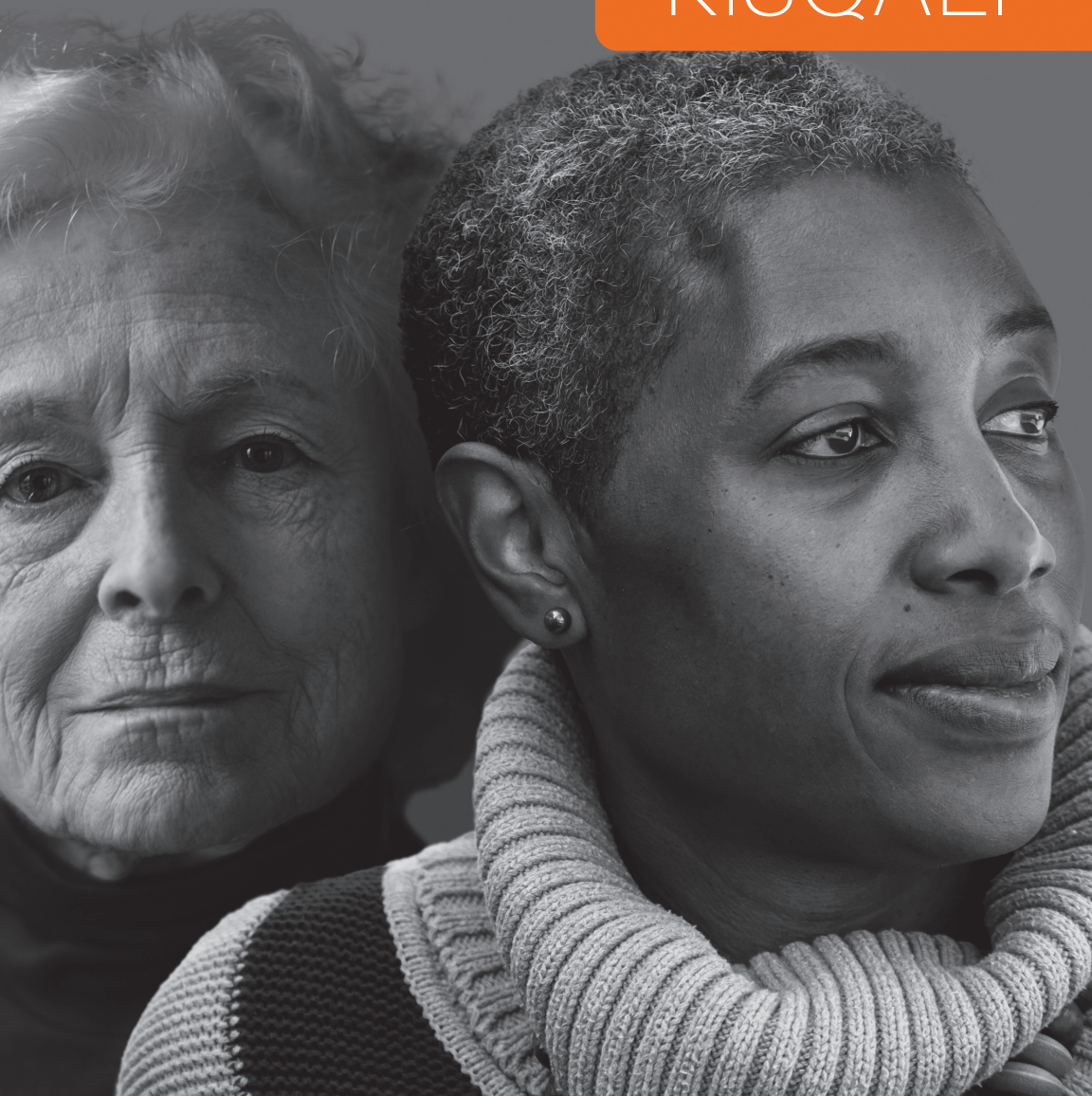


YOUR GUIDE TO
Pr **KISQALI**®





Keeping you in mind

Learning about your diagnosis and treatment can feel overwhelming. It can be difficult to understand all of the information you are given, and you may have some questions.

That's why we've developed this booklet. Inside, you'll find:

- Information on your diagnosis
- Information on your treatment
- Lifestyle tips and tools

Remember, you're not alone. If you have any questions or should you need some guidance, your healthcare team and the Sentia Patient Support Program are always there for you.

Understanding your diagnosis

KISQALI® is used to treat breast cancer in adult patients, when it has spread to other parts of the body. The breast cancer must be hormone receptor (HR)-positive and human epidermal growth factor receptor 2 (HER2)-negative. KISQALI® is taken with:

- Aromatase inhibitors. This is an initial hormone therapy for women and men. Patients need to also take a drug to reduce the amount of estrogen (for women who have not gone through menopause) or testosterone (for men)

OR

- Fulvestrant. This is used as an initial hormone therapy or when other hormone therapies do not work. Women must have gone through menopause to take KISQALI® this way

What does it mean to be diagnosed with HR+/HER2- advanced or metastatic breast cancer?

Metastatic

Metastatic (sometimes called “advanced” or “stage 4”) means that the breast cancer has spread to parts of the body outside of the breast.

HR+

Receptors are proteins in or on cells that can attach to certain substances in the blood. Normal breast cells and some breast cancer cells have receptors that attach to the hormones estrogen and progesterone, and depend on these hormones to grow. Breast cancers that are HR+ have estrogen and/or progesterone receptors.

HER2

HER2 proteins are receptors on breast cells. They’re involved in normal cell growth. HER2 appears on some cancer cells. If breast cancer cells don’t contain HER2, the condition is called HER2 negative breast cancer.



You are not alone.

In a US study of 487 patients, about **7 out of 10** women with metastatic breast cancer had HR+/HER2- cancer.

Knowing your HR and HER2 status helped your healthcare team determine a treatment plan for you.

Getting to know KISQALI®

What is KISQALI® and how does it work?

KISQALI® is a treatment for your specific type of breast cancer.

KISQALI® belongs to a family of medicines called kinase inhibitors. These medicines work by stopping cancer cells from dividing and growing.

KISQALI® is to be taken with an aromatase inhibitor or fulvestrant.

When taken with these other drugs, KISQALI® may:

Slow down the growth
of breast cancer cells

Slow down the spread
of breast cancer cells

Before using KISQALI®

What should you tell your doctor before starting KISQALI®?

To help avoid side effects and ensure proper use, talk to your doctor before you take KISQALI®. Talk about any health conditions or problems you may have, including:

- If you have fever, sore throat or mouth ulcers due to infections (signs of a low level of white blood cells)
- If you have or have ever had any problems with your liver or kidneys
- If you have or have ever had heart problems, such as an irregular heartbeat, rate or rhythm, or low levels of potassium, magnesium, calcium or phosphorous in your blood
- If you have a family history of sudden cardiac death
- If you are dehydrated, suffer from persistent vomiting or an eating disorder
- If you have diabetes
- If you have a condition called “autonomic neuropathy” that causes problems with blood pressure, heart rate, sweating, bowel and bladder control and digestion
- If you are taking any medicines or supplements

Other warnings you should know about:

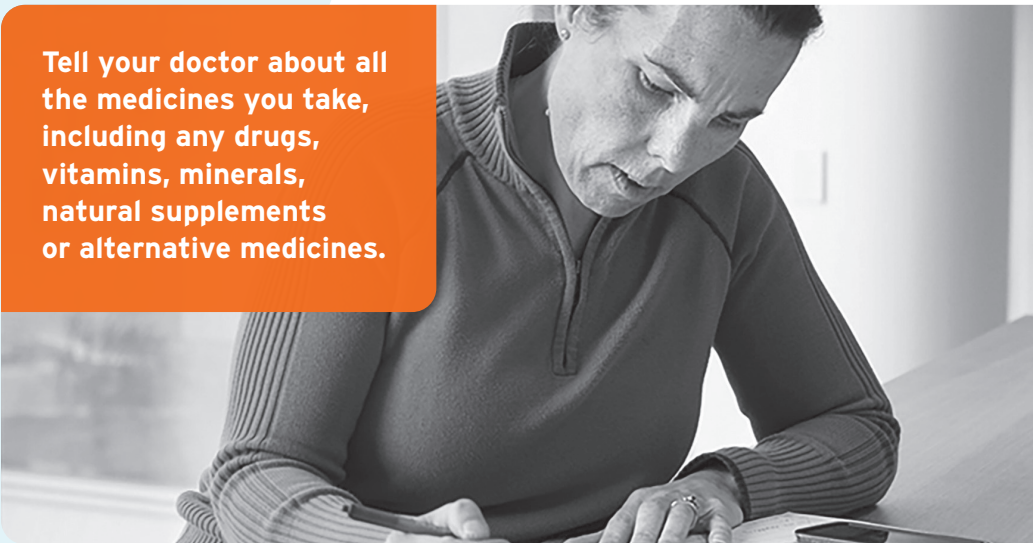
Pregnancy, breast-feeding and fertility

- If you are pregnant, still able to get pregnant, or think you are pregnant, there are specific risks you must discuss with your healthcare professional
- Avoid becoming pregnant while taking KISQALI®. It may harm your unborn baby
- If you are able to become pregnant, your healthcare professional will make sure that you are not pregnant before starting KISQALI®
- Use effective birth control if you can get pregnant while taking KISQALI® and for at least 21 days after your last dose. Ask your healthcare professional about ways to avoid becoming pregnant
- You should not breastfeed while you are taking KISQALI® or for 21 days after your last dose
- KISQALI® may reduce fertility in male patients, which may affect your ability to father a child. Talk to your healthcare professional if this is a problem for you

Driving and using machines

- KISQALI® can cause fatigue and fainting. You should use caution when driving or operating potentially dangerous machinery while you are taking KISQALI®

Tell your doctor about all the medicines you take, including any drugs, vitamins, minerals, natural supplements or alternative medicines.



What tests will you have?

You will receive certain tests before and after starting treatment. These are meant to help your doctor check for side effects. The two types of tests you will have are:



Blood tests, to check your liver function and to measure the levels of certain blood cells and electrolytes (potassium, magnesium, calcium or phosphorus) in your blood.



BEFORE TREATMENT	CYCLE 1 (Day 14)	CYCLE 2 (Day 1)	CYCLE 2 (Day 14)	CYCLE 3 (Day 1)	CYCLE 4 (Day 1)	CYCLE 5 (Day 1)	CYCLE 6 (Day 1)
✓	Monitor blood levels						

If your doctor thinks it's needed, you may continue to have blood tests throughout treatment.



Electrocardiograms (ECGs), to check the electrical activity of your heart.



BEFORE TREATMENT	CYCLE 1 (Day 14)
✓	✓

If your doctor thinks it's needed, you may continue to have ECGs during your treatment with KISQALI®.

Taking KISQALI®

How do you take KISQALI®?



Always take KISQALI® exactly as your healthcare team has prescribed

- Your doctor or pharmacist will tell you exactly how many tablets to take along with the other drugs and which days to take them on
- Check with your doctor or pharmacist if you are not sure
- Do not change the KISQALI® dose or schedule without talking to your doctor
- Do not take more pills than the number prescribed by your doctor



Do not eat grapefruit or drink grapefruit juice while you are taking KISQALI®

- They may increase the amount of KISQALI® in your blood and affect how KISQALI® works



Take KISQALI® with or without food, once daily, for 21 consecutive days. This is followed by 7 days off treatment



Take KISQALI® at the same time each day to help you remember to take your medicine, preferably in the morning



Swallow tablets whole (tablets should not be chewed, crushed or split prior to swallowing)

- No tablet should be ingested if it is broken, cracked, or otherwise not intact

It is very important to follow your doctor's advice. If you have certain side effects, your doctor may ask you to take less medicine, to skip a dose or to stop treatment.

What's the usual dose of KISQALI®?

The usual starting dose of KISQALI® is 600 mg orally (3 tablets of 200 mg) taken once daily. Continue taking KISQALI® for as long as your doctor tells you to. This is a long-term treatment, possibly lasting for months or years. Your doctor will regularly monitor your condition to check that the treatment is working. KISQALI® is taken for 21 consecutive days, followed by 7 days off treatment.

Remember, KISQALI® is taken in combination with other drugs. Ask your doctor to help you fill out the information below. Your doctor can tell you more about the dosing of these drugs.

Recommended 4-week dosing schedule

KISQALI®

600 mg once daily for 21 consecutive days of treatment, followed by 7 days off treatment



I am also taking _____ (include drug and dosing).

To help you with your treatment schedule, use the Treatment Tracker in the inside cover pocket to keep track of your medications and how you are feeling.

What if you missed a dose of KISQALI®?

Missed a dose?

If you miss a dose or vomit after taking it, do not make up for it. Skip the dose for the day and discard the tablets.

Take your next dose at the usual time the following day until your 21-day treatment is complete. Do not replace a missed dose or change your schedule. This will help keep your 7-day break from treatment on track.

What do you do in case of an overdose?

If you think you, or a person you are caring for, have taken too much KISQALI®, contact a healthcare professional, hospital emergency department or regional poison control centre immediately, even if there are no symptoms.

Stopping your treatment with KISQALI® may cause your condition to become worse.

Do not stop taking KISQALI® unless your doctor tells you to stop.



Knowing the side effects

What are the serious side effects?

If you experience any of the following serious side effects, **stop taking KISQALI® and get immediate medical help.**

Very common:

- Itchiness, yellow skin, nausea, vomiting, yellowing of the whites of your eyes, loss of appetite, pain in the abdomen, dark or brown urine, or more than normal bleeding or bruising (signs of liver problems)
- Chest pain when you breathe or cough, confusion, cough which may produce phlegm, fatigue, fever, sweating and shaking chills, nausea, vomiting or diarrhea, shortness of breath (signs of pneumonia [infection in the lungs])
- Abdominal pain, diarrhea, nausea and vomiting (signs of gastroenteritis [infections of the stomach and intestines])
- Fever, sweating or chills, cough, flu-like symptoms, weight loss, shortness of breath, blood in your phlegm, sores on your body, diarrhea or stomach pain, warm or painful areas on your body, or feeling tired (signs of infection)

Common:

- Spontaneous bleeding or bruising (signs of low levels of platelets)
- Sore throat or mouth ulcers with a single episode of fever $>38.3^{\circ}\text{C}$ (or) above 38°C for more than one hour and/or with infection (signs of febrile neutropenia)
- Irregular heartbeat, muscle weakness (signs of low levels of potassium in the blood)
- Muscle cramps and spasms, numbness and tingling in the hands, feet and face (signs of low levels of calcium in the blood)
- Fainting (syncope)
- Chest pain or discomfort, heart palpitations, fast or slow heartbeat, dizziness, lightheadedness, fainting, sudden death (signs of heart problems)
- Irregular heartbeat, fainting, loss of consciousness, seizures (signs of QT prolongation [changes in the electrical system of your heart])

Tell your doctor straight away if you experience new or worsening symptoms. Your doctor may ask you to take less medicine, to skip a dose, or to stop treatment.

Uncommon:

- Sudden, severe chest pain and trouble breathing, coughing up blood, rapid breathing and heartbeat (signs of pulmonary embolism [blood clot in the lung])
- Fever or dizziness, chills, high or very low body temperature, little or no urine, low blood pressure, palpitations, rapid breathing, rapid heartbeat (signs of sepsis and septic shock [infection of the blood])

Unknown:

- Rash, red skin, blistering of the lips, eyes or mouth, skin peeling, high fever, flu-like symptoms and enlarged lymph nodes (toxic epidermal necrolysis [TEN]) (severe skin reactions)
- Trouble breathing, cough and shortness of breath, fever, feeling tired (signs of pneumonitis/interstitial lung disease [inflammation of the lung tissue])

If you experience any of the following serious side effects, talk to your healthcare professional in all cases.

Very common:

- Fatigue, loss of energy, weakness, shortness of breath, pale skin (signs of anemia [low levels of red blood cells])
- Pain and/or burning when urinating, blood in the urine, increased urge to urinate (signs of urinary tract infection)

Common:

- Feelings of sadness or hopelessness that lasts for a long time (signs of depression)
- Runny or stuffy nose, sore throat, cough, sinus congestion, body aches, headache, sneezing, fever, generally feeling unwell (signs of respiratory tract infections)
- A sense of spinning dizziness (sign of vertigo)

What are the serious warnings and precautions?

KISQALI® should only be administered by a healthcare professional experienced in the use of anti-cancer drugs.

The following serious side effects have been seen in people taking KISQALI®:

- **Heart problems:** chest pain or discomfort, heart palpitations, fast or slow heartbeat, dizziness, lightheadedness, fainting, sudden death
- **Liver problems:** itching, yellowing of the skin or eyes, dark urine, abdominal pain, nausea, vomiting, loss of appetite
- **Low levels of white blood cells:** fever, sore throat, mouth ulcers or other signs of infections

What are possible side effects?

These are not all the possible side effects you may feel when taking KISQALI®. If you experience any side effects not listed here, contact your doctor.

- Pain: abdominal, back, neck, head
- Constipation
- Cough
- Dehydration
- Diarrhea
- Dizziness or light headedness
- Fever
- Hair loss or hair thinning
- Headache
- Itching
- Mouth sores or ulcers with gum inflammation
- Nausea, vomiting
- Rash
- Reduced appetite
- Shortness of breath, laboured breathing
- Swollen hands, ankles or feet
- Tiredness
- Trouble sleeping
- Upset stomach, indigestion
- Weakness
- A sensation of losing balance
- Dry eyes, mouth or skin
- Loss of skin colour in patches (vitiligo)
- Skin reddening
- Sore throat
- Strange taste in the mouth
- Eyes: Watering or tearing of eyes; blurry vision, irritated eyes, swelling and redness of the inside of the eyelid (pink eye)

KISQALI® can cause abnormal blood test results and changes in the electrical signal of the heart. Your healthcare professional will do some tests before and during your treatment. They will tell you if your test results are abnormal and if you need treatment.

Sentia Patient Support Program

Along with your healthcare team and loved ones, the Sentia Patient Support Program is here for you. By enrolling in this free program, you'll be eligible to access a number of helpful services, including:



Reimbursement and financial assistance may be available to help you get your KISQALI®



Dedicated nurses to answer any questions you may have



Helpful information and tools to support you



If you have any questions regarding your treatment, please do not hesitate to call us at
1-855-736-8421

T: 1-855-SENTIA-1 (1-855-736-8421) Mon-Fri 8am-8pm EST

F: 1-866-636-8421

psp@sentia-exp.ca

Talking to your loved ones

Talking to your family and friends about your diagnosis and treatment may not always be easy. So we've put together a list of things that you should consider:

- Your loved ones may need time to adjust. They need to come to terms with their own feelings
- Let them know that they can offer comfort just by being themselves and by being at ease with you
- Ask your loved ones to listen when you need it, rather than try to solve every problem
- Knowing that people cope in their own way will help you and your loved ones deal with their emotions. Many people are reassured and comforted by sharing feelings and taking the time to say what they need to
- Let them know if it's all right to ask questions or tell you how they feel. Sometimes just reminding them to be there for you is enough



Tips for meeting with your healthcare team

Here are some tips for **getting the most out of your visits** with your healthcare team:

- Make a list of your questions before each appointment
- Bring a family member or trusted friend with you to your medical visits. This person can help you remember what the doctor or nurse said, and talk with you about it after the visit
- Ask all your questions. If you do not understand an answer, keep asking until you do. There is no such thing as a “stupid” question
- Take notes. You can do this or you can ask a family member or friend to take them for you. Or you can ask if it’s okay to record them
- Get a phone number of someone to call with follow-up questions
- Keep a file or notebook of all the papers and test results that your doctor has given you. Take this with you to your visits. Also keep records or a diary of all your visits. List the drugs and tests you have taken
- Keep a record of any upsetting symptoms or side effects you have. Note when and where they occur. Take this with you on your visits
- Find out what to do in an emergency. This includes whom to call, how to reach them, and where to go



Your Treatment Tracker

Taking your treatment as recommended by your doctor and communicating with your doctor are both important. Keeping track day-by-day can help you to collect and clarify your thoughts to facilitate conversations during your appointments with your healthcare team.

You will find a **Treatment Tracker** pad in the pocket of this booklet



What you write on the **Treatment Tracker** sheets is up to you, but here are some ways to use it:

In the calendar:

- Keep track, day-by-day of your treatment with KISQALI®
 - Remember that you are taking KISQALI® for 21 consecutive days before stopping for 7 days during each cycle
- Record the days where fulvestrant was administered by your healthcare team OR the days you have taken an aromatase inhibitor
- Indicate any other medication(s) taken
- Write down how you're feeling and any symptoms or side effects experienced in the spaces for this within the calendar

In the notes section:

- Write down questions to ask your healthcare team
- Note down important points discussed during your appointments

The **Treatment Tracker** will act as a reminder to take your KISQALI® and it will help during your conversations with your healthcare team.

Reminder:

KISQALI® is used in combination with other drugs. Women who have not gone through menopause also need to take a drug to stop their ovaries from making estrogen. Ask your doctor or pharmacist if you need more information about the drugs you are taking.



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Getting support

It's important to realize that you're not in this alone. Some people choose to turn to their friends and family members for support. Others do better when they join a support group, as it can help to talk with others who are facing similar challenges. You can ask your healthcare team for support groups in your area. You may even prefer to join an online support group, so you can chat with people from the comfort of your own home.

Here are some sources of information that you might find helpful:

National:

- Canadian Cancer Society at cancer.ca
- Canadian Breast Cancer Network at cbcn.ca
- rethink Breast Cancer at rethinkbreastcancer.com

Provincial:

- BC Cancer at bccancer.bc.ca
- Cancer Care Ontario at cancercareontario.ca
- Quebec Breast Cancer Foundation at rubanrose.org



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