Only if severe      | In all cases |                            |
| <b>VERY COMMON</b>   |                     |              |                            |
| <b>Liver problems:</b> dark urine, fatigue, loss of appetite, nausea or vomiting, sleepiness, bleeding or bruising, yellowing of the skin or eyes, pain on the upper right side of the stomach area  |                     | X            |                            |
| <b>Pneumonia (infection in the lungs):</b> 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   |                     | X            |                            |
| <b>Neuropathy peripheral:</b> weakness, numbness, and pain caused by nerve damage in the arms and legs   |                     | X            |                            |
| <b>COMMON</b>  |                     |              |                            |
| <b>Hypotension (low blood pressure):</b> dizziness, fainting, light-headedness, blurred vision, nausea, vomiting, fatigue (may occur when you go from lying or sitting to standing up)   |                     | X            |                            |
| <b>Thrombophlebitis:</b> swelling and redness along a vein, which is extremely tender or painful when touched  | X                   |              |                            |
| <b>RARE</b>  |                     |              |                            |
| <b>Extravasation (leakage of ZEPZELCA from your vein to the tissue around it):</b> blisters or sores, pain, tenderness, itchiness, or burning at the site  |                     |              | X                          |
| <b>UNKNOWN</b>   |                     |              |                            |
| <b>Rhabdomyolysis (breakdown of damaged muscle):</b> muscle pain, weakness or spasms, red-brown urine  |                     |              | X                          |
| <b>Tumour lysis syndrome (the sudden, rapid death of cancer cells due to the treatment):</b> nausea, shortness of breath, irregular heartbeat, heart rhythm disturbances, lack of urination, clouding of urine, muscle spasms or twitching, tiredness and/or joint pain, severe muscle weakness, and seizures. Metabolic disorders (kidney failure, abnormal heartbeat) and abnormal blood tests due to rapid breakdown of cancer cells. |                     |              | X                          |

This is not a complete list of possible side effects; please consult your Patient Information Brochure for the complete safety information.

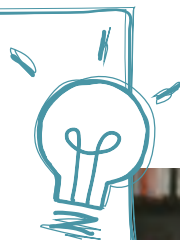
# LIFESTYLE TIPS FOR YOUR JOURNEY WITH SCLC

We at Jazz Pharmaceuticals—the makers of ZEPZELCA—know that while your therapy is very important, you also want to enjoy time with the people you love.

So, we'd like to outline a few lifestyle tips that could help you do that.

- \* Remember: People want to help! Don't be shy about asking your healthcare team and the people around you for support, suggestions, and any help you want or need.

You could save energy for the activities and people you love by modifying your daily tasks, asking for help, and accepting help.





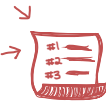
## make time to focus on what's important to you

Each day is an opportunity to do what you love and spend time with the people you care about. When you make your daily tasks easier or faster, you could have more time for activities that matter to you!

### Lifestyle tips for making more time in your day



1. **Make a list of activities you do every day** and mark the ones that are **hard or tiring**.
2. **Think about why those activities are hard.** For example, if taking a shower is tiring, maybe it's because standing is hard for you.
3. **Change your home to make tasks easier.** For example, put all your daily items on one floor of your house. Or put items you use every day closer together.
4. **Get rid of unnecessary tasks.** Plan ahead so you can avoid tiring activities, like going up and down stairs too many times.
5. **Set priorities** to make sure you have energy to do what's most important to you.
6. **Plan out your day and give yourself enough time to do everything you want.** Creating a daily schedule can help a lot.
7. **Change your routine gradually.** It's hard to make changes all at once. You can always go through this process as often as you need to!
8. **Ask for help. Accept help when others offer.** It's okay if you can't do all the activities or tasks you used to do. It's okay to need help. Asking for the help you need can make you and your loved ones feel better. It can also make you feel more connected.



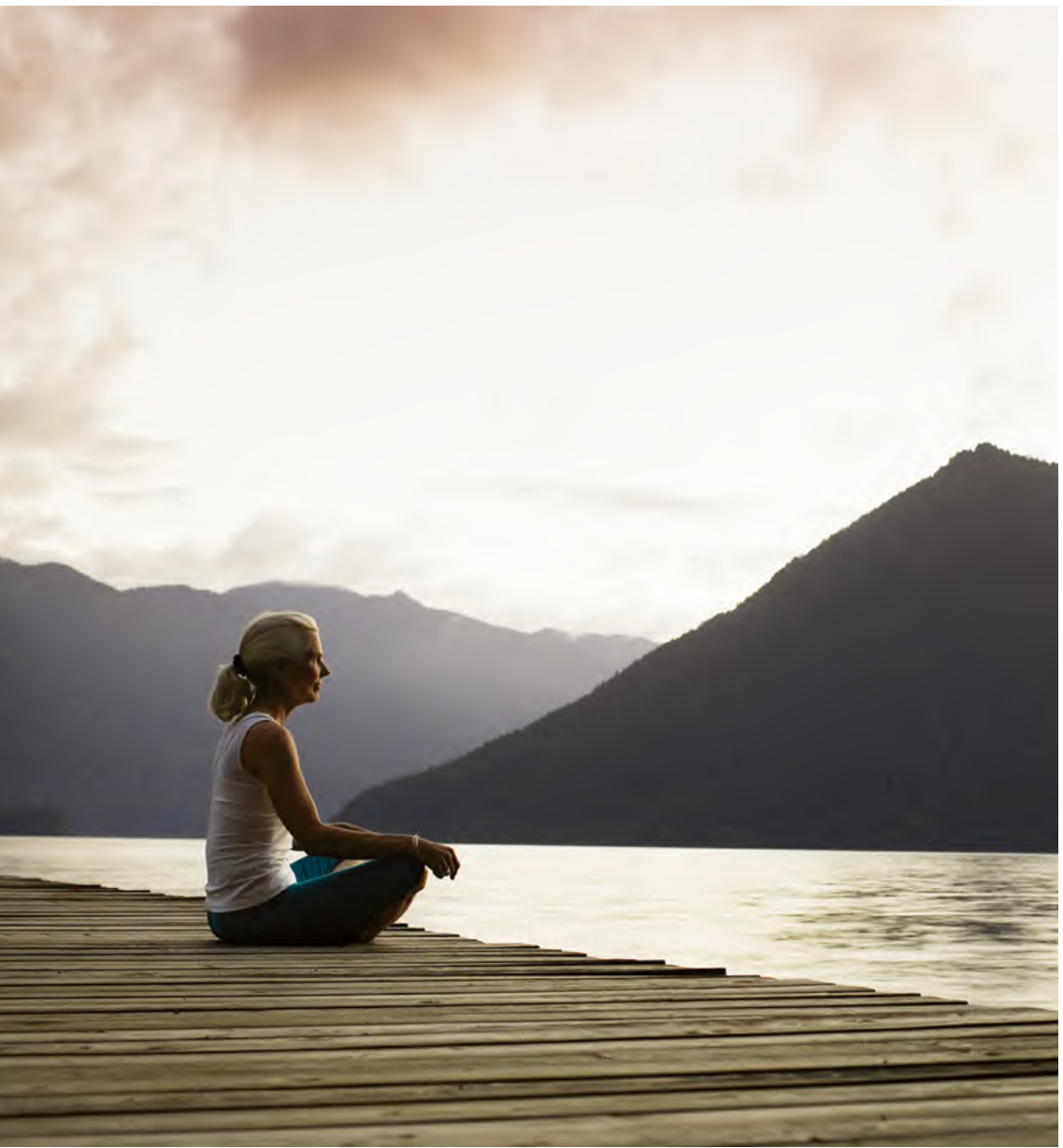


## 2 enjoy the precious moments

A hug. A sunset. A warm drink on a winter's day. Precious moments like these are **worth focusing on and worth celebrating**.

The practice of focusing on small and meaningful moments is sometimes called "mindfulness." *↪ Also called "living in the moment."*

Whatever you call it, the goal is the same: to pay close attention to details so you can fully enjoy moments as they happen.




Here are just four tips:

### Ways to practise mindfulness:

#### 1. Love your favourite things.

When you do something you love, really focus on what you're doing. Look at it, touch it, enjoy it.

- If it's food, pay attention to the colour and the smell. → 
- If it's a song you love, close your eyes and feel every note.

#### 2. Take a journey in your mind.

Sit down, get comfortable, and imagine a place you enjoy. Pretend you are there. Think about every detail:

- What colour is the sky?
- Is the wind blowing?
- What does it smell like?



#### 3. Take a walk outside and really experience every detail.

Notice what you see, hear, and smell.

Even an ordinary place can be interesting when you pay attention to little details.

#### 4. Practise relaxing by using your muscles.

Your muscles have a natural relaxation response. You can use that natural relaxation on purpose to help you relax. Here's how to do it:

- Find a quiet place and get comfortable.
- Tense one group of muscles in your body, like one whole leg or both thighs. Squeeze the muscles for 5 seconds.
- Relax the tense muscles and breathe out. Focus on how relaxed they feel. Relax for 15 seconds.
- Repeat with other muscle groups: Tense for 5 seconds, relax for 15 seconds.



### 3

## Smoking cessation and tobacco use

If you smoke, it's never too late to stop. Your lung function may improve if you quit smoking, which could help you have more energy for the activities you love.

- ✘ *Talk to a healthcare professional about resources and support systems to help you change your smoking habits.*

### Remember:

#### Nobody deserves lung cancer

It is common for people with lung cancer to feel blamed for having “caused” their disease, especially if they have a history of smoking. Blame and feelings of guilt can add a social burden on top of the physical and emotional burden of the disease itself.

But the truth is that anyone with lungs can get lung cancer. Lung cancer occurs even in people who have never smoked.

So try not to let the common bias about smoking make you feel bad about yourself or worry about telling others about your diagnosis.

*↳ You deserve compassion, treatment, and support, no matter what.*



mindfulness or “living in the moment” and quitting smoking can help you live your best life. So can telling yourself you deserve compassion and care, no matter what.



# TALKING TO YOUR LOVED ONES ABOUT CANCER

## There is no right or wrong way to talk about cancer

Not everyone likes talking about their cancer. → *And that's totally okay!*

But if the other people in your life want to talk about your cancer, it can help to have some answers prepared. Here are some suggestions for talking about cancer.

## Talking with family and friends

### Be yourself.

You are still the same person you were before your diagnosis. And the person you're talking to hasn't changed either.

### Be as open as you want.

You can tell people as much or as little as you want. You don't have to answer every question.

### Let them know what they can do to help.

People often want to help, so if someone offers, you can accept. You can also ask people to help you.

### Let them know if there's anything you don't want them to do.

If you don't want people to ask questions, tell them. If you don't want people to do certain tasks for you, tell them.

↪ *It's okay to be honest about how you're feeling.*

Be open and honest with your loved ones. Adapt what you say according to the person you're talking to. And remember that you don't have to answer all their questions if you don't want to.



## Talking with children

Talk on the child's level.

make your answers simpler  
for younger children.

Try to answer as honestly as you can.

Here are some suggestions for doing this:

- Reassure children that cancer is not contagious.
- Don't be afraid to use the word "cancer."
- If you feel tired or less able to play or interact, be open about it.

→ Reassure children that  
it is not their fault.



# SUPPORT FOR CAREGIVERS

✘ Being a caregiver is a valuable, important job, but it isn't always easy. Remember to take care of yourself, because caregivers need care too!

A “caregiver” is someone who **provides care to someone with cancer**.

This care can be **physical**, like helping someone with daily tasks. The care can also be **emotional**, like listening to someone talk about their feelings. A person with cancer can have more than one caregiver.

A caregiver is not paid for their caregiving work. This work is usually done **out of love**, which makes it a precious gift.

## What does a caregiver do?

A caregiver can take on many roles and take care of many tasks to help the person with cancer. Not all caregivers need to live with the person who has cancer! Some of these jobs can be done from a distance.

→ The ones with a \* next to them can be done from a distance (remotely).

**Here are some tasks a caregiver might do:**

### Help with healthcare tasks like:



- Talking with the healthcare team to make important decisions about treatment and care\*
- Taking notes during healthcare appointments
- Keeping track of tests and appointments and making sure the person gets to the appointment on time

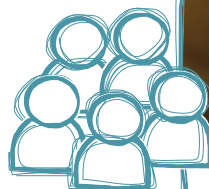
### Help the person with cancer:



- Walk or move around
- Take a shower, bath, or sponge bath
- Use the toilet or bedpan
- Brush their teeth
- Eat



Caregivers help people with cancer in many ways. It can help to have more than one caregiver.



#### **Comfort and support the person with cancer by:**



- Listening\*
- Asking them about their feelings\*
- Keeping them company
- Providing physical contact, like holding hands or giving a hug

#### **Help with financial tasks like:**





- Organizing bills\*
- Ensuring bills are paid\*
- Managing money\*

## It's okay to have limits

Caregivers can be asked to do many tasks. But maybe you can't do them all, or don't want to do them all.

That's okay! It's normal to have limits. It's important to recognize your limits so you can find solutions for getting everything done.

### Suggestions for making caregiving more manageable for you

1. **Make a list of tasks that need to get done.** 
2. **Decide which of those tasks you are not comfortable doing.**
3. **Decide which of those tasks you can do or can learn to do—and are willing to do.** For example, can you learn to give medicine? Do you want to learn to do this?
4. **Find others who can do the tasks that are beyond your limits.** You can ask family or friends. You can find out about paid home care services. 
5. **Go through this process again any time there are new tasks or something isn't working well.**

## It's okay to have your own needs

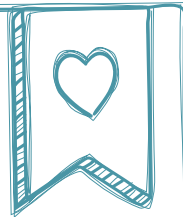
Being a caregiver is just part of who you are. Remember that you are still your own person, with your own life, and it's okay to have your own needs.

The demands of caregiving might make you feel overwhelmed or make you feel tired in body and mind.

Be aware of your own feelings. Build up your own support network. Reach out for help before you get too tired!

This is normal! And it's important that you get the care you need too.

Caregivers need care too!  
Dividing care is important. It's also important to pay attention to your own limits and needs.



## It's okay to need help

Being a caregiver is a very important job, but you don't have to do everything alone. It's not selfish to need help too.

And in fact, you can become a better caregiver when you feel happier.

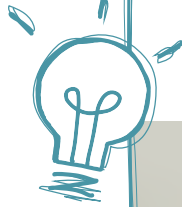
It's also not selfish to need a break from caregiving!

You might be able to find support in your personal network. But you might also want professional help—either physical or mental.

### Suggestions for getting help for yourself

1. **Ask at the hospital** for caregiver support resources.
2. **Look for “respite care.”** That's when someone cares for the person with cancer while you get some personal time.
3. **Look online** for caregiver support resources near you.
4. **Remind yourself of what you like to do.** Then, find the time to do those activities.
5. **Try out the mindfulness exercises** on page 23 of this brochure!

Be proactive about finding support for yourself. Your needs are important too!



# HERE ARE SOME HELPFUL WEBSITES

The websites listed here have a lot of useful information.

For example, you can find out more about small cell lung cancer or its treatment and access useful lifestyle tips. Or you can find information about being a caregiver.

If you are not comfortable reading information on your computer, ask someone to read these websites out loud to you.

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

Cancer Connection – [cancerconnection.ca](http://cancerconnection.ca)

Carers Canada – [carerscanada.ca](http://carerscanada.ca)

Lung Cancer Canada – [lungcancer canada.ca](http://lungcancer canada.ca)

Lung Health Foundation – [lunghealth.ca/](http://lunghealth.ca/)

The Lung Association – [lung.ca](http://lung.ca)

Please remember that  
you are not alone! ❤️



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