

# CHOOSING HOW TO TAKE KOSELUGO® (selumetinib)

With options that fit your child.



Kassidy, age 11, living with NF1 PN, shown here with her mom.

## INDICATION & SELECT IMPORTANT SAFETY INFORMATION for KOSELUGO

### INDICATION

Koselugo is a prescription medicine that is used to treat children 1 year of age and older with neurofibromatosis type 1 (NF1) who have plexiform neurofibromas that cause symptoms and cannot be completely removed by surgery.

It is not known if Koselugo is safe and effective in children under 1 year of age.

### SELECT IMPORTANT SAFETY INFORMATION

**Serious side effects include:** heart problems, eye problems, stomach, intestine, and mouth (gastrointestinal) problems, skin problems, increased level of an enzyme called creatine phosphokinase (CPK) in your blood and muscle problems, embryo-fetal toxicity.

**Most common side effects include:** vomiting, diarrhea, increased level of an enzyme called creatine phosphokinase (CPK) in your blood, dry skin, redness around the fingernails, nausea, skin bumps that look like acne, fever.



Please see full Important Safety Information on page 10 and scan the QR code or visit [bit.ly/KoselugoPI](https://bit.ly/KoselugoPI) to view Patient Information and Instructions for Use in the full Prescribing Information for Koselugo (selumetinib).

**Koselugo**  
(selumetinib)  
10 mg & 25 mg capsules  
5 mg & 7.5 mg oral granules

# YOUR CHOICE OF KOSELUGO® (selumetinib)

Koselugo comes as capsules for swallowing whole or as oral granules for mixing with smooth yogurt or fruit puree.

Work with your child's doctor to decide which formulation is right for your child.

Your child will take Koselugo differently depending on which one you choose.

Koselugo capsules are swallowed whole with water. See pages 3-7 for helpful tips on teaching your child to take a capsule.



or

Koselugo oral granules should be mixed with smooth yogurt or fruit puree. See pages 8 and 9 for instructions.



Whichever type of Koselugo you choose, you can be confident that it's the same treatment with no changes to the twice-daily dosing schedule or safety.

**Most common side effects include:** vomiting, diarrhea, increased level of an enzyme called creatine phosphokinase (CPK) in your blood, dry skin, redness around the fingernails, nausea, skin bumps that look like acne, fever.



# HOW TO SWALLOW CAPSULES

Teaching your child how to take Koselugo capsules.



Actor portrayal.

Let's go through some tips that can make it easier for your child to learn how to swallow Koselugo capsules.

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

For information on how to prepare oral granules, go to pages 8 and 9



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# 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 short, simple instructions. 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.

# 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

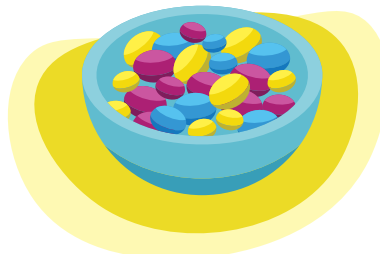
**Many children focus on the straw and don't think about the pill, so it goes down easily.**



## 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.**



# 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
<b>LEVEL 1: TEENY-TINY</b> eg, confetti sprinkle		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>LEVEL 2: TINY</b> eg, ice cream sprinkle		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>LEVEL 3: MINI</b> eg, small sugar pearls		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>LEVEL 4: LITTLE</b> eg, Tic Tac® A Koselugo capsule is similar in size to a Tic Tac® Tic Tac® is a registered trademark of Ferrero S.A.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## 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® (selumetinib), there are tools you can use to help. These include a capsule swallowing cup, cap, and straw.

These tools all work in the same way—they deliver the capsule 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."

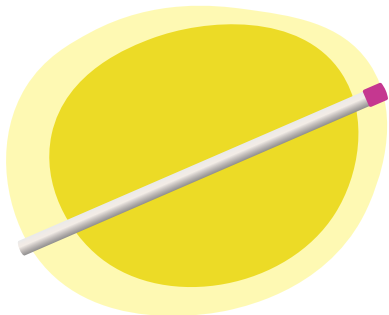
You can also ask your doctor or local pharmacist if there are other tools or tips that may help your child take their Koselugo dose.



CAPSULE SWALLOWING CUP



CAPSULE SWALLOWING CAP



CAPSULE 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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# TAKING KOSELUGO® (selumetinib) AS ORAL GRANULES

Koselugo also comes in oral granules for opening and mixing with smooth yogurt or fruit puree.



Actor portrayal.

For children 1 year of age and older who have difficulty swallowing capsules, you may want to choose Koselugo oral granules.

Learn how to prepare Koselugo oral granules for your child on the next page.

For information on how to take Koselugo capsules, see pages 3 through 7

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



# PREPARING KOSELUGO ORAL GRANULES

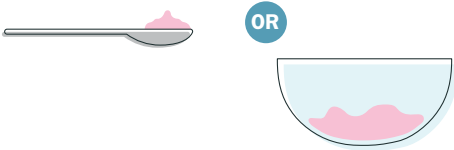
Koselugo oral granules can be prepared for your child to take in a few steps.

1. Wash and dry your hands thoroughly

2. Get the capsules ready  
Take out the number of capsule(s) needed for the prescribed dose

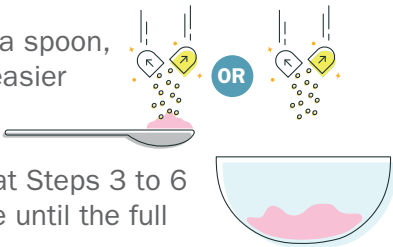


3. Prepare soft food  
Add a small amount (about 1 to 3 teaspoons) of smooth yogurt or fruit puree onto the spoon or into a small cup



4. Open the oral granules capsule  
Place the spoon or cup on a paper towel or plate. Carefully open the capsule(s) and sprinkle the entire contents of the capsule onto the food

- If you are using a spoon, you may find it easier to prepare and give 1 capsule at a time. Repeat Steps 3 to 6 for each capsule until the full dose is given



5. Give to your child  
Give to your child within 30 minutes of preparing the dose. Your child should swallow the mixture without chewing while seated upright. Do not save for future use

6. Make sure the full dose has been taken  
If you used a cup, add more of the same food into the cup and give all of the mixture to make sure your child gets the full dose

## Important points to remember

Use smooth yogurt, or fruit puree containing any of the following fruits:

- ✓ Apple
- ✓ Banana
- ✓ Pear
- ✓ Strawberry

## Please DO NOT use:

- ✗ Grapefruit or any juice
- ✗ Fruit puree or jam containing Seville orange

- The oral granules should flow freely inside the capsule. Do not use the capsule if the oral granules are clumped or stuck inside the capsule shell. Contact your pharmacy if this happens
- The capsule shells should not be swallowed, chewed, or dissolved and must be discarded after use. Do not add oral granules to liquids
- If the oral granules are not taken within 30 minutes of preparation, then do not give the dose and prepare a new dose. If a dose has been partially consumed within 30 minutes of preparation, discard the remainder of the dose and do not prepare a new dose

For additional details on how to take or give Koselugo oral granules, please refer to the Instructions for Use.



Please see Important Safety Information on page 10 and scan the QR code or visit [bit.ly/KoselugoPI](https://bit.ly/KoselugoPI) to view Patient Information and Instructions for Use in the full Prescribing Information for Koselugo (selumetinib).

INDICATION & IMPORTANT SAFETY INFORMATION for KOSELUGO

INDICATION

What is Koselugo?

Koselugo is a prescription medicine that is used to treat children 1 year of age and older with neurofibromatosis type 1 (NF1) who have plexiform neurofibromas that cause symptoms and cannot be completely removed by surgery.

It is not known if Koselugo is safe and effective in children under 1 year 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 can 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 new or worsening vision changes, including: blurred vision, loss of vision, dark spots in your vision (floaters), other changes to your vision.
- **Stomach, intestine, and mouth (gastrointestinal) problems.** Koselugo can cause diarrhea, vomiting, nausea, and mouth sores. Diarrhea, vomiting, and nausea are 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 problems.** Koselugo can cause skin rashes that can be severe. Skin rashes are common with Koselugo. Tell your healthcare provider if you get any of the following signs of skin problems: rash that covers a large area of your body, flat skin rash, raised bumps on your skin, skin bumps that look like acne, blisters, peeling skin, itchy rash, hair thinning or hair loss (alopecia).
- **Increased level of an enzyme called creatine phosphokinase (CPK) in your blood and muscle problems.** Muscle problems are common with Koselugo and can also be severe. Treatment with Koselugo may increase the level of an enzyme in your blood called creatine phosphokinase (CPK), which 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.

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. Certain medicines may affect the way Koselugo works. Especially tell your healthcare provider if you are taking a supplement containing vitamin E, aspirin, blood thinners, or other medicines to treat blood clots. Koselugo capsules contain vitamin E, which may increase risk of bleeding.

What should I avoid while taking Koselugo?

Avoid St John's wort, grapefruit or grapefruit juice, and Seville oranges during treatment.

**Most common side effects include:** vomiting, diarrhea, increased level of an enzyme called creatine phosphokinase (CPK) in your blood, dry skin, redness around the fingernails, nausea, skin bumps that look like acne, fever.

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](http://www.fda.gov/medwatch).**

Please see full Prescribing Information for Koselugo (selumetinib) at [https://alexion.com/Documents/koselugo\\_uspi.pdf](https://alexion.com/Documents/koselugo_uspi.pdf).



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**Remove or print the certificate and have your child display it with pride!**

CERTIFICATE OF ACHIEVEMENT

AWARDED TO:

FOR LEARNING TO TAKE YOUR MEDICINE!

# 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](https://koselugo.com).**



## 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](https://koselugo.com/resources) to get the guide.**



## 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.**



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