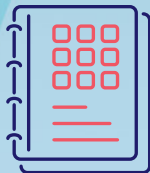


My TRUQAP[®] Tracker

A DAILY SIDE EFFECT TRACKER



Each page of this tracker is designed for you to record your side effects over a four-week period.

Your TRUQAP Tracker includes **12 side effect tracker pages** to cover a period of 1 year.

At the end of this tracker, you will find a section on **managing select side effects** with information on supportive measures and management tips.

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 and HER2-negative, with an abnormal *PIK3CA*, *AKT1*, and/or *PTEN* gene.

Your healthcare professional will test your cancer for abnormal *PIK3CA/AKT1/PTEN* genes to make sure that TRUQAP is right for you.

You can use this tracker to facilitate treatment conversations with healthcare professionals (i.e., oncologist, nurse, pharmacist).

Keep track of your side effects on the following pages. Add details to help you remember how you were feeling throughout your treatment.

▶ **Note: days where you take your treatment are shaded blue.**

This is not a complete list of potential side effects associated with TRUQAP plus fulvestrant treatment.

Please refer to “A Guide to your Treatment with TRUQAP” in your Starter Kit for information that includes common serious side effects and what to do about them. These include diarrhea and other gastrointestinal problems, hyperglycemia (high blood sugar), skin reactions, stomatitis (mouth sores, redness and swelling of the lining of the mouth) or inflammation of other mucosa and urinary tract infection.

Managing select side effects

Note: days where you take your treatment are shaded blue.

																
Examples		Diarrhea	Nausea	Vomiting	Upset stomach, indigestion	Rash, skin reddening, blistering of lips, eyes or mouth, skin peeling, skin inflammation, dry skin, itching	Pain, redness and swelling of mucosa in different parts of the body	Strange taste in the mouth	Mouth sores or ulcers with gum inflammation (stomatitis)	Dry mouth	Tiredness	Headache	Fever	Notes (including other potential side effects)		
DAY 0 (BEFORE initiating treatment)		NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot			
WEEK 1	DAY 1 (treatment)	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot			
	DAY 2	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot			
	DAY 3	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot		
	DAY 4	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot		
	DAY 5	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot		
	DAY 6	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot		
	DAY 7	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot		
WEEK 2	DAY 8	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot		
	DAY 9	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot		
	DAY 10	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	
	DAY 11	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	NoneA lot	

[illegible]

Managing select side effects

Note: days where you take your treatment are shaded blue.

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

Managing select side effects

Note: days where you take your treatment are shaded blue.

[illegible]

[illegible]

[illegible]

Managing select side effects

Note: days where you take your treatment are shaded blue.

Common Side Effects of Antidepressant Medication														
														
Examples	Diarrhea	Nausea	Vomiting	Upset stomach, indigestion	Rash, skin reddening, blistering of lips, eyes or mouth, skin peeling, skin inflammation, dry skin, itching	Pain, redness and swelling of mucosa in different parts of the body	Strange taste in the mouth	Mouth sores or ulcers with gum inflammation (stomatitis)	Dry mouth	Tiredness	Headache	Fever	Notes (including other potential side effects)	
WEEK 1	DAY 1 (treatment)	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	
	DAY 2	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	
	DAY 3	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	
	DAY 4	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	
	DAY 5	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	
	DAY 6	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	
	DAY 7	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	
WEEK 2	DAY 8	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	
	DAY 9	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	
	DAY 10	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	
	DAY 11	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	○ ○ ○ ○ NoneA lot	

[illegible]

Managing select side effects

Note: days where you take your treatment are shaded **blue**.

[illegible]

[illegible]

WEEK 2	DAY 12	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot			
	DAY 13	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot			
	DAY 14	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot		
WEEK 3	DAY 15	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot		
	DAY 16	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot		
	DAY 17	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot		
	DAY 18	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	A lot	
	DAY 19	A lot	A lot	A lot	A lot	A lot </													

[illegible]

[illegible]

Managing select side effects

You may experience side effects at any time while taking TRUQAP + fulvestrant.

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

Here is some information regarding selected side effects you may experience.

Selected common side effects	Supportive measures	Management tips
 Diarrhea	▪ 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	▪ 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)
 Nausea and vomiting	▪ Eat small amounts throughout the day instead of 3 large meals ▪ Avoid strong smells ▪ Ask someone else to prepare and cook your food	▪ Contact your healthcare professional immediately if nausea or vomiting is severe ▪ Follow the directed treatment plan by your healthcare professional ▪ Drink small amounts throughout the day (cool or room-temperature beverages) ▪ Eat foods that have helped alleviate nausea in the past
 Upset stomach, indigestion (dyspepsia)	▪ Avoid exercise right after eating ▪ Chew food carefully and completely ▪ Try to avoid late-night snacks ▪ Wait 2-3 hours after eating before lying down	▪ Talk to your healthcare professional and follow their medical advice ▪ Eat several small meals instead of 2 or 3 large meals ▪ Avoid certain foods that make your symptoms worse such as chocolate, spicy foods or high-fat foods

Selected common side effects	Supportive measures	Management tips
 Skin reactions	▪ 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	▪ 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
 Pain, redness and swelling of mucosa in different parts of the body	▪ Check for ulcers or sores, red and inflamed areas on the lips or inside the mouth or nose; inflamed lining of the eye or vagina and talk to your healthcare professional if you notice any changes ▪ Washing your hands frequently and using eye protection are ways to help proactively manage inflammation in the lining of your eye ▪ Steps to help proactively manage vaginal inflammation can include: - wearing breathable clothes with fabrics such as cotton - avoiding staying in wet clothes for too long - avoiding cleaning your vagina with perfumed soaps or sprays	▪ Contact your healthcare professional immediately, and follow their medical advice ▪ Track and share symptoms related to vaginal inflammation with your healthcare professional so they can provide a treatment for the specific cause - This can include any symptoms you have, when they occur, and a description of the colour, consistency, amount and smell of vaginal discharge ▪ Self-care for inflammation in the lining of the eye includes lubricating eye drops or warm or cool compresses

Selected common side effects	Supportive measures	Management tips
 Strange taste in the mouth	▪ Not smoking ▪ Drink lots of water or beverages that do not contain sugar or caffeine ▪ Track your sense of taste ▪ Regularly brush and floss	▪ Change your food choices (e.g., to mask the taste of metal, try citrus fruits or sour foods like pickles) ▪ Drink plenty of water and/or noncaffeinated drinks ▪ Get rid of metal cutlery and water bottles ▪ Rinse your mouth before meals ▪ Quit smoking ▪ Try sucking on ice cubes, chips or sugar-free ice pops
 Stomatitis (Symptoms can include mouth sores [ulcers], redness and swelling of the lining of the mouth, pain, bleeding, and trouble eating and drinking)	▪ 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	▪ Contact your healthcare professional immediately ▪ Follow updated oral care plan from your healthcare team ▪ Maintain good nutrition
 Dry mouth	▪ Practice good oral hygiene ▪ Visit your dentist regularly for cleanings and exams	▪ Contact your healthcare professional immediately and follow your oral healthcare plan as recommended ▪ At-home remedies can include drinking plenty of water, chewing sugarless gum or using a cool-mist humidifier at night

Selected common side effects	Supportive measures	Management tips
 Tiredness	▪ 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	▪ Ask for help with errands and chores ▪ Try to stay active with gentle exercises such as walking, yoga, and tai chi
 Headache	▪ Find and avoid headache triggers by using a headache diary ▪ Sit and stand with good posture ▪ Live a healthy lifestyle (i.e., regular sleep, eat well, and avoid alcohol and foods that may trigger your headaches) ▪ Try to reduce stress and headache pain (e.g., yoga, meditation, acupuncture)	▪ Contact your healthcare professional and follow their medical advice ▪ As soon as your headache starts, begin treatment and stress-relief methods ▪ Apply a cold, moist cloth or ice pack to your forehead and temples ▪ Rest in a quiet, comfortable, dark room ▪ Have a massage to relax tense muscles in your head, neck, temples, face or jaw

Selected common side effects	Supportive measures	Management tips
 Fever	▪ Keep a digital thermometer at home and take your temperature if you feel hot or unwell (for example, if you have chills) ▪ Do not eat anything hot or cold right before taking your temperature	▪ You have a fever if your temperature taken by mouth is 38.3°C (100.9°F) or higher at any time or 38.0°C (100.4°F) or higher for at least one hour ▪ Talk to your healthcare professional and follow their medical advice ▪ Control fluid losses, and replace lost fluids ▪ Rest and take it easy ▪ Try a shower or bath ▪ Dress lightly ▪ Watch for other symptoms and keep checking your temperature
 High blood sugar	▪ 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	▪ 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

Helpful resources

If you have questions, please contact the **AstraZeneca Oncology Patient Support Program (PSP)**. We're here for you.



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

If you want more information about TRUQAP:

**Scan to access
the TRUQAP Patient
Medication Information**



**Scan to access resources
(including more pages for this tracker)
and support materials by visiting [TRUQAP.ca](https://truqap.ca)**

Note: You will need your TRUQAP DIN to access the website.



**Scan to report
an adverse event**



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