

For people 2 years of age and older with severe **PIK3CA-Related Overgrowth Spectrum**, or **PROS**, conditions

# Your guide to treatment with **VIJOICE**

The first and only  
treatment for children  
and adults with  
**PROS** conditions

## **What is VIJOICE?**

VIJOICE® (alpelisib) tablets is a prescription medicine used to treat adults and children 2 years of age and older with severe phosphatidylinositol-3-kinase catalytic subunit alpha (PIK3CA)-Related Overgrowth Spectrum (PROS).

There are ongoing studies to confirm the benefit of VIJOICE.

It is not known if VIJOICE is safe and effective in children younger than 2 years of age.

## **IMPORTANT SAFETY INFORMATION**

Do not take VIJOICE if you have had a severe allergic reaction to alpelisib or are allergic to any of the ingredients in VIJOICE.

**Please see additional Important Safety Information throughout, and [click here](#) for full Prescribing Information, including Patient Information.**

**Vijoice**<sup>®</sup>  
(alpelisib) tablets  
50 mg | 125 mg | 200 mg

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## IMPORTANT SAFETY INFORMATION (cont)

### VIJOICE may cause serious side effects, including:

- **Severe allergic reactions:** Tell your health care provider or get medical help right away if you have trouble breathing, swelling of the face or throat, flushing, rash, fever, or fast heart rate during treatment with VIJOICE® (alpelisib) tablets
- **Severe skin reactions:** Tell your health care provider or get medical help right away if you get a severe rash or a rash that keeps getting worse; reddened skin; flu-like symptoms; blistering of the lips, eyes, or mouth; blisters on the skin or peeling skin, with or without a fever

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# What is VIJOICE?

**VIJOICE® (alpelisib) tablets is a once-daily, oral medication that is:**

- The **first and only** therapy approved to treat PROS in children and adults
- A **targeted** therapy. VIJOICE targets the effects of proteins made by an abnormal (or mutated) PIK3CA gene. A mutation to the PIK3CA gene is the underlying cause of PROS. Targeted therapies can also affect healthy cells

You may have been prescribed VIJOICE because:



You were diagnosed with a severe PROS condition



VIJOICE targets the underlying cause of PROS



Your doctor believes you may benefit from this treatment

This guide provides you with important information, guidance, and support as you learn about your PROS condition and either consider or navigate treatment with VIJOICE.

## KIDS' Q&A



What if my child has questions about their PROS condition or VIJOICE?

&



To help you explain certain aspects of their treatment journey, you will find tips for talking to your child throughout this brochure.

## IMPORTANT SAFETY INFORMATION (cont)

- **High blood sugar levels (hyperglycemia):** Hyperglycemia is common with VIJOICE and can be severe. Your health care provider will monitor your blood sugar levels before you start, and during treatment with, VIJOICE. Your health care provider may monitor your blood sugar levels more often if you have a history of diabetes. Tell your health care provider right away if you develop symptoms of hyperglycemia, including excessive thirst, dry mouth, urinating more often than usual or having a higher amount of urine than normal, increased appetite with weight loss, confusion, nausea, vomiting, fruity odor on breath, difficulty breathing, or dry or flushed skin

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# What is PROS?

**PROS** stands for **PIK3CA-Related Overgrowth Spectrum**.

PROS is the name for a group of conditions that are caused by a mutation in a gene called PIK3CA. The term *mutation* means the gene isn't working correctly.



## DID YOU KNOW?

- In 2013, researchers proposed grouping abnormal growth, vascular conditions, and lymphatic conditions caused by PIK3CA mutations under the term *PROS*. By uniting these many different conditions under one new term, researchers hoped to improve diagnosis, help manage symptoms, and establish future clinical trials.

The term *PROS* was proposed at a 2-day workshop that included several researchers who have been studying this group of conditions and 3 representatives of patient-family support and advocacy organizations for people with these conditions. The criteria for PROS may change as research develops.

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# What is PROS? (cont)

You may have been diagnosed with PROS or one of the following PROS conditions:

## KTS

(Klippel-Trenaunay Syndrome)

## FIL

(Facial Infiltrating Lipomatosis)

## CLOVES syndrome

(Congenital Lipomatous Overgrowth, Vascular malformations, Epidermal nevi, Scoliosis/skeletal and spinal)

## FAVA

(FibroAdipose Vascular Anomaly)

## ILM

(Isolated Lymphatic Malformation)

## Muscular HH

(HemiHyperplasia)

## MCAP or M-CM

(Megalencephaly-Capillary Malformation)

## FAO

(FibroAdipose hyperplasia or Overgrowth)

## HME

(HemiMegalEncephaly)/DMEG (Dysplastic MEGalencephaly)/Focal cortical dysplasia type II

## CLAPO syndrome

(Capillary malformation of the lower lip, Lymphatic malformation of the face and neck, Asymmetry of the face and limbs, and Partial or generalized Overgrowth)

## HHML

(HemiHyperplasia-Multiple Lipomatosis)

## Epidermal nevus, benign lichenoid keratosis, or seborrheic keratosis

## Macroductyly

Other conditions may be identified and characterized as PROS. Talk to your doctor to find out if your condition is a PROS condition.

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# What are the signs and features of PROS?

Although the conditions in the PROS group are caused by the same mutation, they can look very different from each other in the following ways:

- How they appear on the body, such as the size, shape, and type of growth or malformation
- Where they are located on the body
- Which features and complications they cause over time

It is important to note that, while your specific PROS condition determines the features that may appear, someone else with the same condition can experience very different features.

## Examples of common PROS features



### Enlarged head

Head enlargement may occur when brain complications, such as hydrocephalus (fluid in the brain) or seizures, result in brain overgrowth. This may also cause neurologic problems. These are most prevalent in MCAP/M-CM and HME/DMEG/focal cortical dysplasia type II.



### Enlarged digits

One or more fingers or toes is unusually large.

### Lymphatic malformations

These occur when vessels containing a clear fluid, called lymph, grow abnormally.



### Vascular malformations

These occur when vessels, such as arteries, veins, and capillaries, do not develop in the usual manner. These malformations may cause blood flow to be too fast or too slow.



### Abnormal growth

When certain parts of the body grow abnormally fast or slow. Muscles, fatty tissue (such as a lipoma), organs, the spine or skeleton, and the skin's surface may be affected.

It is also common to experience pain and fatigue from one or more of the above PROS features.

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# How is PROS diagnosed?

Your doctor may diagnose you with PROS based on certain criteria, or by following a combination of steps, which can include—but are not limited to—the following:



## Medical visit with a multidisciplinary team

A multidisciplinary team is a group of doctors with different specialties. You may have a medical visit with a multidisciplinary team to get a well-rounded assessment. This visit will also include a thorough medical exam to identify features that may lead to a PROS diagnosis.



## Assessment of when and how you first noticed the condition

Most people are born with their PROS condition, so they often have signs and features at birth or develop them in early childhood. However, PROS conditions are not hereditary, meaning they are not passed down from parent to child.



## Scans that show what's happening inside the body

Some PROS features may need to be imaged and scanned using different techniques, like magnetic resonance imaging, or MRI, or other scans, which can help determine whether your condition is a PROS condition.



## Lab tests to find out if there is a somatic PIK3CA mutation

A somatic PIK3CA mutation is a mutation that is not passed down from parent to child. Because these mutations are somatic, genetic testing may not always show the presence of a PIK3CA mutation—even when one is present in the body. That's why a PROS diagnosis may be made even when a PIK3CA mutation does not come up in the test results or a person does not get tested.

Ultimately, a PROS diagnosis is made based on your doctor's medical opinion. Since PROS is a relatively new term, and doctors are still learning about the conditions, everyone's journey to diagnosis is different.

### IMPORTANT SAFETY INFORMATION (cont)

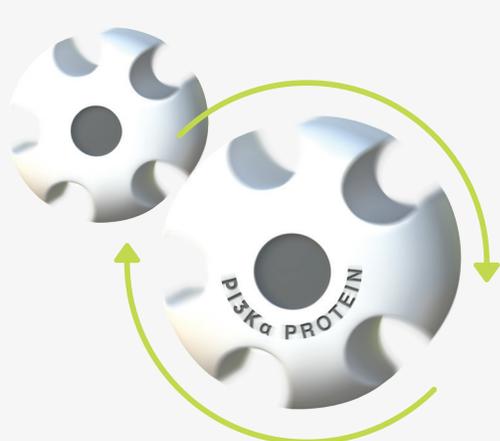
- **Lung problems (pneumonitis):** Tell your health care provider right away if you develop new or worsening symptoms of lung problems, including shortness of breath or trouble breathing, cough, or chest pain

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# How do PIK3CA mutations cause PROS?

Your condition has been diagnosed as a PROS condition because it is caused by PIK3CA mutations. Let's take a closer look at the role these mutations play in the body.



Think of your body as a machine. In the machine, there are gears that are responsible for keeping it running. One of these gears is called the PI3K $\alpha$  protein, which receives instructions from the PIK3CA gene to help ensure the machine operates correctly. When these gears move at the right speed, the machine can function properly.



When a PIK3CA mutation occurs, the instructions cause the PI3K $\alpha$  protein to move too quickly. As a result, the machine malfunctions, resulting in the signs and features of your PROS condition.

The PI3K $\alpha$  protein is responsible for ensuring that many different parts of the body work correctly. That's why each PROS condition, and how it shows up in a person's body, is different.

## KIDS' Q&A



Why do I have a PROS condition?

&



Before you were born, a change to your DNA randomly occurred inside of your body. This change is called a mutation, and it's why you have a PROS condition.

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# How does VIJOICE work?

VIJOICE® (alpelisib) tablets targets the PI3K $\alpha$  protein made by the PIK3CA gene. VIJOICE affects abnormal cells, but it also can affect healthy cells.



## KIDS' Q&A



Why am I taking VIJOICE?

&



VIJOICE may help with your PROS condition. VIJOICE is different from other medicines you may have tried in the past, because it treats the cause of your PROS condition.

## IMPORTANT SAFETY INFORMATION (cont)

- **Diarrhea or colitis (inflammation of your intestines):** Diarrhea is common with VIJOICE and may be severe. Severe diarrhea can lead to the loss of too much body water (dehydration) and kidney injury. Tell your health care provider right away if you develop diarrhea or stomach-area (abdominal) pain, or see mucus or blood in your stool during treatment with VIJOICE. Your health care provider may tell you to drink more fluids or take medicines to treat diarrhea or colitis

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# How may VIJOICE help?

The safety and effectiveness of VIJOICE® (alpelisib) tablets were studied in 57 adults and children aged 2 years and older with CLOVES syndrome, MCAP or M-CM, KTS, FIL, and 2 people with unspecified PROS conditions. All of the people in the study had a PIK3CA mutation confirmed by their doctor.

People experienced a reduction in the size of overgrowths

**27%**

(10 of 37)

of people taking VIJOICE saw their overgrowth shrink by **at least 20%** in 6 months

These people had scans to confirm their reductions of at least 20%. The reductions had to be seen in at least 2 scans in a row to be confirmed.

Two additional people saw their overgrowth shrink by at least 20%, but these reductions were not confirmed in a second scan.

**People maintained a reduction of at least 20% in the size of their overgrowths**



Reductions were maintained for at least 6 months in 70% of people

Reductions were maintained for at least 12 months in 60% of people

**74.2%**

(23 of 31)

of people taking VIJOICE saw **any shrinkage in the size of their overgrowth**

Thirty-one people who had their scans at 6 months were included in this analysis.

## **IMPORTANT SAFETY INFORMATION (cont)**

Your health care provider may tell you to decrease your dose, temporarily stop your treatment, or completely stop your treatment with VIJOICE if you get certain serious side effects.

**Before you take VIJOICE, tell your health care provider about all your medical conditions, including if you:**

- have a history of diabetes

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# How may VIJOICE help? (cont)

People experienced an improvement in PROS signs and features

**In 6 months:**

**90.9%** of people experienced  
(20 of 22) **less pain**



**78.9%** of people experienced **improvements in vascular malformations**, or when  
(30 of 38) vessels like veins, arteries, and capillaries grow in abnormal ways



**76.2%** of people experienced  
(32 of 42) **less fatigue**



**69.0%** of people experienced **improvements in limb asymmetry**, or when one arm  
(20 of 29) or leg is longer than the other



**55.2%** of people experienced **improvements in disseminated**  
(16 of 29) **intravascular coagulation**, or DIC, a clotting and bleeding condition



## People reported functional improvement

Approximately

**30%** of people taking VIJOICE saw  
(14 of 47) **improvements in their ability to do things**

Two scales were used to measure a person's functional improvement.

The first scale measured a person's daily activity, physical ability, and ability to care for themselves. An *improvement* was defined as a decrease by at least 1 point, and *worsening* was defined as an increase by at least 1 point.

The second scale measured a person's ability to perform normal activities of daily living and functional status. An *improvement* was defined as an increase by at least 20 points, and *worsening* was defined as a decrease by at least 20 points.

### IMPORTANT SAFETY INFORMATION (cont)

- have a history of skin rash, redness of skin, blistering of the lips, eyes, or mouth, or peeling skin
- are pregnant or plan to become pregnant. VIJOICE® (alpelisib) tablets can harm your unborn baby
- are breastfeeding or plan to breastfeed. It is not known if VIJOICE passes into your breast milk. Do not breastfeed during treatment with VIJOICE and for 1 week after the last dose

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# How do I take VIJOICE?

## Dosing information

**Recommended starting dose:**  
pediatric (ages 2 to less than 18 years)

Also available if an adult needs a change in dosage

**50 mg once daily**

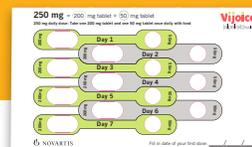
(One 50-mg tablet)



**Recommended starting dose:**  
adult (ages 18 years and older)

**250 mg once daily**

(One 200-mg tablet  
+ one 50-mg tablet)



**Available if a child or an adult  
needs a change in dosage**

**125 mg once daily**

(One 125-mg tablet)



- Once-daily tablet or tablets
- Take by mouth
- Take VIJOICE® (alpelisib) tablets exactly as your doctor tells you
- Take at the same time each day
- Take with food
- Do not change your dose or stop taking VIJOICE unless your doctor tells you

## IMPORTANT SAFETY INFORMATION (cont)

### Females who can become pregnant:

- Your health care provider will check to see if you are pregnant before you start treatment with VIJOICE
- You should use effective birth control during treatment with VIJOICE and for 1 week after the last dose. Talk to your health care provider about birth control methods that may be right for you during this time
- If you become pregnant or think you are pregnant, tell your health care provider right away

Please see additional Important Safety Information throughout, and [click here](#) for full Prescribing Information, including Patient Information.

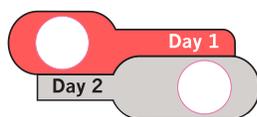
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# How do I take VIJOICE? (cont)

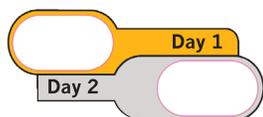
## Understanding your blister pack

Each blister pack of VIJOICE® (alpelisib) tablets contains your recommended full daily dose to help ensure you take the right dose at the right time—every time.

### Follow the colors to know what dose to take.

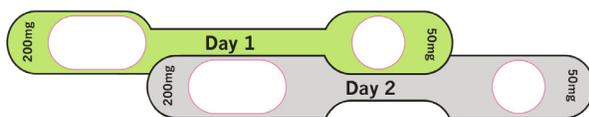


50 mg once daily



125 mg once daily

For the 50-mg dose and the 125-mg dose, alternate between the colors. For example, on the first day, take the tablet within the red or yellow strip. On the second day, take the tablet within the gray strip.



250 mg once daily

For the 250-mg dose, on the first day, take both tablets within the green strip (labeled "Day 1"). On the second day, take both tablets within the gray strip (labeled "Day 2"). Each day, ensure that both the 200-mg and the 50-mg tablets are taken together.

## What to do if you miss a dose, vomit, or have a side effect

- If you miss a dose of VIJOICE, you can take it with food within 9 hours after the time it is usually taken. After more than 9 hours, skip the dose for that day. The next day, take VIJOICE at the usual time
- If you vomit after taking the dose, do not take an additional dose on that day. Resume the dosing schedule the next day at the usual time
- If a side effect occurs, your doctor may reduce your dose, pause treatment, or have you stop taking VIJOICE

### IMPORTANT SAFETY INFORMATION (cont)

**Males** with female partners who can become pregnant should use condoms and effective birth control during treatment with VIJOICE and for 1 week after the last dose. If your female partner becomes pregnant, tell your health care provider right away.

**Tell your health care provider about all the medicines you take**, including prescription and over-the-counter medicines, vitamins, and herbal supplements. VIJOICE and other medicines may affect each other and cause side effects. Know the medicines you take. Keep a list of them to show your health care provider or pharmacist when you get a new medicine.

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# How do I take VIJOICE? (cont)

If you can't swallow tablets, follow these steps:

- 1** Place the VIJOICE® (alpelisib) tablets or tablet in a glass containing 2 to 4 ounces of water, and let it stand for about 5 minutes. Make sure to only use water.
- 2** Crush the tablet or tablets with a spoon and stir to dissolve. The liquid will be cloudy, and you may see tablet pieces.
- 3** Drink the mixture right away.
- 4** After drinking the mixture, add about 2 to 3 tablespoons of water to the same glass. Stir with the same spoon, and drink the entire contents of the glass. Repeat this step if necessary.
- 5** Throw away any contents of the glass that are not consumed within 60 minutes after preparation.

Liquids other than water should not be used for making the mixture.

If you are able to swallow tablets, please swallow VIJOICE tablets whole. Do not split or chew the tablets.

## IMPORTANT SAFETY INFORMATION (cont)

**The most common side effects of VIJOICE include** diarrhea, mouth sores (stomatitis), high blood sugar, headache, dry skin, and hair loss (alopecia).

VIJOICE may affect fertility in males and in females who can become pregnant. Talk to your health care provider if this is a concern for you.

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# How to navigate treatment

## Top tips for treatment

In addition to taking VIJOICE® (alpelisib) tablets as prescribed, the following tips can help ensure you feel confident and prepared throughout your treatment journey:



### Prepare for your appointments

- Jot down appropriate questions to ask your doctor
- Communicate with your doctor if medication side effects are bothering you



### Take notes during appointments

- Bring a notebook or journal with you so you don't have to rely on remembering every important detail
- Writing things down will allow you to review important information after the appointment when you are back home



### Check for refills

- When getting medication, check to see how many refills you have left
- Set up reminders on your phone that notify you when you will be running low on medication

## IMPORTANT SAFETY INFORMATION (cont)

These are not all the possible side effects of VIJOICE. Call your health care provider for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

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# How to navigate treatment (cont)

## Types of health care teams

Depending on your situation, you may be treated in a **Vascular Anomalies Center** and/or by **individual doctors**.

- A **Vascular Anomalies Center** is made up of multiple types of doctors, called a multidisciplinary team. These doctors collaborate and communicate together to treat and manage many parts of your PROS condition. The goal of this team is to provide you with the most comprehensive care possible
- You may also see **individual doctors**, like a family pediatrician or internist, to manage the diverse features of your PROS condition. Sometimes, these doctors are not connected with a multidisciplinary team, so you might see them in a one-on-one setting

Make sure to discuss with your doctor or health care team what you both hope to achieve with VIJOICE® (alpelisib) tablets treatment.

## Find a multidisciplinary team

The International Society for the Study of Vascular Anomalies (ISSVA) has created a list of multidisciplinary teams that treat vascular anomalies, which may be signs and features of PROS. ISSVA believes that a team environment is the best setting for managing the complex problems that arise when treating vascular anomalies.

To view the list of multidisciplinary care teams, visit <https://www.issva.org/resources/multidisciplinary-teams>.

Novartis does not provide or supervise medical care furnished through these treatment centers, which are independently owned and operated.

### What is VIJOICE?

VIJOICE® (alpelisib) tablets is a prescription medicine used to treat adults and children 2 years of age and older with severe phosphatidylinositol-3-kinase catalytic subunit alpha (PIK3CA)-Related Overgrowth Spectrum (PROS).

There are ongoing studies to confirm the benefit of VIJOICE.

It is not known if VIJOICE is safe and effective in children younger than 2 years of age.

### IMPORTANT SAFETY INFORMATION

Do not take VIJOICE if you have had a severe allergic reaction to alpelisib or are allergic to any of the ingredients in VIJOICE.

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# What side effects may occur?

VIJOICE® (alpelisib) tablets may cause side effects that you may not be familiar with, so it's important to know what to expect and be prepared if side effects do occur.

The serious side effects of VIJOICE include:



## Severe allergic reactions

Tell your doctor or get medical help right away if you have trouble breathing, swelling of the face or throat, flushing, rash, fever, or a fast heart rate during treatment with VIJOICE.



## Severe skin reactions

Tell your doctor or get medical help right away if you get a severe rash or a rash that keeps getting worse; reddened skin; flu-like symptoms; blistering of the lips, eyes, or mouth; or blisters on the skin or peeling skin, with or without fever.



## Hyperglycemia, or high blood sugar

Hyperglycemia is common with VIJOICE and can be severe. Your doctor will monitor your blood sugar levels before you start, and during treatment with, VIJOICE. Your doctor may monitor your blood sugar levels more often if you have a history of diabetes. Tell your doctor right away if you develop symptoms of hyperglycemia, including:

- excessive thirst
- dry mouth
- more frequent urination than usual or a higher amount of urine than normal
- increased appetite with weight loss
- confusion
- nausea
- vomiting
- fruity odor on breath
- difficulty breathing
- dry or flushed skin



## Pneumonitis, or lung problems

Tell your doctor right away if you develop new or worsening symptoms of lung problems, including:

- shortness of breath or trouble breathing
- cough
- chest pain



## Diarrhea or colitis, or inflammation of your intestines

Diarrhea is common with VIJOICE and may be severe. Severe diarrhea can lead to the loss of too much body water (dehydration) and kidney injury. Tell your doctor right away if you develop diarrhea or stomach-area (abdominal) pain, or see mucus or blood in your stool during treatment with VIJOICE. Your doctor may tell you to drink more fluids or take medicines to treat diarrhea or colitis.

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# What side effects may occur? (cont)

Serious side effects occurred in 12% of people who received VIJOICE® (alpelisib) tablets. Dehydration and cellulitis, or a type of skin infection, were the only serious side effects that occurred in multiple people (dehydration in 2 people, cellulitis in 2 people).

**If you develop certain serious side effects during treatment, your doctor may:**

- decrease the dose
- recommend taking a break from treatment, or
- tell you to completely stop taking VIJOICE

Some side effects are more common than others, including:



Stomatitis, or  
mouth sores



Dry skin



Headache



Alopecia, or  
hair loss

Tell your doctor if you have any side effects that are bothersome or don't go away. These are not all the possible side effects of VIJOICE.

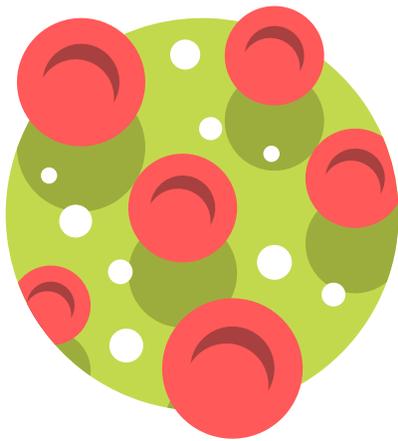
**Contact your doctor for medical advice about side effects.**

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# What are some tips for managing certain side effects?

Here are some suggestions that your doctor may offer to help you manage some of the most common side effects of VIJOICE® (alpelisib) tablets. Always talk to your doctor before making any changes to your diet or exercise routine.



## Hyperglycemia, or high blood sugar

Hyperglycemia may occur when taking VIJOICE. It's important to understand the difference between hyperglycemia and diabetes.

- **Hyperglycemia** is high blood sugar due to any cause and also is a characteristic of diabetes
- **Type 1 diabetes** is a condition in which your body stops making the insulin it needs to let blood sugar enter the cells of the body
- **Type 2 diabetes** is a condition in which your body either doesn't make enough insulin or is unable to use it correctly

### IMPORTANT SAFETY INFORMATION (cont)

**VIJOICE may cause serious side effects, including:**

- **Severe allergic reactions:** Tell your health care provider or get medical help right away if you have trouble breathing, swelling of the face or throat, flushing, rash, fever, or fast heart rate during treatment with VIJOICE
- **Severe skin reactions:** Tell your health care provider or get medical help right away if you get a severe rash or a rash that keeps getting worse; reddened skin; flu-like symptoms; blistering of the lips, eyes, or mouth; blisters on the skin or peeling skin, with or without a fever

Please see additional Important Safety Information throughout, and [click here](#) for full Prescribing Information, including Patient Information.

**Vijoice**<sup>®</sup>  
(alpelisib) tablets  
50 mg | 125 mg | 200 mg

# What are some tips for managing certain side effects? (cont)

If you have a history of diabetes, talk to your doctor about how that might affect treatment with VIJOICE® (alpelisib) tablets. **In general, hyperglycemia that can be caused by VIJOICE is not diabetes.**

If you experience hyperglycemia, your doctor may prescribe a medication (such as metformin), along with suggested lifestyle changes, and may require dose interruption, reduction, or discontinuation based on the severity of hyperglycemia.

Signs of hyperglycemia include:

- excessive thirst
- dry mouth
- more frequent urination than usual or a higher amount of urine than normal
- increased appetite with weight loss
- confusion
- nausea
- vomiting
- fruity odor on breath
- difficulty breathing
- dry or flushed skin

Contact your doctor immediately if you experience any signs and features of hyperglycemia. Your doctor may require dose interruption, reduction, or discontinuation based on the severity of hyperglycemia.



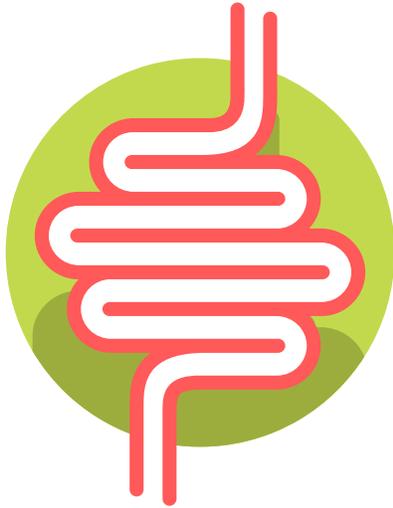
## Stomatitis, or mouth sores

Stomatitis is common with VIJOICE. Follow your doctor's instructions for how to manage stomatitis.

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# What are some tips for managing certain side effects? (cont)



## Diarrhea or colitis, or inflammation of your intestines

Diarrhea is common with VIJOICE® (alpelisib) tablets and may be severe. Follow your doctor's instructions for how to manage diarrhea or colitis.

- Your doctor may tell you to drink more fluids or take medicines (like an antidiarrheal) to treat diarrhea or colitis
- Talk to your doctor if antidiarrheal medicine does not help with your diarrhea or colitis
- If you have diarrhea or colitis, your doctor may need to interrupt, reduce your dose of, or discontinue VIJOICE

You can help manage diarrhea or colitis by watching what you eat and drink

### ✓ DOs

- Stay hydrated: Diarrhea or colitis can cause you to lose more fluid than you're taking in, so it's especially important to drink plenty of clear liquids (such as water, broth, or sports drinks). Ask your doctor if you are unsure how much you should drink per day
- Eat frequent, small meals and bland, easily digestible foods
- Eat foods high in lean protein, such as chicken, turkey, eggs, and fish
- Try the **BRAT** diet, which stands for **B**ananas, **R**ice, **A**pplesauce, and **T**oast

### ✗ DON'Ts

- Avoid consuming spicy foods, greasy foods, alcohol, coffee, tea, and soda with caffeine
- Avoid milk and dairy products

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You've taken an important first step in learning more about your condition.

**Now see if the VIJOICE® (alpelisib) tablets VIP Program™, brought to you by Novartis Oncology Patient Support, is right for you.**

The **VIJOICE VIP Program** is all about you—providing you with **Versatile, Informative, and Personal** support with a **dedicated Care Champion**.

## VIJOICE VIP Program overview



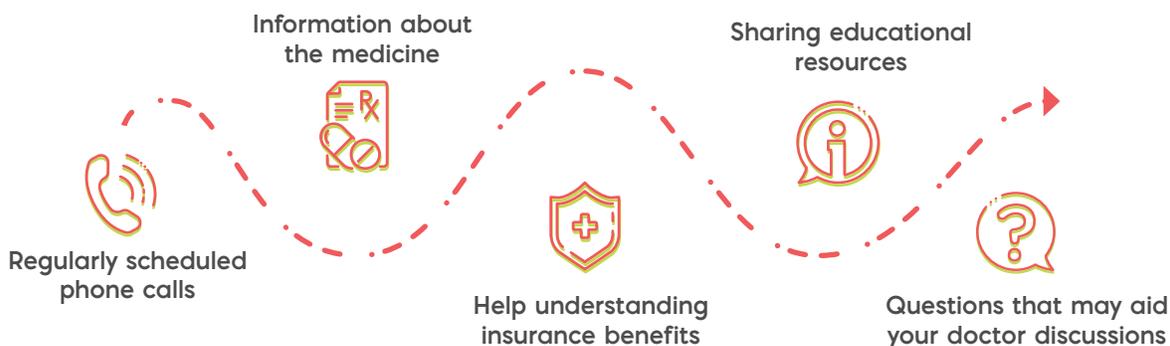
**Care Champion**

When you enroll in the **VIJOICE VIP Program**, you are matched with a **Care Champion**

Each Care Champion is a **dedicated specialist** with experience in health care



Care Champions provide **ongoing, personal, 1-to-1 support and education** throughout your VIJOICE treatment journey



The information obtained through the VIJOICE VIP Program is not intended to replace the advice and guidance of your health care team.

Please see Important Safety Information throughout, and [click here](#) for full Prescribing Information, including Patient Information.

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# VIJOICE VIP Program Features

## Assistance with access to medication and insurance benefits



- **Insurance benefits verification**
- Help with **understanding your insurance coverage** and financial responsibilities
- Information about **financial assistance** that may be available to you
- **Free trial of medication** referral for eligible patients and **additional financial assistance\***

## Convenient support, just a phone call away



- Care Champions **schedule personal phone calls** that fit into your schedule
- **Reminder postcards** are mailed in advance of the next call for organized and timely discussions
- Program phone support lines are open from 8 AM to 8 PM ET, Monday through Friday
- Translation services are available in more than 160 languages

## Relevant educational resources and regular topic discussions



- Assistance in understanding the **importance of taking your medication** and **creating a dosing routine**
- **Information about the different specialists** you may see for your condition
- Questions that may **aid you in doctor discussions**
- Information on a range of **support resources**

\*Eligible patients can receive a free 28-day supply of VIJOICE® (apalisib) tablets. Limitations apply. Call 1-800-282-7630 to determine eligibility.

Please see Important Safety Information throughout, and [click here](#) for full Prescribing Information, including Patient Information.

**Vijoice**<sup>®</sup>  
(apalisib) tablets  
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# Easy enrollment

You are just **3 steps away** from receiving **1-to-1, personal support**:

## Step 1



After your doctor prescribes VIJOICE® (alpelisib) tablets to you, **visit [VIJOICE-Support.com](http://VIJOICE-Support.com)**.

## Step 2



**Fill out the enrollment form**, click submit, and note your confirmation number.

## Step 3



**Ask your doctor** to complete the authorization portion of the form.

**If you have any questions, call 1-800-282-7630 or visit [VIJOICE.com](http://VIJOICE.com).**

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Please see Important Safety Information throughout, and **[click here](#)** for full Prescribing Information, including Patient Information.

**Vijoice**<sup>®</sup>  
(alpelisib) tablets  
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# Financial resources and access

## Free trial and access program

If you have been prescribed VIJOICE® (alpelisib) tablets, you may be eligible to receive a free 28-day supply shipped directly to your home, with the possibility of obtaining 1 more free refill, which will allow you to start your treatment quickly.

No purchase of VIJOICE or any other product is required. This offering is for the approved indication only.

Ask your doctor to help you apply for  
the VIJOICE Free Trial and Access Program.

## Novartis Oncology Universal Co-pay Program

You may be eligible for immediate co-pay savings on your next prescription of VIJOICE.

- Eligible patients with private insurance may pay \$0 per month
- Novartis will pay the remaining co-pay, up to \$15,000 per calendar year, per product\*

 NOVARTIS



**Universal Co-pay Card**  
Save on your out-of-pocket costs

To find out if you are eligible, call  
**1-877-577-7756**, or visit  
[Copay.NovartisOncology.com](http://Copay.NovartisOncology.com)

To find out if you are eligible for the Universal Co-pay Program,  
call **1-877-577-7756** or visit [Copay.NovartisOncology.com](http://Copay.NovartisOncology.com).

\*Limitations apply. This offer is only available to patients with private insurance. The program is not available for patients who are enrolled in Medicare, Medicaid, or any other federal or state health care program. Novartis reserves the right to rescind, revoke, or amend this program without notice. For full Terms and Conditions, visit [Copay.NovartisOncology.com](http://Copay.NovartisOncology.com) or call 1-877-577-7756.

Please see Important Safety Information throughout, and [click here](#)  
for full Prescribing Information, including Patient Information.

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Learn more at [VIJOICE.com](http://VIJOICE.com)

To learn more about  
VIJOICE<sup>®</sup> (alpelisib) tablets,  
talk to your doctor  
and visit [VIJOICE.com](https://www.vioice.com)

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