



Mycapssa[®]
(octreotide) capsules
20mg

**SYMPTOM
TRACKER**

TRACKING ANY CHANGES



It's important to track how MYCAPSSA® (octreotide) delayed-release oral capsules is working for you and to note any changes in your condition or symptoms during your transition to MYCAPSSA. Doing so can help ensure you're receiving the right amount of MYCAPSSA to manage your acromegaly.

As you evaluate your MYCAPSSA experience, think back to your symptoms prior to starting on MYCAPSSA. Use that as a reference point. Then track your symptoms for the next 3 months as you start your treatment with MYCAPSSA.

Bring your tracker to your next doctor's appointment to discuss your experience with your healthcare team. Tracking your symptoms and talking about them with your healthcare team is a step in the right direction toward managing your acromegaly.

FATIGUE

As you transition onto MYCAPSSA, take some time to think about your experience with symptoms of fatigue before starting on MYCAPSSA. What were they, and how did you feel? Did you feel tired during the day, even after a full night's sleep?

Over the course of the next 3 months, take note of how starting on MYCAPSSA has impacted your symptoms of fatigue. Make sure to note any similarities or differences, in your experience, prior to starting on MYCAPSSA so that you can share that information at your next appointment with your healthcare team.

HEADACHES

Now, think about headaches. **Before starting on MYCAPSSA, how often did you experience headaches?** Did you have headaches that lasted all day or over multiple days, despite intervention (e.g., medication, massage, rest)?

Over the course of the next 3 months, take note of how starting on MYCAPSSA has impacted your experience with headaches. Make sure to note any similarities or differences, in your experience, prior to starting on MYCAPSSA so that you can share that information at your next appointment with your healthcare team.

BODY ACHES AND JOINT PAIN

Now, let's reflect on body aches and joint pain. **Prior to treatment with MYCAPSSA, how often did you experience body aches and/or joint pain unrelated to extreme physical activity or muscle injury?** How severe were your symptoms, and did they last throughout the day?

Over the course of the next 3 months, take note of how starting on MYCAPSSA has impacted your experience with body aches and/or joint pain. Make sure to note any similarities or differences, in your experience, prior to starting on MYCAPSSA so that you can share that information at your next appointment with your healthcare team.

TRACKING YOUR SYMPTOMS OVER TIME

When you look at the results of your symptom tracking before and after starting treatment with MYCAPSSA, have your symptoms and treatment experience changed? If so, how are they different, and what does that mean for you in your treatment journey?

Take a few minutes to reflect on this prior to your next doctor's appointment. Doing so can help you prepare and make the most of your time with your healthcare team.

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.

INDICATION AND IMPORTANT SAFETY INFORMATION (Continued)

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.](#)



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My treatment journey has introduced me to the most extraordinary doctors and nurses. We've built relationships by talking through my questions and my experiences and having honest discussions that allow them to get to know me and my acromegaly. It's nice to feel like a part of the team that's managing my treatment experience.

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Ellen

ELLEN
Living With Acromegaly



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