



I'M IN

for the ones I love

A GUIDE TO TREATMENT AND RESOURCES FOR CAREGIVERS

Supporting your loved one's treatment journey with IMFINZI



IMFINZI[®]
durvalumab
Injection for Intravenous Use 50 mg/mL



TABLE OF CONTENTS

What is a caregiver?	4
What are ways I can help as a caregiver?	5
How can I support my loved one's treatment?	10
How might I care for myself?	16
What are some resources for caregivers?	20
Important Safety Information	23



WHAT'S IN THIS BROCHURE?

This brochure can help you prepare for what to expect during treatment, along with tips on how to best support the person you are caring for and yourself. Feel free to take notes and highlight important information as you read through.

WHAT IS A CAREGIVER?

You are a caregiver if you provide any type of emotional, physical, or practical support for someone living with a condition. Caregivers are a critical part of the care team. As a caregiver, you have the opportunity to give your loved one the hope and confidence they need to get through treatment.



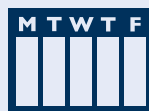
WHAT ARE WAYS I CAN HELP AS A CAREGIVER?

Caregivers offer many different kinds of support. It's important to find what kind of help works best for you and the person you are caring for.

A caregiver may provide the following types of support:



Emotional support



Logistical support



Medical support



Tip: Your role may change over the course of your loved one's treatment. For example, you may provide mainly emotional support at the time of their diagnosis, and later take on more practical daily tasks.



WHAT ARE WAYS I CAN HELP AS A CAREGIVER? (cont'd)



How can I support my loved one emotionally?

You can provide comfort and emotional support for your loved one. Just being there for them can have a positive effect on how well they are able to cope.

- **Establish open communication** from the start by letting them know that you're there for them and are willing to listen.
- **Spend time with them** when they want it and provide space when they need it.
- **Involve them in decisions big and small**, from treatment-related decisions to what food they would like to eat.
- **Help them stay connected** by encouraging normal day-to-day routines and planning fun activities with others.
- **Consider starting a group chat or blog** to keep friends and family up to date.



How might I provide logistical support?

With many health appointments and changes in routine, you can help the person you're caring for stay on track while keeping up with other day-to-day errands.

- **Keep track of appointments** by recording appointment times on a calendar that you can both see.
- **Coordinate travel** to and from appointments ahead of time either by planning time to drive them or by arranging other transportation services.
- **Prepare paperwork** for appointments ahead of time and remember to bring it on the day of the appointment.
- **Take on or find support** for regular house chores such as cleaning and meal preparation.

WHAT ARE WAYS I CAN HELP AS A CAREGIVER? (cont'd)



How can I provide medical support?

You can play a key role on their healthcare team. You are often a second pair of eyes and ears for everything around their treatment and condition.

- **Prepare questions** you both have ahead of appointments. Write the questions down and bring them with you.
- **Attend appointments** and take notes when possible.
- **Help keep a record** of the medical history and test results of the person you care for.
- **Track symptoms and side effects** you notice or hear about, and let the healthcare team know of any changes.
- **Encourage the person you care for** to receive treatment as prescribed by the doctor while letting the healthcare team know about any concerns.

Notes:

Reflect on how you can provide support to your loved one now and in the future:

[illegible]

HOW CAN I SUPPORT MY LOVED ONE'S TREATMENT?

As you and the person you are caring for adjust to a “new normal,” you can help support their physical health as they go through the ups and downs of starting a new treatment.



Tip: Build a relationship with the care team so that you and your loved one both understand what to do next.



Helping infusion days go smoothly

When the person you're caring for is preparing for treatment, a little planning ahead can help make the process go more smoothly.



Remind the person you're caring for to drink plenty of water to stay hydrated.



Make sure they eat a small meal before their treatment.



Be sure they wear comfortable clothing to their infusion.



Write down any questions for the doctor that you or the person you're caring for may have.



Don't forget to bring the insurance card of the person you are caring for and a list of medications they are on.



Encourage them to bring activities to keep them occupied, such as reading materials, digital devices, headphones, and a charger for the devices.

HOW CAN I SUPPORT MY LOVED ONE'S TREATMENT? (cont'd)



Understanding their diagnosis

Remember that knowledge is power. Learning more about your loved one's cancer diagnosis and treatment options can give both of you a clearer view of what lies ahead. Speak to your loved one's doctor about educational resources that go over your loved one's diagnosis, treatment options, and potential side effects, and see the list below for ways you can help.

- **Understand signs and symptoms.**
- **Remind them to track their symptoms** or track symptoms together.
- **Help them spot new signs and symptoms** they may not notice.
- **Let the healthcare team know of any changes.**



Tip: It's important to look out for new signs and symptoms or changes in existing symptoms when starting treatment. Help your loved one keep track of how they are feeling on treatment. If they seem to be experiencing a serious side effect, including those listed on pages 23-27, encourage them to call or see their healthcare provider right away.



Managing side effects

Your loved one's healthcare provider will check them for side effects during their treatment. These problems may happen anytime during treatment or even after their treatment has ended. Getting medical treatment right away may help keep these problems from becoming more serious. Your loved one's healthcare provider may delay or completely stop treatment for severe side effects.

Follow the suggestions below to help the person you are caring for stay on track.

- **Make sure they do not take other over-the-counter medications** without consulting the doctor first.
- **Encourage the person you're caring for to do light exercises** such as walks, bike rides, or yoga. Exercise may help with some of the common side effects such as fatigue and may help improve sleep. Always consult a doctor before starting new exercise programs.

HOW CAN I SUPPORT MY LOVED ONE'S TREATMENT? (cont'd)



Additional kinds of practical support

Everyday support with tasks like cooking and transportation to and from appointments can have a big impact. Your willingness to provide practical support to your loved one can ease some of the challenges of treating cancer.



Food for thought

When planning meals for the person you are caring for, here are some tips to help them eat well while on treatment:

- Eat light snacks and drink plenty of water
- Consider soft food on treatment days (or every day if they prefer it)
- Ask the doctor about nutritional supplements or a referral to a dietitian



Coordinating transportation

The person you're caring for may need transportation support to appointments. This might mean taking time off work on appointment days, coordinating with co-caregivers, or booking transportation services. Ask your healthcare provider if there is charitable assistance with transportation in your area, or try searching online.



HOW MIGHT I CARE FOR MYSELF?

Being a caregiver is rewarding, but it can also be scary and frustrating. It can be easy to put your own needs and feelings aside to focus on the person with the condition. But remember, taking care of yourself is an essential part of being able to offer support to others.





First steps you can take when you find yourself in the role of a caregiver

Caring for someone with cancer can be overwhelming, and you may still be adjusting to the diagnosis. But there are steps you can take to move forward with some peace of mind.



Identify your circle of support. Ask for help from friends and family sooner rather than later so that you can share tasks and avoid burnout.



Take time to process your feelings. Give yourself an outlet for the feelings you are having about becoming a caregiver. This may mean writing your emotions down in a journal or confiding in a friend or online support group.



Tip: It's important to everyone that you give care to *yourself*, too.

HOW MIGHT I CARE FOR MYSELF? (cont'd)



How can I maintain my emotional well-being while caring for someone?

Know that everyone has limits—it's okay if you can't do it all.

It's important to pay attention to how you are feeling and use your own coping mechanisms. You can use the list of signs below to decide if it's time to ask for additional support.

Look out for:

- Sadness, hopelessness, or feelings of emptiness
- Loss of interest in things you used to enjoy
- Weight changes
- Sleep changes
- Feeling tired
- Trouble focusing
- Mood swings



Tip: Consider professional counseling to help you process and manage any of the feelings that come up with caregiving.



My self-care checklist

As you go on your loved one's treatment journey with them, it can be helpful to have a few strategies to come back to when you are feeling stressed, sad, or uncertain.

Commit to taking care of yourself by checking off at least a few of the suggestions below:

- Join a support group
- Write in a journal
- Explore stress-management techniques like meditation or yoga
- Schedule activities to look forward to on days when your loved one is not feeling the side effects of treatment
- Accept help from others
- Consider professional and volunteer services
- Keep up with hobbies or pick up a new one if time allows

My coping strategies:

WHAT ARE SOME RESOURCES FOR CAREGIVERS?

When navigating the ups and downs of caregiving, it can be comforting to know that you are not alone. According to estimates, over 3 million people in the US consider themselves a caregiver to someone with cancer. It can be helpful to talk to other caregivers about your shared experiences.



For caregiver support, please visit the National Alliance for Caregiving at www.caregiving.org.

You can also ask your loved one's care team about additional resources for caregivers. They may have knowledge on local organizations that can help. Keep track of the resources you find so you can return to them when you are feeling stuck.

My support resources and networks:



IMPORTANT CONTACTS ON THE CARE TEAM

Use this space to write down important contacts for your loved one's care team.

Name: _____

Role: _____

Phone/email: _____

Name: _____

Role: _____

Phone/email: _____

Name: _____

Role: _____

Phone/email: _____

Name: _____

Role: _____

Phone/email: _____

Name: _____

Role: _____

Phone/email: _____

IMPORTANT SAFETY INFORMATION

WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT IMFINZI® (durvalumab) AND IMJUDO® (tremelimumab-actl)?

IMFINZI and IMJUDO are medicines that may treat certain cancers by working with your immune system. IMFINZI and IMJUDO can cause your immune system to attack normal organs and tissues in any area of your body and can affect the way they work. These problems can sometimes become severe or life-threatening and can lead to death. You can have more than one of these problems at the same time. These problems may happen anytime during treatment or even after your treatment has ended.

WHAT ARE IMFINZI AND IMJUDO?

IMFINZI and IMJUDO are prescription medications that may treat certain cancers.

IMFINZI is used to treat adults with **a type of lung cancer called NSCLC**.

- IMFINZI may be used alone when your NSCLC has not spread outside your chest, cannot be removed by surgery, **and** has responded or stabilized with initial treatment with chemotherapy that contains platinum, given at the same time as radiation therapy.
- IMFINZI may be used in combination with IMJUDO and chemotherapy that contains platinum when your NSCLC has spread to other parts of your body (metastatic) **and** your tumor does not have an abnormal "EGFR" or "ALK" gene.

IMFINZI is used to treat adults with **a type of lung cancer called SCLC**. IMFINZI may be used **with the chemotherapy medicines etoposide and carboplatin or cisplatin as your first treatment when your SCLC** has spread within your lungs or to other parts of the body (extensive-stage small cell lung cancer, or ES-SCLC).

IMFINZI is used to treat adults with **a type of cancer called BTC**, including cancer of the bile ducts (cholangiocarcinoma) and gallbladder cancer. IMFINZI may be used in combination with chemotherapy medicines gemcitabine and cisplatin when your BTC has spread to nearby tissues (locally advanced), **or** has spread to other parts of the body (metastatic).

IMFINZI is used in combination with IMJUDO to treat adults with **a type of liver cancer that cannot be removed by surgery (unresectable hepatocellular carcinoma or uHCC)**.

It is not known if IMFINZI and IMJUDO are safe and effective in children.

Click [here](#) for additional Important Safety Information.

IMPORTANT SAFETY INFORMATION (cont'd)

Call or see your healthcare provider right away if you develop any new or worsening signs or symptoms, including:



Lung problems: cough, shortness of breath, and chest pain



Intestinal problems: diarrhea (loose stools) or more frequent bowel movements than usual; stools that are black, tarry, sticky, or have blood or mucus; and severe stomach-area (abdomen) pain or tenderness



Liver problems: yellowing of your skin or the whites of your eyes, severe nausea or vomiting, pain on the right side of your stomach area (abdomen), dark urine (tea colored), and bleeding or bruising more easily than normal



Hormone gland problems: headaches that will not go away or unusual headaches; eye sensitivity to light; eye problems; rapid heartbeat; increased sweating; extreme tiredness; weight gain or weight loss; feeling more hungry or thirsty than usual; urinating more often than usual; hair loss; feeling cold; constipation; your voice gets deeper; dizziness or fainting; and changes in mood or behavior, such as decreased sex drive, irritability, or forgetfulness



Kidney problems: decrease in your amount of urine, blood in your urine, swelling of your ankles, and loss of appetite



Skin problems: rash; itching; skin blistering or peeling; painful sores or ulcers in mouth or nose, throat, or genital area; fever or flu-like symptoms; and swollen lymph nodes



Pancreas problems: pain in your upper stomach area (abdomen), severe nausea or vomiting, and loss of appetite



Problems can also happen in other organs and tissues. These are not all of the signs and symptoms of immune system problems that can happen with IMFINZI and IMJUDO. Call or see your healthcare provider right away for any new or worsening signs or symptoms, which may include: Chest pain, irregular heartbeats, shortness of breath or swelling of ankles; confusion, sleepiness, memory problems, changes in mood or behavior, stiff neck, balance problems, tingling, numbness or weakness of the arms or legs; double vision, blurry vision, sensitivity to light, eye pain, changes in eye sight; persistent or severe muscle pain or weakness, muscle cramps, joint pain, joint stiffness or swelling; and low red blood cells and bruising



Infusion reactions that can sometimes be severe or life-threatening.

Signs and symptoms of infusion reactions may include: chills or shaking, itching or rash, flushing, shortness of breath or wheezing, dizziness, feel like passing out, fever, and back or neck pain



Complications, including graft-versus-host disease (GVHD), in people who have received a bone marrow (stem cell) transplant that uses donor stem cells (allogeneic). These complications can be serious and can lead to death. These complications may happen if you underwent transplantation either before or after being treated with IMFINZI. Your healthcare provider will monitor you for these complications

IMPORTANT SAFETY INFORMATION (cont'd)

Getting medical treatment right away may help keep these problems from becoming more serious. Your healthcare provider will check you for these problems during your treatment with IMFINZI and IMJUDO. Your healthcare provider may treat you with corticosteroid or hormone replacement medicines. Your healthcare provider may also need to delay or completely stop treatment with IMFINZI and IMJUDO if you have severe side effects

Before you receive IMFINZI and IMJUDO, tell your healthcare provider about all of your medical conditions, including if you:

- have immune system problems such as Crohn's disease, ulcerative colitis, or lupus
- have received an organ transplant
- have received or plan to receive a stem cell transplant that uses donor stem cells (allogeneic)
- have received radiation treatment to your chest area
- have a condition that affects your nervous system, such as myasthenia gravis or Guillain-Barré syndrome
- are pregnant or plan to become pregnant. IMFINZI and IMJUDO can harm your unborn baby

Females who are able to become pregnant:

- Your healthcare provider will give you a pregnancy test before you start treatment with IMFINZI and IMJUDO.
- You should use an effective method of birth control during your treatment and for 3 months after the last dose of IMFINZI and IMJUDO. Talk to your healthcare provider about birth control methods that you can use during this time.
- Tell your healthcare provider right away if you become pregnant or think you may be pregnant during treatment with IMFINZI and IMJUDO.
- are breastfeeding or plan to breastfeed. It is not known if IMFINZI and IMJUDO pass into your breast milk. Do not breastfeed during treatment and for 3 months after the last dose of IMFINZI and IMJUDO.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

WHAT ARE THE POSSIBLE SIDE EFFECTS OF IMFINZI AND IMJUDO?

IMFINZI and IMJUDO can cause serious side effects (see pages 23-25):

The most common side effects of IMFINZI in people with unresectable Stage III non-small cell lung cancer (NSCLC) include cough, feeling tired, inflammation in the lungs, upper respiratory tract infections, shortness of breath, and rash.

The most common side effects of IMFINZI when used in combination with IMJUDO and platinum-containing chemotherapy in adults with metastatic NSCLC include nausea, feeling tired or weak, muscle or bone pain, decreased appetite, rash, and diarrhea.

The most common side effects of IMFINZI when used with other anticancer medicines in people with extensive-stage small cell lung cancer (ES-SCLC) include nausea, hair loss, and feeling tired or weak.

The most common side effects of IMFINZI when used with other anticancer medicines in people with biliary tract cancer (BTC) include feeling tired, nausea, constipation, decreased appetite, stomach (abdominal) pain, rash, and fever.

The most common side effects of IMFINZI and IMJUDO in people with unresectable hepatocellular carcinoma (uHCC) include rash, diarrhea, feeling tired, itchiness, muscle or bone pain, and stomach (abdominal) pain.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of IMFINZI and IMJUDO. Ask your healthcare provider or pharmacist for more information.

Call your doctor for medical advice about side effects.

You may report side effects related to AstraZeneca products.  If you prefer to report these to the FDA, either visit [www.FDA.gov/medwatch](https://www.fda.gov/medwatch) or call 1-800-FDA-1088.

Please see additional Important Safety Information and click the following for Full Prescribing Information including Medication Guide for IMFINZI and IMJUDO.

Visit www.IMFINZI.com for
additional support and IMFINZI resources



Helping you access
the care you need

The AstraZeneca Access 360™ program
can help you get started with IMFINZI.

For more information,
call **1-844-ASK-A360 (1-844-275-2360)**,
Monday-Friday from 8 am–6 pm ET,
or visit MyAccess360.com.



IMFINZI and IMJUDO are registered trademarks of the AstraZeneca
group of companies.

©2024 AstraZeneca. All rights reserved. US-84476 Last Updated 1/24