

**XPOVIO**<sup>®</sup>  
(selinexor)

For adults  
with multiple myeloma

# A GUIDE TO HELP WITH YOUR TREATMENT EXPERIENCE



## INDICATION AND IMPORTANT SAFETY INFORMATION

### What is XPOVIO?

XPOVIO<sup>®</sup> (selinexor) is a prescription medicine used:

- in combination with bortezomib and dexamethasone to treat adult patients with multiple myeloma who have received at least one prior therapy.

It is not known if XPOVIO is safe and effective in children less than 18 years of age.

**Your healthcare provider will do blood tests before you start taking XPOVIO, and often during the first 3 months of treatment, and then as needed during treatment.**

### XPOVIO can cause serious side effects, including:

- **Low platelet counts.** Low platelet counts are common with XPOVIO and can lead to bleeding, which can be severe and can sometimes cause death. Your healthcare provider may prescribe platelet transfusions or other treatments for your low platelet counts.

**Tell your healthcare provider right away if you have any bleeding or easy bruising during treatment with XPOVIO.**

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





## MOVE FORWARD WITH CONFIDENCE

**Knowledge is power.** Knowing what to expect when starting treatment can empower you to play an active role on your healthcare team. Use this guide to understand how XPOVIO is taken, how you might respond, what side effects you might experience, and what you can do to help optimize your treatment experience in partnership with your healthcare team.

### How do I take XPOVIO?



XPOVIO is an oral medicine you take at home as little as once per week along with other medicines.



**Did you know?** XPOVIO works in a unique way. Using a medicine that works differently can be an effective approach instead of taking the same path again after a relapse.

### How might I respond to treatment with XPOVIO?



In a clinical trial studying 402 adults with relapsed multiple myeloma who had received 1 to 3 prior treatments, 195 patients received the XPOVIO treatment regimen, and 207 patients received the treatment regimen without XPOVIO. The trial compared how long patients lived without their disease getting worse. In the trial, half of the adults taking the XPOVIO treatment regimen **lived for 13.9 months or longer without their disease getting worse** compared to 9.5 months for those taking the treatment regimen without XPOVIO (at a median follow up of 15.1 months). **In addition, 3 out of 4 adults responded to the XPOVIO treatment regimen.** Among the responders:

1

Half of those adults saw benefits within 6 weeks or less

2

Half kept seeing a benefit for a year and a half or more

### IMPORTANT SAFETY INFORMATION

- **Low white blood cell counts.** Low white blood cell counts are common with XPOVIO and can sometimes be severe. You may have an increased risk of getting bacterial infections during treatment with XPOVIO. If needed, your healthcare provider may prescribe antibiotics if you have signs or symptoms of infection.

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



## What possible side effects should I know about?



It is not uncommon to experience some side effects when you begin taking XPOVIO. **The potential side effects of XPOVIO are well studied and have not been shown to have major effects on organs like the heart, lungs, kidneys, or liver.**

**If you experience any of these serious side effects, you should contact your doctor right away:**

- Low platelet counts
- Low white blood cell counts
- Nausea and vomiting
- Diarrhea
- Loss of appetite and weight loss
- Decreased sodium levels in your blood
- Serious infections
- Neurologic side effects
- New or worsening cataract (a cloudy or loss of transparency of the lens in the eye)

**Some side effects are common, including:**

- Tiredness
- Low red blood cell count (anemia)
- Constipation
- Shortness of breath
- Increased blood sugar
- Changes in body salt and mineral levels in your blood
- Changes in kidney and liver function blood test



**Tip:** It is important to communicate openly and proactively with your healthcare team if you experience any side effects. The more your healthcare team knows about how you're responding to treatment, the more they may be able to optimize your treatment experience.



Not approved to treat children.

### IMPORTANT SAFETY INFORMATION

- **Serious infections.** Infections are common with XPOVIO and can be serious and can sometimes cause death. This includes upper or lower respiratory tract infections, such as pneumonia, and an infection throughout your body (sepsis). **Tell your healthcare provider right away if you have any signs or symptoms of an infection such as cough, chills, or fever during treatment with XPOVIO.**

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## What should I know about nausea management?

One of the most common side effects of XPOVIO is nausea. Your healthcare team will prescribe anti-nausea medicines for you to take before you start and during treatment with XPOVIO. Always take your anti-nausea medicine as prescribed, even if you don't feel nauseous, as taking it proactively could prevent nausea from occurring in the first place. In a clinical trial, **9 out of 10 adults who experienced nausea within the first month of taking the XPOVIO treatment regimen had it improve or completely go away.**



**Tip:** Ask someone on your healthcare team about taking anti-nausea medication when starting treatment to help manage possible side effects.

### If you experience nausea, here are some things that can help:



- **Always take your anti-nausea medicine as prescribed**, even if you don't feel nauseous
- **Tell your healthcare team right away** if your anti-nausea medicine isn't working. Your doctor may be able to adjust your medicines to find the right fit for you
- **Try eating small meals or snacks** throughout the day instead of 3 large meals
- **Try eating dry foods** such as crackers, toast, cereal, or pretzels
- **Sip liquids slowly throughout the day.** It may be easier to tolerate cold and clear liquids, or try sucking on ice cubes or chips
- **Avoid foods that may trigger nausea**, such as fried foods, spicy food, and strong-smelling food
- **Avoid skipping meals or snacks;** an empty stomach may make nausea worse



### IMPORTANT SAFETY INFORMATION

- **Neurologic side effects.** XPOVIO can cause dizziness, fainting, decreased alertness, and changes in your mental status, including problems with thinking, seeing or hearing things that are not really there (hallucinations). These problems can sometimes be severe and life-threatening. **Tell your healthcare provider right away if you get any of these symptoms. Do not drive or operate heavy or dangerous machinery until you know how XPOVIO affects you. Take precautions to prevent a fall.**

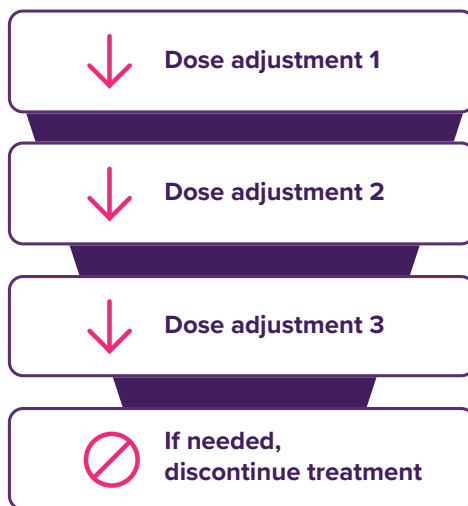
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## Can my healthcare team adjust my dose of XPOVIO to optimize my treatment experience?



Your doctor will prescribe a starting dose of XPOVIO. This dose can be adjusted multiple times with the goal of managing side effects to keep you on treatment longer without compromising effectiveness. In the same trial mentioned previously, the XPOVIO treatment regimen was observed to be effective in adults who had their dose adjusted.



**Tip:** Ask someone on your healthcare team how they may adjust your dose over time to manage side effects and optimize your treatment experience.

### IMPORTANT SAFETY INFORMATION

- **Nausea, vomiting and/or diarrhea.** Nausea, vomiting and/or diarrhea can occur when you take XPOVIO and can sometimes be severe. You may be at risk for becoming dehydrated. Your healthcare provider may prescribe anti-nausea or anti-diarrhea medicines.

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

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## What else can I do to optimize my treatment experience?

The below educational tips may be helpful when taking XPOVIO. These are not intended to replace the advice of your healthcare team. **Always consult with and follow the direction of your healthcare team, as they are most familiar with your unique needs.**

### Drink lots of fluids



- **Try starting when you wake up.** Your body needs rehydrating after 6 to 8 hours of sleep, so keep water on your nightstand
- **Keep a reusable water bottle with you.** This makes it easier to drink sips throughout the day instead of trying to drink large amounts before bedtime, which can disrupt sleep
- **Fill a pitcher with the water you'd like to drink** for the day and keep it in the fridge or near you as a reminder
- **Create a water routine.** Develop a schedule during the day to refill your water, and use your phone's alarm clock to set reminders
- **Track your progress on an app.** There are lots of free options to help you stick to a hydration plan

### Stay well nourished



- **Try eating 6 to 8 snacks or small meals throughout the day** if you feel full after eating a small amount, or aren't hungry at all
- **Try saving larger drinks for at least a half-hour before or after meals.** Liquids can fill you up and limit your intake of higher calorie foods
- **Keep high-calorie, high-protein snacks on hand.** Try hard-boiled eggs, peanut butter, cheese, ice cream, granola bars, puddings, nuts, canned tuna or chicken, or trail mix
- **Try shakes and instant drink mixes,** which can provide a lot of calories and are easy to make and consume
- **Have a snack before bedtime;** it can be a good time because your appetite for the next meal won't be affected
- **Ask your healthcare team** about medicines that can help boost your appetite if you're struggling to maintain your weight



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## Manage your energy level



- **Each day, try to prioritize**—decide which things are most important to you and focus on those tasks
- **Plan ahead**; spread your activities throughout the day and take breaks. Do things slowly so you won't use too much energy at once
- **Get regular, moderate exercise**, like walking, to help you feel more energized. Avoid exercising too late in the evening so you don't disrupt your sleep schedule
- **Plan your day so you have time to rest**. Take short naps or rest breaks (30 minutes or less), rather than one long nap. Too much rest can lower your energy level and make it harder to sleep at night
- **Try to go to bed and wake up around the same time each day**, and aim for 7 to 8 hours of sleep each night
- **Avoid** caffeine and alcohol
- **Talk to your healthcare team** about medicines they may be able to prescribe to help overcome feelings of tiredness



**Tip:** Drinking enough fluids, keeping a healthy diet, and staying well rested can help you be proactive about your care. Ask your healthcare team how they can help you stay on track, and visit [XPOVIO.com/mm-resources](https://www.xpovio.com/mm-resources) to download a helpful daily tracker tool.

## How should I take XPOVIO?



- Do not break, chew, crush, or divide XPOVIO tablets. Take XPOVIO with water
- Take any medicines your healthcare team prescribes for nausea/vomiting before and during treatment with XPOVIO. This can improve your XPOVIO experience
- Do not change your dose or stop taking XPOVIO without talking to someone on your healthcare team first
- If you miss a dose of XPOVIO, just take your next dose at your next regularly scheduled day and time. Don't double up
- If you vomit after taking a dose of XPOVIO, don't take an extra dose. Discard any residual XPOVIO tablet(s) visible in your vomit, and take your dose at your next regularly scheduled day and time
- If you take too much XPOVIO, call someone on your healthcare team right away
- Never share your prescription with other people

## IMPORTANT SAFETY INFORMATION

- **Loss of appetite and weight loss.** Loss of appetite and weight loss are common with XPOVIO. Tell your healthcare provider if you have a decrease or loss of appetite and if you are losing weight.
- **Decreased sodium levels in your blood.** Decreased sodium levels in your blood are common with XPOVIO. Your healthcare provider may talk with you about your diet and prescribe IV fluids or salt tablets.
- **New or worsening cataract, cloudiness, or loss of transparency of the lens in the eye.** New or worsening cataract are common with XPOVIO. If a cataract forms, your vision may decrease, and you may need eye surgery to remove the cataract and restore your vision. **Tell your healthcare provider right away if you have symptoms of a cataract such as double vision, blurred vision, or sensitivity to light or glare.**

**The KaryForward Patient Support Program is here to support you every step of the way with resources\* such as:**

- Insurance verification
- Financial assistance, including a \$5 copay card
- Personalized 1:1 nurse support

*\*All programs and support are subject to eligibility requirements.*



Ask your healthcare team about enrollment, visit [XPOVIO.com/mm-patient-support](https://xpiovio.com/mm-patient-support), or call:



**1-877-527-9493**  
**1-877-KARY4WD**

Monday through Friday, 8 AM to 8 PM ET



For helpful tips, tools, and information about the KaryForward Patient Support Program, scan the QR code or visit [XPOVIO.com/mm](https://xpiovio.com/mm).

**IMPORTANT SAFETY INFORMATION**

**Common side effects of XPOVIO include:**

- tiredness
- weakness
- low red blood cell count (anemia). Symptoms may include tiredness and shortness of breath
- constipation
- shortness of breath
- increased blood sugar
- changes in body salt and mineral levels in your blood
- changes in kidney and liver function blood tests

These are not all of the possible side effects of XPOVIO.

Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

**Before taking XPOVIO, tell your healthcare provider about all of your medical conditions, including if you:**

- have or have had a recent or active infection
- have or have had bleeding problems
- are pregnant or plan to become pregnant. XPOVIO can harm your unborn baby
- are taking prescription and over-the-counter medicines, vitamins, and herbal supplements

**Ability to have children:** XPOVIO may affect the ability of both women and men to have children. Talk to your healthcare provider if you have concerns about fertility.

**Females who are able to become pregnant:** Your healthcare provider will check to see if you are pregnant before you start taking XPOVIO. You should use effective birth control (contraception) during treatment with XPOVIO and for 1 week after your last dose, as XPOVIO can harm an unborn baby. Tell your healthcare provider right away if you become pregnant or think you might be pregnant during treatment with XPOVIO. Do not breastfeed during treatment with XPOVIO and for 1 week after your last dose of XPOVIO. It is not known if XPOVIO passes into your breast milk.

**Males with female partners who are able to become pregnant** should use effective birth control during treatment with XPOVIO and for 1 week after your last dose.

**Please see Important Safety Information throughout, full [Prescribing Information](#), and [Medication Guide](#).**

**To report SUSPECTED ADVERSE REACTIONS, contact Karyopharm Therapeutics Inc. at 1-888-209-9326 or FDA at 1-800-FDA-1088 or [www.fda.gov/medwatch](https://www.fda.gov/medwatch).**

