

Pr **KEYTRUDA**[®]
(pembrolizumab)

Daily Diary

For patients
receiving
KEYTRUDA[®]

Important phone numbers

This is your personal diary to help you keep track of your KEYTRUDA® (pembrolizumab) treatment. Right now, you may feel that you have been given a lot of information. Keeping a diary may help you keep your information organized; and keeping these records will help you remember details you may want to discuss with your healthcare team as you proceed with your treatment. We hope you will find this diary useful at all stages of your treatment and care.

Inside this kit, you will find a wallet card. Fill in the information and place the wallet card in your wallet or purse. This wallet card contains a summary of some possible side effects you may experience while on KEYTRUDA® treatment. Keep the wallet card with you at all times in case you have to meet with a healthcare professional who is not part of your KEYTRUDA® treatment team.

Patient information

Name: _____

Address: _____

Home phone: _____

Cell phone: _____

Person/organization	Telephone number	Notes
After hours contact		
Cancer clinic		
Medical oncologist		
Pharmacist		
Nurse		
Family doctor		

Medical history (e.g., past illness, operations and when they occurred)

Allergies/intolerances

Food(s):

Drug(s):

Other(s):

List of medications

Medication name	Dosage	What is this medication used for?	Notes

Appointments

Date (dd/mm/yy)	Time	Doctor	Notes

Questions to ask your healthcare team

Personal diary

You and your caregivers can use the next section of the diary to keep track of any side effects you may experience. The diary will help your healthcare team understand your response to treatment. Discuss the information with members of your healthcare team.

If you experience any side effects, contact your healthcare team right away – don't wait for your symptoms to get worse.

When you get KEYTRUDA® (pembrolizumab), you can have some serious side effects. These side effects can sometimes become life-threatening and can lead to death. These side effects may happen anytime during treatment or even after your treatment has ended. You may experience more than one side effect at the same time. Your doctor may give you other medicines in order to prevent more severe complications and reduce your symptoms. Your doctor may withhold the next dose of KEYTRUDA® or stop your treatment with KEYTRUDA®.

How do I use this diary?

With the help of the “What to look out for” flap at the end of the brochure, describe the specific symptoms and side effects you are experiencing. Use a scale of 1 to 10 (example provided on the right side of this page) to describe the level of distress a specific side effect is causing you. Then, record the specific details in the “Notes” section and the date when it occurred (see the example on the next page).

A 1-to-10 scale can be used to assist you in describing the level of distress a specific side effect is causing you. For example:



Pain													
No pain	1	2	3	4	5	6	7	8	9	10			Worst possible pain
Tiredness													
Not tired	1	2	3	4	5	6	7	8	9	10			Tired all the time for most of the day
Rash													
No rash	1	2	3	4	5	6	7	8	9	10			Large rash

You would choose the number that most appropriately describes the level of distress a specific side effect is causing you.

Weekly treatment diary (Week 1)

Week beginning01...../.....05...../.....22.....
 dd mm yy

Describe the severity of your symptoms using the 1-to-10 scale described on page 8 of this booklet. When you are not experiencing any symptoms, leave the area blank or write “0”.

Your symptoms	Mon	Tues	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6	7
 general					2 <i>Fatigue/ more tired</i>	2 <i>Fatigue/ more tired</i>	
 skin and hair	2 <i>Rash left arm</i>	2 <i>Rash left arm</i>	5 <i>Rash left arm</i>	5 <i>Rash left arm</i>	3 <i>Rash left arm</i>	3 <i>Rash left arm</i>	2 <i>Rash left arm</i>

Notes (always fill in details)	
 general	<i>I was feeling pretty tired and had trouble getting out of bed. I called the cancer team and they said not to worry too much, but they will check in with me more often over the next few weeks.</i>
 skin and hair	<i>The small rash on my left forearm (size of a quarter) tripled in size and got itchier. I checked with my oncologist and he prescribed an ointment and it seems to be getting better.</i>

Being aware

It is important to be aware of the side effects of KEYTRUDA® (pembrolizumab) therapy. **Tell your doctor, nurse or pharmacist without delay, as soon as you notice any symptoms. Do not wait until your next appointment.**

How are you feeling right now?

First, let us know how you are feeling **before** you start your KEYTRUDA® (pembrolizumab) treatment (this is known as your **personal baseline**). It's important that we know how you are feeling **before you start treatment** so that we can better track your symptoms.

Record your personal baseline values on the other side of this flap.




Personal baseline

Week 0

Date/...../.....

Describe the severity of your symptoms using the 1-to-10 scale described on page 8 of this booklet. When you are not experiencing any symptoms, leave the area blank or write "0".

Your symptoms	Severity of your symptoms	Notes (always fill in details)
No symptoms		
 eyes		
 mouth and head		
 throat and chest		
 skin and hair		
 stomach and bowels		
 urine		
 muscles, joints and legs		
 general		

Weekly treatment diary

Week 1

Week beginning/...../.....

Use side effect chart on the back flap of this brochure to check your symptoms.

Your symptoms	Mon	Tues	Wed	Thu	Fri	Sat	Sun
No symptoms							
eyes							
mouth and head							
throat and chest							
skin and hair							
stomach and bowels							
urine							
muscles, joints and legs							
general							

Being aware

It is important to be aware of the side effects of KEYTRUDA® (pembrolizumab) therapy.

Tell your doctor, nurse or pharmacist without delay, as soon as you notice any symptoms. Do not wait until your next appointment.

Notes (always fill in details)	

Weekly treatment diary

Week 2

Week beginning/...../.....

Use side effect chart on the back flap of this brochure to check your symptoms.

Your symptoms	Mon	Tues	Wed	Thu	Fri	Sat	Sun
No symptoms							
 eyes							
 mouth and head							
 throat and chest							
 skin and hair							
 stomach and bowels							
 urine							
 muscles, joints and legs							
 general							

Being aware

It is important to be aware of the side effects of KEYTRUDA® (pembrolizumab) therapy.

Tell your doctor, nurse or pharmacist without delay, as soon as you notice any symptoms. Do not wait until your next appointment.

Notes (always fill in details)	

Weekly treatment diary

Week 3

Week beginning/...../.....

Use side effect chart on the back flap of this brochure to check your symptoms.

Your symptoms	Mon	Tues	Wed	Thu	Fri	Sat	Sun
No symptoms							
 eyes							
 mouth and head							
 throat and chest							
 skin and hair							
 stomach and bowels							
 urine							
 muscles, joints and legs							
 general							

Being aware

It is important to be aware of the side effects of KEYTRUDA® (pembrolizumab) therapy.

Tell your doctor, nurse or pharmacist without delay, as soon as you notice any symptoms. Do not wait until your next appointment.

Notes (always fill in details)	

Weekly treatment diary

Week 4

Week beginning/...../.....

Use side effect chart on the back flap of this brochure to check your symptoms.

Your symptoms	Mon	Tues	Wed	Thu	Fri	Sat	Sun
No symptoms							
 eyes							
 mouth and head							
 throat and chest							
 skin and hair							
 stomach and bowels							
 urine							
 muscles, joints and legs							
 general							

Being aware

It is important to be aware of the side effects of KEYTRUDA® (pembrolizumab) therapy.

Tell your doctor, nurse or pharmacist without delay, as soon as you notice any symptoms. Do not wait until your next appointment.


Notes (always fill in details)	

Weekly treatment diary

Week 5

Week beginning/...../.....

Use side effect chart on the back flap of this brochure to check your symptoms.

Your symptoms	Mon	Tues	Wed	Thu	Fri	Sat	Sun
No symptoms							
 eyes							
 mouth and head							
 throat and chest							
 skin and hair							
 stomach and bowels							
 urine							
 muscles, joints and legs							
 general							

Being aware

It is important to be aware of the side effects of KEYTRUDA® (pembrolizumab) therapy.

Tell your doctor, nurse or pharmacist without delay, as soon as you notice any symptoms. Do not wait until your next appointment.

Notes (always fill in details)	

Weekly treatment diary

Week 6

Week beginning/...../.....

Use side effect chart on the back flap of this brochure to check your symptoms.

Your symptoms	Mon	Tues	Wed	Thu	Fri	Sat	Sun
No symptoms							
 eyes							
 mouth and head							
 throat and chest							
 skin and hair							
 stomach and bowels							
 urine							
 muscles, joints and legs							
 general							

Being aware

It is important to be aware of the side effects of KEYTRUDA® (pembrolizumab) therapy.

Tell your doctor, nurse or pharmacist without delay, as soon as you notice any symptoms. Do not wait until your next appointment.

Notes (always fill in details)	

Weekly treatment diary

Week 7

Week beginning/...../.....

Use side effect chart on the back flap of this brochure to check your symptoms.

Your symptoms	Mon	Tues	Wed	Thu	Fri	Sat	Sun
No symptoms							
 eyes							
 mouth and head							
 throat and chest							
 skin and hair							
 stomach and bowels							
 urine							
 muscles, joints and legs							
 general							

Being aware

It is important to be aware of the side effects of KEYTRUDA® (pembrolizumab) therapy.

Tell your doctor, nurse or pharmacist without delay, as soon as you notice any symptoms. Do not wait until your next appointment.

Notes (always fill in details)	

Weekly treatment diary

Week 8

Week beginning/...../.....

Use side effect chart on the back flap of this brochure to check your symptoms.

Your symptoms	Mon	Tues	Wed	Thu	Fri	Sat	Sun
No symptoms							
 eyes							
 mouth and head							
 throat and chest							
 skin and hair							
 stomach and bowels							
 urine							
 muscles, joints and legs							
 general							

Being aware

It is important to be aware of the side effects of KEYTRUDA® (pembrolizumab) therapy.

Tell your doctor, nurse or pharmacist without delay, as soon as you notice any symptoms. Do not wait until your next appointment.

Notes (always fill in details)	

Weekly treatment diary

Week 9

Week beginning/...../.....

Use side effect chart on the back flap of this brochure to check your symptoms.

Your symptoms	Mon	Tues	Wed	Thu	Fri	Sat	Sun
No symptoms							
 eyes							
 mouth and head							
 throat and chest							
 skin and hair							
 stomach and bowels							
 urine							
 muscles, joints and legs							
 general							

Being aware

It is important to be aware of the side effects of KEYTRUDA® (pembrolizumab) therapy.

Tell your doctor, nurse or pharmacist without delay, as soon as you notice any symptoms. Do not wait until your next appointment.

Notes (always fill in details)	

Weekly treatment diary

Week 10

Week beginning/...../.....

Use side effect chart on the back flap of this brochure to check your symptoms.

Your symptoms	Mon	Tues	Wed	Thu	Fri	Sat	Sun
No symptoms							
 eyes							
 mouth and head							
 throat and chest							
 skin and hair							
 stomach and bowels							
 urine							
 muscles, joints and legs							
 general							

Being aware

It is important to be aware of the side effects of KEYTRUDA® (pembrolizumab) therapy.

Tell your doctor, nurse or pharmacist without delay, as soon as you notice any symptoms. Do not wait until your next appointment.

Notes (always fill in details)	

Weekly treatment diary

Week 11

Week beginning/...../.....

Use side effect chart on the back flap of this brochure to check your symptoms.

Your symptoms	Mon	Tues	Wed	Thu	Fri	Sat	Sun
No symptoms							
 eyes							
 mouth and head							
 throat and chest							
 skin and hair							
 stomach and bowels							
 urine							
 muscles, joints and legs							
 general							

Being aware

It is important to be aware of the side effects of KEYTRUDA® (pembrolizumab) therapy.

Tell your doctor, nurse or pharmacist without delay, as soon as you notice any symptoms. Do not wait until your next appointment.

Notes (always fill in details)	

Weekly treatment diary

Week 12

Week beginning/...../.....

Use side effect chart on the back flap of this brochure to check your symptoms.

Your symptoms	Mon	Tues	Wed	Thu	Fri	Sat	Sun
No symptoms							
 eyes							
 mouth and head							
 throat and chest							
 skin and hair							
 stomach and bowels							
 urine							
 muscles, joints and legs							
 general							

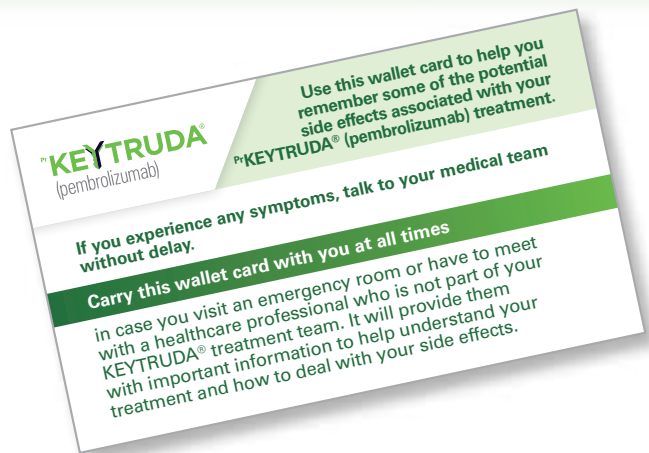
Being aware

It is important to be aware of the side effects of KEYTRUDA® (pembrolizumab) therapy.

Tell your doctor, nurse or pharmacist without delay, as soon as you notice any symptoms. Do not wait until your next appointment.

Notes (always fill in details)	

Wallet card



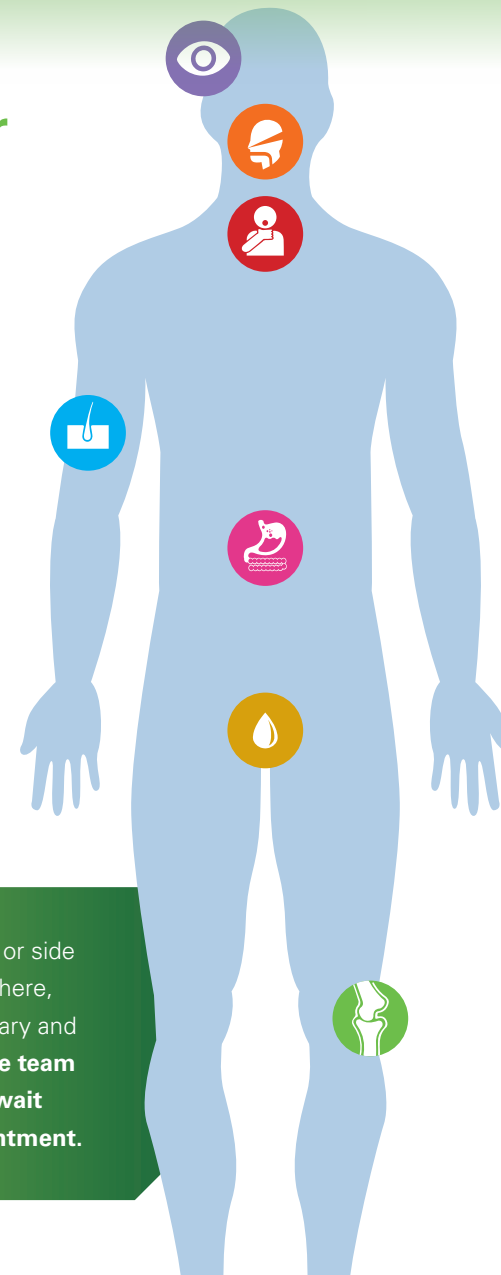
The wallet card included in this kit contains a select list of side effects you may experience while on KEYTRUDA® (pembrolizumab).† Use the wallet card as a handy reference and keep it in your wallet to help you remember the symptoms of potential side effects.

Your wallet card contains details of the treatment you're taking and contact details for your healthcare team (please fill in). **Keep the wallet card with you at all times in case you have to meet with a healthcare professional who is not part of your KEYTRUDA® treatment team.**

While on treatment, tell your healthcare team about any changes in how you feel or if you notice anything new or unusual. **If you have any of the symptoms listed in the wallet card, or any other symptom not listed in the wallet card, tell your healthcare team right away.** Do not wait until your next appointment. Do not try to treat any of these symptoms yourself. Your healthcare team will know how to appropriately manage your side effects.

† The list of side effects highlights those that were reported in clinical trials and should not be regarded as an exhaustive list.

What to look out for



If you have a symptom or side effect that is not listed here, write it down in your diary and **talk to your healthcare team immediately. Do not wait until your next appointment.**



EYES

- Eyesight has changed
- Yellowing of my eyes
- Eye pain
- Dry eyes



MOUTH AND HEAD

- Dry mouth
- Ulcers in my mouth and/or lining of my nose
- Inflammation of the mucous membranes of my mouth
- Cold sores
- Stuffy nose
- Change in my sense of taste
- Faintness or dizziness
- Headaches that will not go away or are unusual
- More thirsty than usual
- Swelling of my face
- Confusion
- Memory problems
- Seizure



THROAT AND CHEST

- New or worse cough
- Ulcers in my throat
- Voice is getting deeper
- Short of breath
- Chest pain
- Rapid heartbeat
- Irregular heartbeat
- Upper respiratory tract infection



SKIN AND HAIR

- Dry skin
- Yellowing of my skin
- Patches of my skin have lost their colour (vitiligo)
- Rash or itchy skin
- Blisters and/or sores on my skin
- Skin is peeling
- Ulcers in my genital area
- Bleeding or bruising more easily than normal
- Sweating more than normal
- Hair is falling out
- Tender lumps on my skin
- Itching
- Red skin lesions
- Itchy patches of thick red skin with silvery scales (symptoms of psoriasis)
- Skin conditions resembling acne



STOMACH AND BOWELS

- Less hungry or more hungry than usual
- Nausea or vomiting
- Constipation
- Diarrhea or more bowel movements than usual
- Stools are black, tarry, sticky or have blood or mucus
- Severe stomach pain or tenderness
- Pain on the right side of my stomach
- Swelling of my liver or spleen



URINE

- Changes in the amount of urine
- Need to urinate more often
- Colour of my urine has changed
- Urinary incontinence
- Difficulty urinating



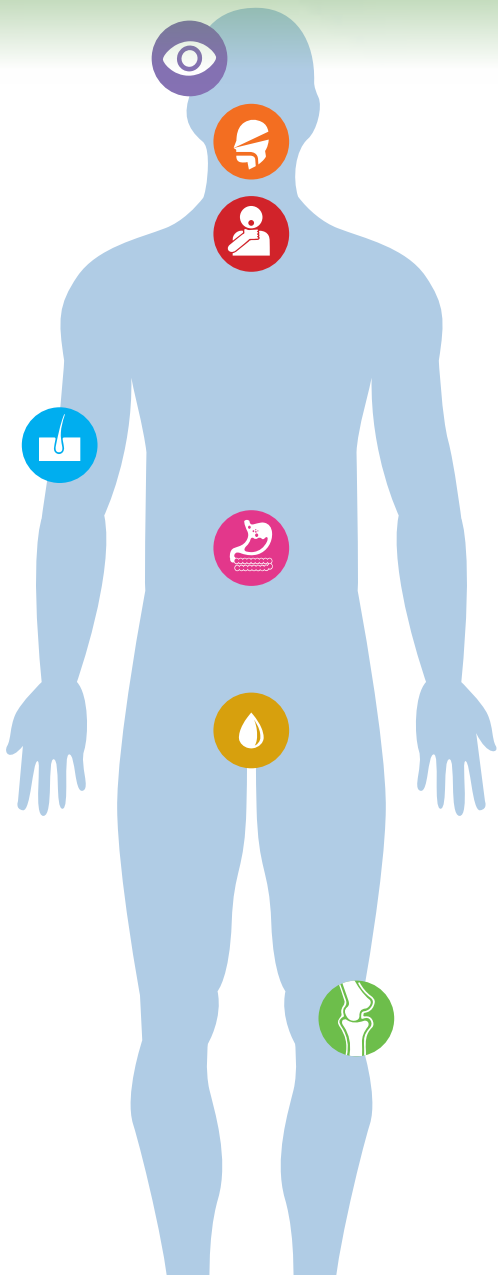
MUSCLES, JOINTS AND LEGS

- Severe or persistent muscle or joint pains
- Muscle problems that can cause weakness and rapid fatigue of muscles or weakness and tingling in arms and legs
- Muscle cramps or spasms
- Swelling in my legs or arms
- Back pain
- Pain, numbness or tingling in my arms or legs or feet or hands



GENERAL

- Fatigue
- Dehydration
- Unusually tired or weak
- Flu-like symptoms
- Fever
- Chills
- Lost or gained weight
- Feel colder than normal
- Swollen lymph nodes
- Low red blood cell count
- General numbness and weakness



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Pr **KEYTRUDA**[®]
(pembrolizumab)

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