

HEALTHCARE TEAM DISCUSSION GUIDE

Your road forward with RYTELO

Make the most of conversations about treatment

What is RYTELO?

RYTELO is a prescription medicine used to treat a condition called low- to intermediate-1 risk myelodysplastic syndromes (MDS) in adults:

- with anemia (low red blood cell counts) who need blood transfusions of 4 or more red blood cell units over 8 weeks

and

- who have not responded to, have stopped responding to, or cannot be treated with medicine called erythropoiesis-stimulating agents (ESAs).

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

Important Safety Information

Before you receive RYTELO (imetelstat), tell your healthcare provider about all of your medical conditions, including if you:

- are pregnant or plan to become pregnant. RYTELO may harm your unborn baby and may cause loss of pregnancy (miscarriage). Tell your healthcare provider right away if you become pregnant or think you may be pregnant during treatment with RYTELO.

Please see **Important Safety Information** throughout and full **Prescribing Information** for RYTELO (imetelstat), including **Medication Guide**.

Talking to your care team about RYTELO

Actor portrayals.

As with any medication, please disclose all medical conditions with your care team before receiving RYTELO.

Starting a new medication can come with uncertainty, but open, honest conversations can make a big difference

This guide can help you prepare for those conversations before, during, and after your RYTELO treatments. Take it with you to your appointments and write down any questions, thoughts, or feelings you have. Consider bringing along a loved one to help you remember everything you want to discuss with your team.



What matters to you



Your treatment day



Your first weeks

Important Safety Information (continued)

Females who are able to become pregnant:

- Your healthcare provider will perform a pregnancy test before you are given RYTELO.
- You should use effective birth control (contraception) during treatment with RYTELO and for 1 week after your last dose.
- are breastfeeding or plan to breastfeed. It is not known if RYTELO passes into your breastmilk. Do not breastfeed during treatment with RYTELO and for 1 week after your last dose.

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

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What matters to you?



When you talk with your care team, your needs come first. Take some time before your appointment to give some thought to how you're feeling and what you hope to get out of treatment.

Ask yourself

How am I feeling right now, and how long have I felt this way?



What matters most when it comes to treatment?



What are my goals for treatment?



What are my main concerns about starting treatment (eg, costs or side effects), if any?



What kind of support will be the most helpful (eg, someone to talk to, someone to accompany me to my appointments)? What would make the biggest difference to me?



How will you measure whether RYTELO is working for me?



What changes should I look for over time?



Important Safety Information (continued)

What is the most important information I should know about RYTELO?

RYTELO may cause serious side effects, including:

- **Low platelet counts (thrombocytopenia).** Low platelet counts are common during treatment with RYTELO and can also be severe. Low platelet counts can increase your risk for bleeding. Your healthcare provider may give you platelet transfusions to reduce the risk of bleeding if you develop a low platelet count during treatment with RYTELO. Tell your healthcare provider right away if you develop any signs or symptoms of bleeding, including:
 - unusual bleeding or bruising
 - nosebleeds
 - blood in your stool or black tarry stool
 - bleeding that lasts a long time
 - vomiting blood

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What to expect on treatment day



RYTELO is an infusion that's given through an IV every 4 weeks. The infusion will take about 2 hours. You will be monitored for at least 1 hour afterward to make sure you're feeling OK before you leave.

Questions to discuss with your care team

Where will I go to receive RYTELO?



What will we do to prepare for treatment, including any medicines or blood tests?



How will I receive RYTELO, and how long will it take (including any preparation and monitoring)?



What can I expect to do during treatment? Can I bring my caregiver, family member, or a friend with me?



What's the plan if I experience any side effects during the infusion? Who should I contact if I have questions or concerns afterwards?



Important Safety Information (continued)

- **Low neutrophil counts (neutropenia).** Low counts of a type of white blood cell called neutrophils are common during treatment with RYTELO and can also be severe. Low neutrophil counts can increase your risk for infections, including serious infections and sepsis. Your healthcare provider may give you medicines before you start treatment to help prevent neutropenia and infections and may treat you with medicines if you develop these problems during treatment with RYTELO. Tell your healthcare provider right away if you develop any signs or symptoms of infection during treatment with RYTELO, including:
 - fever
 - shortness of breath or trouble breathing
 - cough
 - chills
 - pain or burning when you urinate

Your healthcare provider will do blood tests to check your platelet and neutrophil counts before starting treatment with RYTELO, weekly for the first 2 cycles of treatment, before you receive each additional cycle, and as needed during your treatment.

Your healthcare provider may delay your next treatment, decrease your dose, or stop treatment with RYTELO if you develop thrombocytopenia or neutropenia during treatment.

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Your first few weeks



Your healthcare team will check how you're doing between treatments. It's common for them to monitor your blood counts closely, especially in your first 8 weeks, to see how your body is reacting to treatment and if adjustments to the dose and frequency of administration or additional care are needed, such as:

- Treatments to help prevent or manage infections
- Blood or platelet transfusions, if needed

Questions to discuss with your care team

What side effects might I experience?



What's the plan if I experience any side effects?



What can abnormal blood test results look like and what does it mean for me?



What is thrombocytopenia and what will we do if I have it?



What is neutropenia and what will we do if I have it?



What do my lab results mean?



Based on my blood test results, is there any additional care I might need?



What side effects might I experience? Which ones should I call my care team about right away?



What do my blood test results mean? What does a low white blood cell count mean? Low platelets?



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Things to remember

Use this space to write down questions for your care team or notes from your appointments.

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Support for the road ahead



REACH4RYTELO is here when you need it

Need help with insurance information, financial support, or understanding your treatment? REACH4RYTELO can help connect you with available resources



Insurance Coverage

A **REACH4RYTELO** case manager can help you understand what your insurance may cover and what your out-of-pocket costs may be.



Financial Support

If needed, **REACH4RYTELO** may be able to help you find options to lower the cost of RYTELO.



Looking for more?

Learn about enrolling in REACH4RYTELO and discover more support

 Scan the QR code using the camera on your smartphone to visit RYTELO.com

Important Safety Information (continued)

What are the possible side effects of RYTELO?

RYTELO may cause serious side effects, including:

- See “What is the most important information I should know about RYTELO?”
- **Infusion-related reactions.** RYTELO can cause infusion-related reactions during or after your infusion that can be severe, including a severe sudden increase in blood pressure called hypertensive crisis. Your healthcare provider will give you medicines before each RYTELO infusion to help prevent or lessen infusion-related reactions and will watch you for at least 1 hour after your infusion. If you develop infusion-related reactions, your healthcare provider may infuse RYTELO more slowly, temporarily stop, or permanently stop your treatment. Tell your healthcare provider if you develop any signs or symptoms of infusion-related reactions, including:
 - stomach pain
 - joint pain
 - weakness and tiredness
 - back and bone pain
 - diarrhea
 - redness
 - headache
 - high blood pressure
 - not feeling well
 - chest pain that is not related to your heart
 - itching
 - hives

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What is the most important information I should know about RYTELO?

RYTELO may cause serious side effects, including:

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Important Safety Information (continued)

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What are the possible side effects of RYTELO?

RYTELO may cause serious side effects, including:

- See “What is the most important information I should know about RYTELO?”
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 - back and bone pain
 - diarrhea
 - redness
 - headache
 - high blood pressure
 - not feeling well
 - chest pain that is not related to your heart
 - itching
 - hives

The most common side effects of RYTELO include:

- decreased platelet counts
- decreased white blood cell counts
- decreased neutrophil counts
- increased liver enzymes (AST, alkaline phosphatase, and ALT)
- tiredness
- longer than usual blood clotting times
- joint, bone and muscle pain
- COVID-19 infections
- headache

These are not all of the possible side effects of RYTELO. Call your doctor for more information and medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/MedWatch or call 1-800-FDA-1088.

Please see RYTELO (imeteIstat) full [Prescribing Information](#), including [Medication Guide](#).



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