

**REMEMBERING
TO TAKE**



Mycapssa[®]

(octreotide) capsules
20mg



A regular daily schedule may help you remember to take your capsules. Keep MYCAPSSA in an easy-to-see, but secure spot and away from children. A visual cue may help you remember to take it.

BUILDING YOUR ROUTINE

You play an important part in your success with MYCAPSSA. By practicing a routine that works for you, we hope you can take a step in the right direction.

You can use the following worksheet to see how this twice daily oral treatment can fit into your everyday schedule.



Take a few minutes to think about some of your current morning and evening daily routines as well as when you eat throughout the day. Jot them down in the space provided below so you can review them together with your healthcare team and decide when taking MYCAPSSA might work best for you.

It's important to schedule your MYCAPSSA doses around meals. **Each dose of MYCAPSSA should always be taken on an empty stomach and only with a glass of water. Do not eat any food at least 2 hours before taking MYCAPSSA and at least 1 hour after taking MYCAPSSA.**

That means there should not be any food in your stomach for a total of 3 hours with each MYCAPSSA dose.

Daily reminders may also be helpful when it comes to remembering to take your MYCAPSSA capsules twice a day. Over time, and with plenty of practice, you should be able to find a **daily dosing schedule that works for you.**

We've also thought of some additional tips that might help you stay on track with your treatment. Try them out and see what works best for you:



When you start a new wallet of MYCAPSSA, take a marker and write down the **days of the week** and your **morning and evening doses directly on the packaging.**



You can program **daily alarms on your phone** to remind you when it's time to take your doses.



Also, you can leave your **MYCAPSSA wallet and a glass of water** next to your bed so that you can take your dose as soon as you **wake up** and **just before bed** at night, as long as you have an **empty stomach.**



Or, you can simply leave your MYCAPSSA wallet **next to your toothbrush.** Try to make taking MYCAPSSA a part of your current morning and evening routines, like making the bed or feeding your pet.



Ask your family to be part of your treatment journey, and tell them how much MYCAPSSA means to you. They can also **help you with daily reminders.**



And lastly, ask your **CAPS Patient Care Specialist** to assist you with medication reminders and help you stick to your dosing schedule. **They are here for you.**

INDICATION AND IMPORTANT SAFETY INFORMATION

What is MYCAPSSA (octreotide) for?

MYCAPSSA is an oral prescription medicine used in the long-term maintenance treatment of acromegaly in people for whom initial treatment with octreotide or lanreotide has been effective and tolerated.

If these treatments are effective and your body is tolerating it, you may be eligible to take MYCAPSSA instead of the injections. Ask your doctor if this oral treatment is appropriate for you.

What is the most important safety information I should know?

MYCAPSSA can cause problems with the gallbladder. Tell your healthcare provider if you have any of these symptoms: sudden pain in your upper right stomach (abdomen) or right shoulder or between your shoulder blades; yellowing of your skin or the whites of your eyes; fever with chills; or nausea.

MYCAPSSA may affect your blood sugar, thyroid hormone, or vitamin B12 levels. Tell your healthcare provider if you have any problems or conditions related to these. Your healthcare provider may monitor these levels during your treatment with MYCAPSSA.

Tell your healthcare provider if you have an irregular heartbeat.

Who should not use MYCAPSSA?

MYCAPSSA can cause a serious allergic reaction including anaphylactic shock. Stop taking MYCAPSSA right away and get emergency help if you have any of these symptoms: swelling of your tongue, throat, lips, eyes or face; trouble swallowing or breathing; severe itching of the skin with rash or raised bumps; feeling faint; chest pain; or rapid heartbeat.

Do not use MYCAPSSA if you are allergic to octreotide or any other ingredients in MYCAPSSA. If you need to know the ingredients, ask your healthcare provider or pharmacist.

If you have certain other medical conditions, you should use MYCAPSSA with caution. Tell your healthcare provider about all your medical conditions, especially the following: pregnancy or breastfeeding; liver disease; kidney disease; or difficulty in emptying bladder completely.

Tell your healthcare provider about all the medicines you take. MYCAPSSA may affect the way other medicines work, and other medicines may affect how MYCAPSSA works.

What are the possible side effects of MYCAPSSA?

The most common side effects are headache, joint pain, nausea, weakness, diarrhea, and sweating a lot.

Talk to your healthcare provider if you have any side effect that bothers you or that does not go away. You may report side effects to the FDA at 1-800-FDA-1088.

Keep MYCAPSSA and all medicines out of the reach of children.

How should I take MYCAPSSA?

Do not take MYCAPSSA with food. MYCAPSSA should be taken with a glass of water on an empty stomach. Take MYCAPSSA at least 1 hour before a meal or at least 2 hours after a meal (for example, you could take your morning dose 1 hour before breakfast and your evening dose at bedtime).

Please see full
[Patient Information.](#)



“

I finally had the opportunity to experience control of my IGF-I and GH levels without the pain and inconvenience of my SSA injections. And the freedom to travel without sticking to that regimen of monthly injections has made a big difference for me.

”

Shannon

SHANNON
MYCAPSSA Clinical
Trial Participant

Learn more MYCAPSSA dosing instructions
by visiting www.mycapssa.com/dosing



CHIASMA®

©2020 Chiasma, Inc. All rights reserved. Chiasma, MYCAPSSA, and CAPS are registered trademarks of Chiasma, Inc. PM-MC-US-0185 09/2020