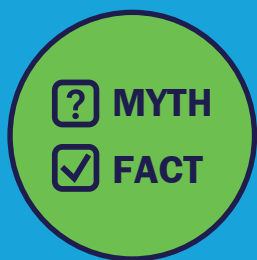


Suffering from chemotherapy-induced nausea and vomiting?

You may be doing so needlessly

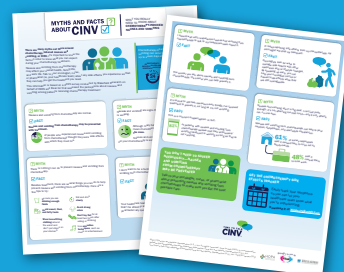
If you or a loved one is suffering from chemotherapy-induced nausea and vomiting (CINV), you should know that this side effect may be prevented. Even one patient suffering from nausea and vomiting due to chemotherapy is one too many. Use the *Time to Talk CINV*™ toolkit to ensure you are receiving the best possible care while going through chemotherapy.

Introducing the *Time to Talk CINV* Toolkit



Use the **Myths and Facts about CINV** tool to better understand the facts about chemotherapy-induced nausea and vomiting.

Many do not know the facts about this side effect and how it can impact overall health. Make sure you don't have any false assumptions and are well informed about what you should — or should not — expect when receiving chemotherapy.



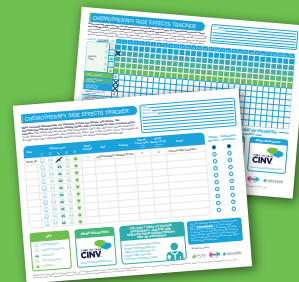
Ask the questions provided in the **Patient Communication Checklist** during your appointment with your healthcare team to start an open and thorough conversation about side effects of chemotherapy. Bring the notes sheet to your visit to write down important information to remember later.

Getting answers to these questions can help ensure you have all the right information you need when it comes to your treatment.



Track your side effects, such as frequency of nausea and vomiting, energy level and quality of sleep, with the **Chemotherapy Side Effect Tracker**. Work with your healthcare team to decide if the 10 day tracker or 30 day tracker works better with your treatment schedule and history of, or risk for, these side effects.

By keeping track of these side effects when you experience them and sharing the completed tracker at your appointments, you can easily keep your healthcare team informed and work together to determine the best steps for moving forward.



CINV is a potentially serious, preventable, side effect of chemotherapy that, when untreated, can lead to missing out on family events and even wanting to avoid future cancer treatments.

By learning about this side effect and talking with your healthcare team, you can help improve your treatment experience.



To access the *Time to Talk CINV* toolkit, developed with the help of patients like you, and additional resources about this side effect of chemotherapy, please visit TimeToTalkCINV.com.