

ABOUT MANAGING SIDE EFFECTS WITH TECENTRIQ



Tips and suggestions that can help you feel more comfortable during your treatment

MANAGING YOUR HEALTH

This guide offers some ways to help with your overall wellness and manage any side effects you may experience while taking TECENTRIQ. Implementing healthy habits may help you feel comfortable during treatment. This advice is not meant to replace the advice of your healthcare provider.

4 HEALTHY HABITS

Building a healthy routine during treatment is important. See if you can add these 4 tips into your daily routine:



DRINK PLENTY OF LIQUIDS,
WHETHER IT'S WATER, SOUP, MILK,
OR EVEN SMOOTHIES



**TRY STRETCHING OR
TAKING SHORT WALKS**
THROUGHOUT THE DAY



**EAT FOODS FULL OF NUTRIENTS,
PROTEIN, AND CARBS** TO PROVIDE
ENERGY AND HELP YOU KEEP
UP YOUR STRENGTH



**AIM TO GET 7-8 HOURS OF
QUALITY SLEEP EACH NIGHT**
BY KEEPING YOUR BEDROOM
COOL AND AVOIDING SCREEN TIME

UNDERSTANDING COMMON SIDE EFFECTS

Learn about some of the most common side effects people experience on TECENTRIQ and how to manage them, on the the following page.

Please see full [Prescribing Information](#) and [Medication Guide](#) for additional Important Safety Information.

 **TECENTRIQ**[®]
atezolizumab 840 mg | 1200 mg
INJECTION FOR IV USE

TIPS TO MANAGE COMMON SIDE EFFECTS

As you get started, it's helpful to know what to expect from treatment, including that TECENTRIQ may cause side effects. If you experience side effects, talk with your healthcare team. Here are some things you can try that may help:



TIRED OR WEAK?

TRY THE FOLLOWING TO IMPROVE ENERGY:

- Balance activity and rest; short naps and short walks both have benefits
- Consider a change in diet; some foods may boost energy
- Talk with your doctor if you are having trouble sleeping at night
- Incorporate activities you enjoy into your daily routine



NOT MUCH OF AN APPETITE?

CONSIDER THESE NUTRITION TIPS:

- Eat 5 to 6 small meals a day, snack when you're hungry, and drink fluids between meals
- Switch it up: you may find that certain foods and mealtimes work better than others
- Keep high-protein, high-calorie snacks handy like dried fruits, yogurt, cheese, and eggs



FEELING NAUSEOUS OR VOMITING?

THESE IDEAS MAY OFFER RELIEF:

- Distract yourself by doing relaxing activities like listening to music
- Eat smaller meals more often
- Stay hydrated



CONSTIPATED?

TRY THE FOLLOWING SUGGESTIONS:

- Incorporate foods high in fiber into your diet such as beans, berries, broccoli, oatmeal, and whole wheat bread and pasta
- Drink more liquids such as water, juice, or tea
- Ask your doctor about using a laxative or stool softener



EXPERIENCING DIARRHEA?

THESE TIPS MAY HELP YOU FEEL MORE COMFORTABLE:

- Choose foods that are easy to digest like bananas, rice, applesauce, and toast
- Avoid caffeine, alcohol, dairy, fat, orange juice, prune juice, and spicy foods
- Drink water or other hydrating beverages

Remember that these tips should be reviewed with your healthcare team before adding them into your everyday routine. We encourage you to be familiar with all potential side effects and to call your doctor if you experience difficulty while taking TECENTRIQ. For a full list of potential side effects, please visit [TECENTRIQ.com/safety](https://www.tecentriq.com/safety).

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