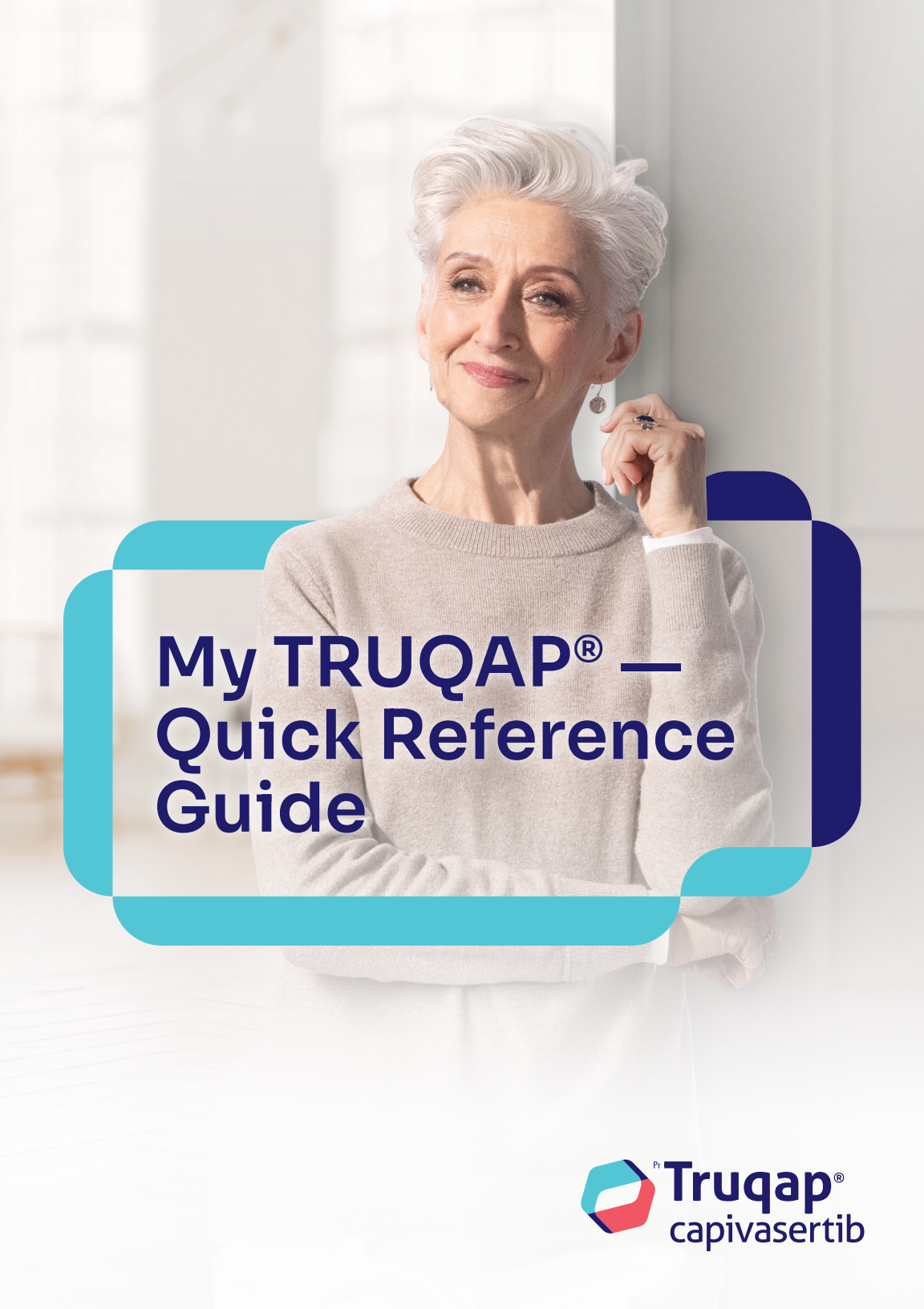




My TRUQAP® — Quick Reference Guide

What is TRUQAP used for?

TRUQAP is a prescription medication used in combination with another medicine called fulvestrant.

It is used in adult females to treat breast cancer which is advanced or has spread to other parts of the body and has progressed on or after endocrine therapy.

The breast cancer must be hormone receptor-positive (HR+) and HER2-negative (HER2-), with an abnormal *PIK3CA*, *AKT1*, and/or *PTEN* gene.

Recommended dose of TRUQAP (in combination with fulvestrant)

Take 2 x 200 mg tablets orally 2 times daily (approximately 12 hours apart) for 4 days, followed by 3 days off treatment.

Your healthcare professional will prescribe TRUQAP in combination with an injectable medicine called fulvestrant. Your healthcare professional will tell you how it's administered.

Day

1

2

3

4

5

6

7

AM

200 mg

x2

200 mg

x2

200 mg

x2

200 mg

x2

No Dose

PM

200 mg

x2

200 mg

x2

200 mg

x2

200 mg

x2

No Dose

+

fulvestrant

Usual dose of fulvestrant

500 mg

(2 injections)

administered on
Days 1 and 15 of the
first 28-day cycle and then on Day 1
of each following
28-day cycle

Usual dose of fulvestrant

500 mg
(2 injections)
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- ▶ If you have side effects, your healthcare professional may need to change your dose, temporarily stop or completely stop treatment with TRUQAP.
- ▶ Do NOT change your dose or stop taking TRUQAP unless your healthcare professional tells you to.



Discuss with your healthcare professional when to start your treatment with TRUQAP.



Take TRUQAP with or without food.



Swallow TRUQAP tablets whole with water. Do not chew, crush, or split the tablets.



Do not take any tablets that are broken, cracked, or that look damaged.



Grapefruit may interact with TRUQAP. You should not drink or eat grapefruit products while on treatment with TRUQAP.



If you have not reached menopause:
- Your healthcare professional will also prescribe a medicine called a luteinizing hormone-releasing hormone (LHRH) agonist during your treatment with TRUQAP.



Certain medicines may interact with TRUQAP. Tell your healthcare professional about all the medicines you take, including any drugs, vitamins, minerals, natural supplements or alternative medicines.

Managing select side effects

You may experience side effects at any time while taking TRUQAP + fulvestrant.
Here is some information regarding selected side effects you may experience.

Selected common side effects	 Diarrhea	 Nausea	 Skin reactions	 High blood sugar	 Tiredness	 Stomatitis*
Supportive measures	- Follow a low-fibre diet (e.g., bananas, rice, applesauce, dry toast, crackers, eggs, fish, and poultry) - Avoid triggers such as caffeine and alcohol, high-fibre foods, dairy products and spicy or acidic foods	- Eat small amounts throughout the day instead of 3 large meals - Avoid strong smells - Ask someone else to prepare and cook your food	- If your healthcare provider has prescribed any emollients, keep them on hand - Use mild soaps - Bathe with cool or lukewarm water - Avoid lotions and creams that have alcohol, perfume or dye - Avoid being out in the sun - If you go outside, use a broad-spectrum sunscreen that has zinc oxide or titanium dioxide	- Eat at regular times, and don't skip meals - Choose foods lower in calories, saturated fat, sugar, and salt - Track your food, drink, and physical activity - Drink water instead of juice or soda - Limit alcoholic drinks - Control your food portions - Complete all tests requested by your healthcare team in a timely manner - If your blood test results are abnormal, you may need treatment to correct these side effects - Ensure that you follow fasting requirements for accurate results	- Adopt healthy sleep habits - Eat healthy - Speak to a dietitian about your diet - Schedule time to relax - Limit stress - Cut back on caffeine - Keep track of your fatigue and plan activities around your energy levels by noting the times of day when you have the most energy or what may contribute to your fatigue	- Check your mouth, gums, and tongue every day for signs of mouth sores and inform your healthcare team immediately of any changes - Follow your oral healthcare plan as recommended: - Rinse your toothbrush in hot water to help soften it before brushing - Use a very soft toothbrush - Clean your teeth and mouth within 30 minutes after eating - Rinse your toothbrush in hot water after using and keep it in a clean, dry place
Management tips	- Contact your healthcare professional immediately and take any prescribed medication as directed - Your healthcare team may recommend taking medicine to help stop or slow your diarrhea - Drink enough fluids daily to stay hydrated: - Fluids include non-carbonated, caffeine-free, clear fluid such as water, oral rehydration solutions or broth - Modify diet and eating patterns (e.g., eating smaller meals, more often)	- Contact your healthcare professional immediately if nausea is severe - Follow the directed treatment plan by your healthcare professional - Drink cool or room-temperature beverages - Eat foods that have helped alleviate nausea in the past	- Contact your healthcare professional to report skin changes such as rash, redness, itchiness, dryness, flaking or peeling on face, body, hands and feet - These may be recommended by your healthcare team: emollients, topical corticosteroids, systemic steroids or non-sedating oral antihistamines. Ask your healthcare team to learn more	- Contact your healthcare professional immediately if you experience any symptoms of high blood sugar such as: - Increased thirst - Increased urination (frequency or volume) - Increased appetite - Weight loss - Fatigue - Dry mouth - Confusion - Nausea/vomiting - Fruity odour on the breath - Dry or flushed skin	- Ask for help with errands and chores - Try to stay active with gentle exercises such as walking, yoga, and tai chi	- Contact your healthcare professional immediately - Follow updated oral care plan from your healthcare team - Maintain good nutrition

* Symptoms can include mouth sores [ulcers], redness and swelling of the lining of the mouth, pain, bleeding, and trouble eating and drinking.

It's important to talk with your healthcare professional about side effects. They may have tips and advice for you.

If you want more information about TRUQAP:

- ▶ Talk to your healthcare professional
- ▶ Scan to access the TRUQAP Patient Medication Information
- ▶ Scan to access resources and support materials by visiting [TRUQAP.ca](https://truqap.ca)
- ▶ Scan to report an adverse event



You will need your TRUQAP DIN to access the website.

Questions?

The AstraZeneca Oncology Patient Support Program (PSP) is here for you to answer any questions you may have about TRUQAP and our support services.



1-877-280-6208

Monday to Friday 8:00 am to 8:00 pm, ET
(including Federal holidays)

On weekends, statutory holidays and Ontario public holidays, the PSP line will take voicemail, and calls will be returned the next business day.



enrollment@azoncologypsp.ca

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