

PILL SWALLOWING GUIDE

Teaching your child to take KOSELUGO® (selumetinib) capsules

Advice to make taking Koselugo capsules easier for children who have trouble swallowing pills.



Actor portrayal.

INDICATION & SELECT IMPORTANT SAFETY INFORMATION for KOSELUGO® (selumetinib)

INDICATION

What is Koselugo?

Koselugo is a prescription medicine that is used to treat children 2 years of age and older with neurofibromatosis type 1 (NF1) who have plexiform neurofibromas that cannot be completely removed by surgery. It is not known if Koselugo is safe and effective in children under 2 years of age.

SELECT IMPORTANT SAFETY INFORMATION

Serious side effects include: heart problems, eye problems, severe diarrhea, skin rash, muscle problems (rhabdomyolysis), embryo-fetal toxicity.

Most common side effects include: vomiting, stomach-area pain, nausea, dry skin, muscle and bone pain, feeling of tiredness or lacking energy, fever, sores in your mouth, headache, redness around fingernails, itching.

Please see full Important Safety Information on page 6 or visit bit.ly/KoselugoPI to view Patient Information in the full Prescribing Information for Koselugo (selumetinib).

**Koselugo**
(selumetinib)
10 mg & 25 mg capsules

HELPING YOUR CHILD TAKE THEIR PILLS

Many children can successfully learn to swallow pills or capsules with a bit of help and guidance.

Teaching your child to swallow a pill is similar to teaching them how to brush their teeth or tie their shoes.

Before you begin, remember to use brief and short directions to keep things simple. Showing your child how to do certain actions can help. Here are some helpful tips to take into consideration:



BE FIRM AND EXPLAIN CLEARLY

Explain why it's important to take their medicine. Maintaining a consistent routine may help your child understand its importance.



BE HONEST AND SYMPATHETIC

Be truthful and kind; acknowledge your child's feelings about swallowing pills. Never disguise it (eg, as a candy) or mislead them about their medicine.



MAKE IT A POSITIVE EXPERIENCE

Make sure swallowing pills becomes a positive, healthy experience. Never use force to administer.



PRAISE THEM FOR THEIR EFFORTS

Acknowledge your child's efforts and praise them for doing something hard. Give your child a sense of control whenever possible.

As always, please check with your child's doctor before administering any medications to your child.

THREE EASY STEPS TO TRY AT HOME

Here are 3 easy steps that could be helpful in teaching your child how to swallow a pill.

The methods described below may not be right for everyone. Talk to your doctor before trying these tips.

1. START BY FINDING A COMFORTABLE AND QUIET PLACE

- Standing up straight is the best position for swallowing. Sitting up straight will also work
- Your child should learn to hold their head up or lean forward a little bit

Holding something comforting, such as a blanket or stuffed animal, might help.



2. TRY USING A STRAW TO HELP YOUR CHILD

- For some children, drinking through a straw instead of from a cup may help
- This is because the suction used to pull the liquid in could make it easier to swallow the pill
- To avoid choking, your child should swallow without throwing their head back

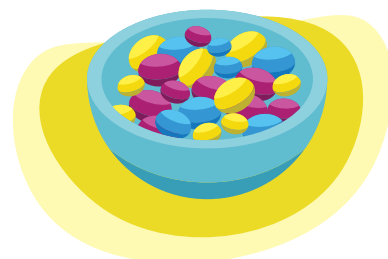
Many children focus on the straw and don't think about the pill, so it goes down easily.



3. PRACTICE WITH SMALL, DISSOLVABLE CANDIES

- To avoid choking risks, you should demonstrate and practice with small, easy-to-swallow candies
- Children should place the candy on their tongue, followed by a sip of water and swallow

The size of the candy should be increased gradually (after 5 successes with each step) to ensure your child can swallow candy the size of their pills.



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LET'S GIVE IT A TRY!

Get your child excited to do the challenge together. Start with the teeny-tiny candy and praise every attempt, progressing through the candy sizes until they're ready to swallow their medication.

When moving from level to level, say "Let's try the next one!" Don't say "Let's try the bigger one!"

Level	Try #1	Try #2	Try #3	Try #4	Try #5
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LEVEL 1 - TEENY-TINY

eg, confetti sprinkle



LEVEL 2 - TINY

eg, ice cream sprinkle



LEVEL 3 - MINI

eg, small sugar pearls



LEVEL 4 - LITTLE

eg, Tic Tac®

A KOSELUGO® (selumetinib)

capsule is similar in size to a Tic Tac®

Tic Tac® is a registered trademark of Ferrero S.A.



CELEBRATE YOUR CHILD'S ACHIEVEMENTS!

Small things like giving stickers for a job well done can help your child build confidence.

If you notice that your child has problems swallowing when trying these tips, be sure to let their doctor know right away.



PILL SWALLOWING AIDS

If your child still has difficulty taking their dose of Koselugo, there are tools you can use to help. These include a pill swallowing cup, cap, and straw.

These tools all work in the same way. They deliver the pill and the water into the mouth at the same time so they can be swallowed together.

Check with your doctor before using any of these tools. You can find these devices at your pharmacy or online by searching "pill swallowing device."

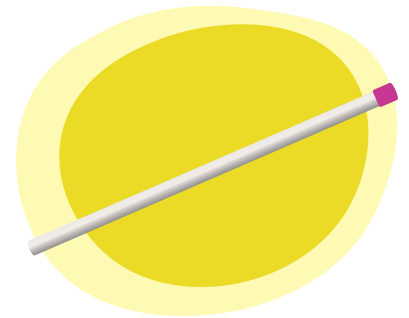
You can also ask your doctor or local pharmacist if there are other tools or tips that may help your child take their Koselugo dose.



**PILL SWALLOWING
CUP**



**PILL SWALLOWING
CAP**



**PILL SWALLOWING
STRAW**

REMINDER: Teaching your child a new skill, like swallowing a pill, may take some time. But with the proper technique, patience, and possibly a helpful device, you can help make it easier for your child to take their Koselugo capsules.



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INDICATION & IMPORTANT SAFETY INFORMATION for KOSELUGO® (selumetinib)

INDICATION

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Koselugo is a prescription medicine that is used to treat children 2 years of age and older with neurofibromatosis type 1 (NF1) who have plexiform neurofibromas that cannot be completely removed by surgery. It is not known if Koselugo is safe and effective in children under 2 years of age.

IMPORTANT SAFETY INFORMATION

What are the possible side effects of Koselugo?

Koselugo may cause serious side effects, including:

- **Heart problems.** Koselugo can lower the amount of blood pumped by your heart, which is common and can also be severe. Your healthcare provider will do tests before and during treatment to check how well your heart is working. Tell your healthcare provider right away if you get any of the following signs or symptoms: persistent coughing or wheezing, shortness of breath, swelling of your ankles and feet, tiredness, increased heart rate.
- **Eye problems.** Koselugo can cause eye problems that can lead to blindness. Your healthcare provider will check your vision before and during treatment. Tell your healthcare provider right away if you get any of the following signs or symptoms: blurred vision, loss of vision, dark spots in your vision (floaters), other changes to your vision.
- **Severe diarrhea.** Diarrhea is common with Koselugo and can also be severe. Tell your healthcare provider right away the first time that you get diarrhea during treatment. Your healthcare provider may give you medicine to help control your diarrhea and may tell you to drink more fluids.
- **Skin rash.** Skin rashes are common with Koselugo and can also be severe. Tell your healthcare provider if you get any of the following signs or symptoms: rash that covers a large area of your body, peeling skin, blisters.
- **Muscle problems (rhabdomyolysis).** Muscle problems are common with Koselugo and can also be severe. Treatment with Koselugo may increase the level of a muscle enzyme in your blood called creatine phosphokinase (CPK) and may be a sign of muscle damage. Your healthcare provider should do a blood test to check your muscle enzyme levels of CPK before you start taking Koselugo and during treatment. Tell your healthcare provider right away if you get any of the following signs or symptoms: muscle aches or pain; muscle spasms and weakness; dark, reddish urine.



Scan the QR code or visit bit.ly/KoselugoPI to view Patient Information in the full Prescribing Information for Koselugo (selumetinib).

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Before taking Koselugo, tell your healthcare provider about all your medical conditions, including if you:

- have heart problems.
- have eye problems.
- have liver problems.
- are pregnant or plan to become pregnant. Koselugo can harm your unborn baby. Your healthcare provider should verify if you/your partner are pregnant before beginning treatment. Ensure you/your partner use effective birth control (contraception) during treatment and for 1 week after your last dose if there is possibility pregnancy could occur. Tell your healthcare provider right away if you/your partner think you may be pregnant.
- are breastfeeding or plan to breastfeed. It is not known if Koselugo passes into your breast milk. Do not breastfeed during treatment and for 1 week after your last dose. Talk to your healthcare provider about the best way to feed your baby during this time.

Tell your healthcare provider about all the medicines you take, including prescription, over-the-counter medicines, vitamins, or herbal supplements. Especially tell your healthcare provider if you are taking aspirin, blood thinners, or other medicines to treat blood clots. Koselugo contains vitamin E, which may increase risk of bleeding.

What should I avoid while taking Koselugo?

Do not drink grapefruit juice, eat grapefruit, or take supplements with grapefruit or St. John's Wort during treatment.

Most common side effects include: vomiting, stomach-area pain, nausea, dry skin, muscle and bone pain, feeling of tiredness or lacking energy, fever, sores in your mouth, headache, redness around the fingernails, itching.

These are not all the possible side effects of Koselugo. Call your healthcare provider for medical advice about side effects. Your healthcare provider may change your dose, temporarily stop, or permanently ask you to stop taking Koselugo if you have any of these side effects.

You may report side effects to AstraZeneca at 1-800-236-9933 or at <https://us-aereporting.astrazeneca.com> or FDA at 1-800-FDA-1088 or www.fda.gov/medwatch.

Please see Patient Information in the full Prescribing Information for Koselugo (selumetinib).



Print the certificate and have your child display it with pride!



CERTIFICATE OF ACHIEVEMENT

AWARDED TO:

FOR LEARNING TO SWALLOW PILLS!

ADDITIONAL RESOURCES FOR YOU AND YOUR CHILD



Resources to support you and your child throughout treatment are available, including through OneSource™. This program offers free, personalized support for caregivers and children prescribed KOSELUGO® (selumetinib). **Learn more about the program by visiting koselugo.com.**



MY KOSELUGO REMINDER CHART

Interactive sticker charts to help encourage your child to take their twice-daily dose of Koselugo. In addition, the backs of the sticker charts have activities for your child to do while waiting to see their doctor.

This free resource is available through OneSource. To get yours, contact your Case Manager at 1-888-765-4747.



DOCTOR DISCUSSION GUIDE

Preparing for treatment discussions can help your child get the care they need. To make the most of the time you have with your child's doctor, this guide can help you focus the conversation so your doctor can better understand how to help.



Scan the QR code or visit koselugo.com/resources to get the guide.



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