

Getting Control of Carcinoid Syndrome Diarrhea



How can you tell if you've hit your breaking point?

Get a clear picture of your experience

Has Carcinoid Syndrome Diarrhea forced you to redefine what's normal? Consider how living with Carcinoid Syndrome might be different from life with more control. Use the spaces below to help organize your thoughts.

Ways that Carcinoid Syndrome Diarrhea has affected

My relationships and social life:

My state of mind:

My eating habits:

Other areas of my life (professional life, sleep, etc):

What is my breaking point? _____

More control is possible

Take the next step toward getting your Carcinoid Syndrome Diarrhea under control. Reach out to a doctor who understands what you're going through. **Talk with a neuroendocrine tumor (NET) specialist.**

NET specialists may know more about current treatments for Carcinoid Syndrome Diarrhea than a family doctor or oncologist. They may better understand what you go through each day.

▶ See the next page for ways to plan the conversation.

Indication

XERMELO is a prescription pill, used along with somatostatin analog (SSA) therapy, for Carcinoid Syndrome Diarrhea in adults who are not adequately controlled by SSA therapy.

Important Safety Information

- ◆ XERMELO may cause constipation which can be serious. You should stop taking XERMELO if severe constipation or severe, persistent, or worsening abdominal pain develops. Talk to your doctor if you have these symptoms

Please see additional Important Safety Information on the next page and [click here](#) for Full Prescribing Information.

Talking tips

It's OK if you don't quite know where to start when talking to your doctor about Carcinoid Syndrome Diarrhea. Here are some things to consider:

Bring up your symptoms at the beginning of the visit. You don't have to wait until your doctor asks. It's OK to bring up your Carcinoid Syndrome Diarrhea. Let the doctor know that it's an important issue to you.

Prioritize areas that need improvement. Prepare for your appointment by deciding which conversation topics are most urgent to you. All of your issues and symptoms are important, but start with the ones that you most want to improve.

Mention XERMELO by name. Ask your doctor if they think XERMELO might help.

Plan the conversation

Before your next appointment, plan what you want to share or discuss. Look at your responses on the previous page to make sure your plan covers the topics that are most important to you.

Use these conversation starters to help you express your thoughts and feelings:

My most urgent concern is _____.

What I most want to change is _____.

My main goal for treatment right now is _____.

Other issues/notes to discuss: _____.



Take this sheet with you to your next appointment. Share your needs clearly so that you and your doctor can find the best possible treatment for you.

▶ **Talk with your doctor about your treatment options, including XERMELO.**

Important Safety Information (continued)

- ◆ The most common side effects of XERMELO include nausea, headache, increase in hepatic enzymes, depression, flatulence, decreased appetite, swelling of your hands and feet, and fever
- ◆ Talk to your doctor about all the medicines you are taking as some may interact with XERMELO

Please see the Important Safety Information and [click here](#) for Full Prescribing Information.