



SPONTANEOUS
CONFIDENT
CURIOS
RESILIENT
SUPPORTIVE
BE YOURSELF
CREATIVE
ADVENTUROUS
WITH CABOMETYX ON YOUR SIDE

Not an actual patient

YOUR CABOMETYX TREATMENT JOURNAL

Use this journal to keep track of how you are feeling
while taking CABOMETYX



Download more journal pages and find more information at
www.cabometryx.com

Please see Important Safety Information on pages 20-23 and
[tap here for the Patient Information in the full Prescribing Information.](#)

WELCOME TO YOUR CABOMETYX TREATMENT JOURNAL

This journal can help you keep track of how you are feeling while taking CABOMETYX. Side effects can happen at any time, including within the first few weeks of starting treatment with CABOMETYX.

Remember that it's OK to contact your oncology doctor right away if you have any side effects. Keeping track of how you are feeling and any side effects you experience is important to help you and your doctor find the CABOMETYX dose that is right for you. Finding the right dose for you can help you to get the most out of your treatment with CABOMETYX.

Be sure to bring your journal with you to appointments with your oncology doctor so you can review your CABOMETYX experience together.

Important Contact Information

Oncology doctor's name

Phone

Email

Oncology nurse's name

Phone

Email

YOUR CABOMETYX DOSE

Your doctor will prescribe a starting dose of CABOMETYX. If you experience side effects, your doctor will work with you to find the right dose. This may mean that your CABOMETYX dose will change.

If your doctor changes your dose, be sure to note your new dose below. A change in dose is not unusual. Many people in the clinical trials had a change in their dose to manage certain side effects.

CABOMETYX is available in 3 different doses



60 mg



40 mg



20 mg

Tablets shown are not actual size.

Your starting dose of CABOMETYX

Date you began your treatment _____

Dose prescribed by your doctor _____ mg once a day

Any special instructions _____

If your dose changes

Date your dose changed _____

Dose prescribed by your doctor _____ mg once a day

Any special instructions _____

Date your dose changed _____

Dose prescribed by your doctor _____ mg once a day

Any special instructions _____

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 **CABOMETYX**[®]
(cabozantinib) tablets

YOUR DAILY TRACKER

The first 2 months of treatment are the best time to find the CABOMETYX dose that is right for you. That's why it's important to track how you're feeling and talk to your doctor about what you are experiencing during the first few weeks of treatment.

Each day, write down any side effects you have and anything you did to help manage them. Use the scale below to help rate how the side effect makes you feel compared with how you felt before starting CABOMETYX. Note the number below the picture that best shows how much discomfort you experience.



Remember to tell your oncology treatment team right away if you experience any side effects. Visit cabometryx.com to learn about side effects that have been seen with CABOMETYX and how you may manage some of them.



Please see Important Safety Information on pages 20-23 and [tap here for the Patient Information in the full Prescribing Information.](#)

The following pages provide space for 6 weeks of tracking your side effects. An example is below.

DAILY TRACKER: WEEK OF *January 27, 2019*

Day: *Sunday*

What side effects and level of discomfort? (0-4):
I was tired (2)

Ways I tried to feel better:
I rested

Remember that you can print more pages for your tracker at cabometryx.com.

Taking good care of yourself during cancer treatment means paying attention to your overall physical and mental health too. That's why tracker pages also include **Healthy Living Tips** as well as reminders to keep up a healthy attitude.

DAILY TRACKER: WEEK OF _____



Day: _____

What side effects and level of discomfort? (0-4):

Ways I tried to feel better:

Day: _____

What side effects and level of discomfort? (0-4):

Ways I tried to feel better:

Day: _____

What side effects and level of discomfort? (0-4):

Ways I tried to feel better:

Day: _____

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Ways I tried to feel better:

Day: _____

What side effects and level of discomfort? (0-4):

Ways I tried to feel better:

Day: _____

What side effects and level of discomfort? (0-4):

Ways I tried to feel better:

Day: _____

What side effects and level of discomfort? (0-4):

Ways I tried to feel better:

Healthy Living Tip: Keep Moving

*Exercise can help improve your overall health.
Talk to your oncology doctor about what
kind of activity might be right and safe for you.*



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DAILY TRACKER: WEEK OF _____



Day:

What side effects and level of discomfort? (0-4):

Ways I tried to feel better:

Day:

What side effects and level of discomfort? (0-4):

Ways I tried to feel better:

Day:

What side effects and level of discomfort? (0-4):

Ways I tried to feel better:

Day:

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Ways I tried to feel better:

Day:

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Day:

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Day:

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Ways I tried to feel better:

Day:

What side effects and level of discomfort? (0-4):

Ways I tried to feel better:

Day:

What side effects and level of discomfort? (0-4):

Ways I tried to feel better:

Healthy Living Tip: Watch your BP

Keeping your BP (blood pressure) under control is an important part of staying healthy. Learn your BP number before you begin treatment, and then check it as often as your oncology doctor recommends. Tell your doctor right away if there is a change.



Please see Important Safety Information on pages 20-23 and [tap here for the Patient Information in the full Prescribing Information.](#)



DAILY TRACKER: WEEK OF _____



Day:

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DAILY TRACKER: WEEK OF _____



Day:

What side effects and level of discomfort? (0-4):

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Day:

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Day:

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Day:

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Ways I tried to feel better:

Day:

What side effects and level of discomfort? (0-4):

Ways I tried to feel better:

Healthy Living Tip: Eat well

It can be challenging to get the nutrients and calories you need when you are not feeling well. Check out the suggestions and recipes in the National Cancer Institute's "Eating Hints." <https://www.cancer.gov/publications/patient-education/eating-hints>



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DAILY TRACKER: WEEK OF _____



Day:

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Ways I tried to feel better:

Day:

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Day:

What side effects and level of discomfort? (0-4):

Ways I tried to feel better:

Day:

What side effects and level of discomfort? (0-4):

Ways I tried to feel better:

Day:

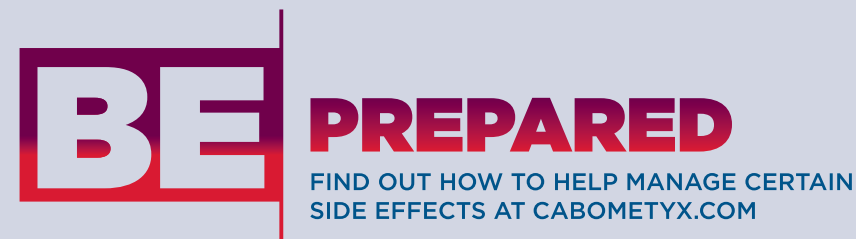
What side effects and level of discomfort? (0-4):

Ways I tried to feel better:

Day:

What side effects and level of discomfort? (0-4):

Ways I tried to feel better:



Please see Important Safety Information on pages 20-23 and [tap here for the Patient Information in the full Prescribing Information.](#)



YOUR DOCTORS' APPOINTMENTS

Note whether the appointment is with your oncology doctor, primary care doctor, or another doctor.



DAY/DATE	TIME
DOCTOR'S NAME	
ADDRESS	

DAY/DATE	TIME
DOCTOR'S NAME	
ADDRESS	

DAY/DATE	TIME
DOCTOR'S NAME	
ADDRESS	

DAY/DATE	TIME
DOCTOR'S NAME	
ADDRESS	

QUESTIONS FOR YOUR DOCTOR

QUESTION *What should I do if I feel dizzy or have trouble catching my breath when I first wake up?*

ANSWER *Doctor said I should call the office right away*

QUESTION

ANSWER

QUESTION

ANSWER

QUESTION

ANSWER

INDICATIONS AND IMPORTANT SAFETY INFORMATION

What is CABOMETYX?

CABOMETYX is a prescription medicine used to treat people with:

- Advanced kidney cancer (renal cell carcinoma)
- Liver cancer (hepatocellular carcinoma) who have been previously treated with the medicine sorafenib.

It is not known if CABOMETYX is safe and effective in children.

What are the possible side effects of CABOMETYX?

CABOMETYX may cause serious side effects, including:

- **Bleeding (hemorrhage).** CABOMETYX can cause severe bleeding that may lead to death. Tell your healthcare provider right away if you get any signs of bleeding during treatment with CABOMETYX, including:
 - coughing up blood or blood clots
 - vomiting blood or if your vomit looks like coffee-grounds
 - red or black (looks like tar) stools
 - menstrual bleeding that is heavier than normal
 - any unusual or heavy bleeding
- **A tear in your stomach or intestinal wall (perforation) or an abnormal connection between 2 parts of your body (fistula).** Tell your healthcare provider right away if you get tenderness or pain in your stomach-area (abdomen).
- **Blood clots, stroke, heart attack, and chest pain.** Get emergency help right away if you get:
 - swelling or pain in your arms or legs
 - shortness of breath
 - feel lightheaded or faint
 - sweating more than usual
 - numbness or weakness of your face, arm or leg, especially on one side of your body
 - sudden confusion, trouble speaking or understanding
 - sudden trouble seeing in one or both eyes
 - sudden trouble walking
 - dizziness, loss of balance or coordination
 - a sudden severe headache

- **High blood pressure (hypertension).** Hypertension is common with CABOMETYX and sometimes can be severe. Your healthcare provider will check your blood pressure before starting CABOMETYX and during treatment with CABOMETYX. If needed, your healthcare provider may prescribe medicine to treat your high blood pressure.
- **Diarrhea.** Diarrhea is common with CABOMETYX and can be severe. If needed, your healthcare provider may prescribe medicine to treat your diarrhea. Tell your healthcare provider right away, if you have frequent loose, watery bowel movements.
- **A skin problem called hand-foot skin reaction.** Hand-foot skin reactions are common and can be severe. Tell your healthcare provider right away if you have rashes, redness, pain, swelling, or blisters on the palms of your hands or soles of your feet.
- **Protein in your urine and possible kidney problems.** Symptoms may include swelling in your hands, arms, legs, or feet.
- **Severe jaw bone problems (osteonecrosis).** Symptoms may include jaw pain, toothache, or sores on your gums. Your healthcare provider should examine your mouth before you start and during treatment with CABOMETYX. Tell your dentist that you are taking CABOMETYX. It is important for you to practice good mouth care during treatment with CABOMETYX.
- **Wound healing problems.** If you need to have surgery, tell your healthcare provider that you are taking CABOMETYX. Your healthcare provider should stop your treatment with CABOMETYX at least 28 days before any planned surgery, including invasive dental procedures. Your healthcare provider should tell you when you may start taking CABOMETYX again after surgery.
- **Reversible Posterior Leukoencephalopathy Syndrome (RPLS).** A condition called reversible posterior leukoencephalopathy syndrome can happen during treatment with CABOMETYX. Tell your healthcare provider right away if you have headaches, seizures, confusion, changes in vision, or problems thinking.

Please see additional Important Safety Information on pages 22 and 23 and [tap here for the Patient Information in the full Prescribing Information.](#)

INDICATIONS AND IMPORTANT SAFETY INFORMATION (cont'd)

- CABOMETYX may cause fertility problems in females and males, which may affect your ability to have children. Talk to your healthcare provider if you have concerns about fertility.

Your healthcare provider may change your dose, temporarily stop, or permanently stop treatment with CABOMETYX if you have certain side effects.

The most common side effects of CABOMETYX include:

- tiredness
- decreased appetite
- weight loss
- nausea
- vomiting
- changes in certain blood tests

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all of the possible side effects of CABOMETYX. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

Before you take CABOMETYX, tell your healthcare provider about all of your medical conditions, including if you:

- Have a recent history of bleeding, including coughing up or vomiting blood, or black tarry stools.
- Have an open or healing wound.
- Have high blood pressure.
- Plan to have any surgery, including dental surgery. You should stop treatment with CABOMETYX at least 28 days before any scheduled surgery.

- Are pregnant, or plan to become pregnant. CABOMETYX can harm your unborn baby.
 - If you are able to become pregnant, your healthcare provider will check your pregnancy status before you start treatment with CABOMETYX.
 - Females who are able to become pregnant should use effective birth control (contraception) during treatment and for 4 months after your final dose of CABOMETYX.
 - Talk to your healthcare provider about birth control methods that may be right for you.
 - If you become pregnant or think you are pregnant, tell your healthcare provider right away.
- Are breastfeeding or plan to breastfeed. It is not known if CABOMETYX passes into your breast milk. Do not breastfeed during treatment and for 4 months after your final dose of CABOMETYX.

Tell your healthcare provider about all the medicines you take, including prescription or over-the-counter medicines, vitamins, and herbal supplements. CABOMETYX and certain other medicines may affect each other causing side effects.

What should I avoid while taking CABOMETYX?

Do not drink grapefruit juice, eat grapefruit or take supplements that contain grapefruit or St. John's wort during treatment with CABOMETYX.

When you run out of pages in your CABOMETYX Treatment Journal, you can download a new set of pages at www.cabometryx.com.

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(cabozantinib) tablets



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