

# Talking to your loved one's doctor about OJJAARA



*Not an actual patient or caregiver.*

## This guide may be helpful as you visit with your loved one's healthcare team

Caring for someone with myelofibrosis with anemia can feel like a big responsibility. This guide is intended to provide tools and guidance to support you in advocating for your loved one throughout the treatment process. Included are some questions and topics you may find useful when you and your loved one are talking to the doctor.

**You can also print this guide and bring it with you to your loved one's appointments, so you can refer to it and take notes.**

## APPROVED USE

OJJAARA (momelotinib) is a prescription medicine used to treat adults with certain types of myelofibrosis (MF) who have anemia. It is not known if OJJAARA is safe and effective in children.

## IMPORTANT SAFETY INFORMATION

**OJJAARA may cause serious side effects, including:**

- **Risk of Infections.** People who take OJJAARA may develop serious infections that can lead to death, such as bacterial and viral infections, including COVID-19. If you have an active infection, your healthcare provider should not start treatment with OJJAARA until your infection is gone. If you have had hepatitis B for a long time (chronic), OJJAARA may cause your hepatitis B to become active again, and your healthcare provider will check your blood for active hepatitis B before starting treatment. Your healthcare provider will monitor you and treat you for any infections that you get during treatment with OJJAARA.

**Tell your healthcare provider right away if you develop any of the following symptoms of infection:**

- |          |                      |                           |
|----------|----------------------|---------------------------|
| – fever  | – breathing problems | – pain or burning feeling |
| – chills | – diarrhea           | when passing urine        |
| – cough  | – vomiting           |                           |

**Please see additional [Important Safety Information](#) throughout and on page 5.**

**Please see full [Prescribing Information](#), including [Patient Information](#).**

# Advocating for your loved one

Your loved one's myelofibrosis with anemia may look different along their journey. With their permission, you can help support your loved one in talking to their doctor about their treatment plan, as well as bring up any questions or concerns you both may have.

Use the checklist below to help prepare yourself and your loved one for a conversation with the healthcare team.

## Assessing the Current Treatment Plan

**No current medications:** My loved one is not taking any medicines for myelofibrosis with anemia.

**Progress:** We have seen progress with past or current treatments, and we are satisfied with the outcomes.

**Exploring options:** We want to learn about all available treatment options.

**Seeking alternatives:** We have questions about the treatment plan and want to explore all possible options.

## Setting Treatment Goals

**Manage symptoms:** I'd like to learn how we can help manage my loved one's myelofibrosis with anemia symptoms effectively.

**Reduce blood transfusions:** I want information on how my loved one can possibly reduce or avoid the need for blood transfusions.

**Appointment frequency:** How often should my loved one come in for checkups and appointments?

**Healthy lifestyle changes:** Are there any healthy lifestyle changes we should consider to support their treatment?

**Monitoring progress:** How will we track progress toward the treatment goals?

### Questions you and your loved one can ask the doctor:

- What are some things my loved one may expect after a myelofibrosis with anemia diagnosis?
- How frequently should appointments and tests be scheduled?
- What should we monitor at home?
- Who should we contact in the event of an emergency or sudden change in symptoms?



### Helpful tips:

- Support your loved one in expressing their treatment preferences and feelings
- Set reminders for upcoming appointments and medication refills
- Maintain a list of healthcare contacts for emergency situations
- Discuss how you can support your loved one in managing their symptoms



## IMPORTANT SAFETY INFORMATION (cont'd)

- **Low platelet and white blood cell counts.** OJJAARA may cause new or worsening low platelet and white blood cell counts. Low platelet counts may increase your risk for bleeding and low white blood cell counts may increase your risk for infection. Your healthcare provider will do blood tests to check your blood counts before you start taking OJJAARA and during treatment. Tell your healthcare provider right away if you have any signs of bleeding during treatment with OJJAARA, including:
  - unusual bleeding
  - black or tarry stools
  - bruising

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# Managing your loved one's symptoms and side effects

Talking openly, and listening carefully, to your loved one can help you better understand their symptoms so you can provide the best support. You can use this page to help keep track of your loved one's symptoms, how often they occur, and any details or notes that may help the healthcare team understand how your loved one is affected by myelofibrosis with anemia. **Check the circle next to each symptom that applies.**

To download an expanded month-by-month version of this tracker, visit [OJJAARA Resources](#).

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date							
Symptom	This is not a complete list of all possible myelofibrosis with anemia symptoms, and OJJAARA may not help with all of these symptoms. If you're experiencing severe symptoms that require medical attention, please contact your physician immediately.						
Fatigue	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never
Tiredness	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never
Feeling full too quickly	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never
Pain under ribs on left side	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never
Abdominal discomfort	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never
Night sweats	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never
Itching	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never
Bone pain	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never	<input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Never

Print and bring this list to your loved one's next doctor's visit so that you and your loved one can discuss with their healthcare team.

## Questions you and your loved one can ask the doctor:

- What lifestyle adjustments might help with my loved one's symptoms?
- If my loved one is experiencing any symptoms, how often may they appear?



## Helpful tips:

- Help your loved one make a list of questions about symptoms or treatment to bring to their next medical appointment
- Encourage your loved one to openly discuss any discomfort or unusual feelings with their healthcare provider



## IMPORTANT SAFETY INFORMATION (cont'd)

• **Liver problems.** OJJAARA may cause new or worsening increased liver enzymes and bilirubin in your blood. Your healthcare provider will check your liver enzymes before starting treatment, every month for the first 6 months of treatment, and then as needed during treatment with OJJAARA. Your healthcare provider may stop treatment with OJJAARA if your liver enzymes increase. Tell your healthcare provider if you develop any of the following signs or symptoms of liver problems:

- tiredness
- dark urine
- loss of appetite
- yellowing of your skin or the
- pain in your right upper stomach white part of your eyes area (abdomen)

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# Questions to ask the healthcare team about OJJAARA

You may have questions about your loved one's myelofibrosis with anemia treatment options. Below are some conversation starters you can use the next time you are talking to their doctor or healthcare team.

Do you think **OJJAARA** may be right for my loved one? Why or why not?

What type of **medicine** is **OJJAARA**, and how does it work?

How might OJJAARA **interact with other medicines** my loved one is taking?

Could **OJJAARA** potentially help lower my loved one's **need for, or number of, blood transfusions**?

What kind of **results** have been seen with **OJJAARA** in clinical trials?

What are the **possible side effects** of **OJJAARA**?

Is **OJJAARA** different from other JAK inhibitors?

What might my loved one **expect when getting started on OJJAARA**?

How should my loved one take **OJJAARA**?

Write your own question here to bring with you to your next appointment.

## Finding support and resources for you and your loved one.

### Questions you and your loved one can ask the doctor:

- What support resources are available for caregivers and patients?
- Are there financial assistance programs available?
- Can you suggest any local or online support groups?



### Helpful tips:

- Explore patient advocacy groups for additional support and information
- Join a caregiver support network to share experiences and find solutions



For more information, visit: [OJJAARA.com/for-caregivers](https://www.ojjaara.com/for-caregivers)

## IMPORTANT SAFETY INFORMATION (cont'd)

• **Major cardiovascular events such as heart attack, stroke, and death.** Major cardiac events have happened, especially in people with cardiac risk factors and who are current or past smokers, taking another Janus kinase (JAK) inhibitor to treat rheumatoid arthritis. OJJAARA is in the JAK family of medicines. **Get emergency help right away if you have any symptoms of a heart attack or stroke while taking OJJAARA, including:**

- discomfort in your chest that lasts for more than a few minutes, or that goes away and comes back
- severe tightness, pain, pressure, or heaviness in your chest, throat, neck, or jaw
- pain or discomfort in your arms, back, neck, jaw, or stomach
- shortness of breath with or without chest discomfort
- breaking out in a cold sweat
- nausea or vomiting
- feeling lightheaded
- weakness in one part or on one side of your body
- slurred speech

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- fever
- chills
- cough
- breathing problems
- diarrhea
- vomiting
- pain or burning feeling when passing urine

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- shortness of breath with or without chest discomfort

- breaking out in a cold sweat
- nausea or vomiting
- feeling lightheaded
- weakness in one part or on one side of your body
- slurred speech

• **Blood clots.** Blood clots in the veins of the legs (deep vein thrombosis, DVT) or lungs (pulmonary embolism, PE) have happened in some people taking another JAK inhibitor to treat rheumatoid arthritis, and may be life-threatening. Tell your healthcare provider if you have had blood clots in the veins of your legs or lungs in the past. **Tell your healthcare provider right away if you have any signs and symptoms of blood clots during treatment with OJJAARA,** including:

- swelling, pain, or tenderness in one or both legs
- sudden, unexplained chest pain
- shortness of breath or difficulty breathing

• **New cancers.** New cancers, including lymphoma and other cancers, except non-melanoma skin cancer, have happened in some people taking another JAK inhibitor to treat rheumatoid arthritis. The risk of new cancers is further increased in people who smoke or who smoked in the past.

### The most common side effects of OJJAARA include:

- low platelet count
- bleeding
- bacterial infection
- tiredness
- dizziness
- diarrhea
- nausea

These are not all the possible side effects of OJJAARA. Call your doctor for medical advice about side effects.

### Before taking OJJAARA, tell your healthcare provider about all your medical conditions, including if you:

- have an infection
- have or have had hepatitis B
- have or have had liver problems
- have had a heart attack, or have or have had other heart problems, or stroke
- have or have had a blood clot
- smoke or were a smoker in the past
- have or have had any other cancers
- are pregnant or plan to become pregnant. OJJAARA may harm your unborn baby.

### Females who are able to become pregnant:

- You should use effective birth control (contraception) during treatment and for 1 week after the last dose of OJJAARA.
- Tell your healthcare provider right away if you think you are pregnant or become pregnant during treatment with OJJAARA.
- are breastfeeding or plan to breastfeed. It is not known if OJJAARA passes into your breast milk. You should not breastfeed during treatment and for 1 week after the last dose of OJJAARA. 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 and over-the-counter medicines, vitamins, and herbal supplements. Taking OJJAARA with certain other medicines may affect the amount of OJJAARA or the other medicines in your blood and may increase your risk of side effects.

You are encouraged to report negative side effects to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

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