

For people with unresectable Stage 3 non-small cell lung cancer (NSCLC) whose disease has not progressed following concurrent chemoradiation therapy (CRT). See Full Indication below >



TIPS FOR SELF-CARE

When you're getting treatment for Stage 3 lung cancer, it's important to remember to care for your mind and body. Setting an intention to make self-care a priority may help you feel more at ease. Below are some ways you can take care of yourself.



PRO TIP: If seeing the whole list feels overwhelming, try tackling one thing at a time.



GET MOVING

Even if you're tired, low-impact exercise may help you feel better. Try shooting for one low-impact exercise per day—it can be practicing some deep breathing or walking to the mailbox. If you're ready for more, try increasing your walk by a few minutes each day to build strength and endurance.

Talk to your doctor before starting any new exercise regimens.



REST AND RECHARGE

Though it might not be easy, getting at least 7 hours of sleep each night may help you feel more energized the next day. Introducing a nighttime routine or shutting off your devices an hour before you go to sleep may make it easier to settle your mind.



REDUCE STRESS

Keeping your mind off things may be easier said than done. Many people find breathing exercises, meditation, yoga, or reading helpful. Setting alerts on your phone may be a good way to remind you to do something calming, even if you only have a minute to take a deep breath.



EAT NOURISHING FOODS

That means eating foods that make your body feel good. Try out a new healthy recipe that incorporates antioxidants—berries are rich with nutrients, and they taste great in smoothies.

Talk to your doctor before starting any new diet regimens.

DON'T FORGET



Before you leave the infusion center, be sure to schedule your next IMFINZI infusion in 2 or 4 weeks.

WHAT IS IMFINZI?

IMFINZI is a prescription medicine used to treat adults with a **type of lung cancer called non-small cell lung cancer (NSCLC)**. IMFINZI may be used when your NSCLC has not spread outside your chest, cannot be removed by surgery, and has responded or stabilized with initial treatment with chemotherapy that contains platinum, given at the same time as radiation therapy.

It is not known if IMFINZI is safe and effective in children.

SELECT SAFETY INFORMATION

What is the most important information I should know about IMFINZI?

IMFINZI is a medicine that may treat certain cancers by working with your immune system. IMFINZI can cause your immune system to attack normal organs and tissues in any area of your body and can affect the way they work. These problems can sometimes become severe or life-threatening and can lead to death. You can have more than one of these problems at the same time. These problems may happen anytime during treatment or even after your treatment has ended.

Please see [Important Safety Information](#) on the last page.



TAKING CARE OF MY LOVED ONE AND TAKING CARE OF ME

It can be hard to remember to take care of yourself when you're taking care of someone who has Stage 3 lung cancer. Taking time for self-care each day can help you feel positive and motivated. Here are some ideas to consider:



IF YOU'RE FEELING OVERWHELMED

Try putting all of your loved one's medical information in one place, with a list of doctors involved and their contact information. With all of your loved one's medical information organized, it may be easier for you to reference it later on.



IF YOU'RE LACKING ENERGY

Try to get moving. Exercise can make a big difference to both your physical and mental health. Just a little bit each day can go a long way.



IF YOU'RE IN NEED OF A BREAK

Ask for help. Just because you're caring for someone else doesn't mean you have to do it alone. Though it may be difficult, letting someone lend a hand may give you the support you didn't know you needed.



IF YOU'RE FEELING DISCOURAGED

Set aside some time to do something you enjoy. Whether that's spending time with friends, or picking up an activity you haven't had time for in a while, you shouldn't lose sight of what makes you happy.



IF YOU NEED TO TALK TO SOMEONE

Remember you can always seek support from other caregivers in the lung cancer community. You can connect with support groups in person, over the phone, or online at lungcancer.org.

THANK YOURSELF



Lung cancer doesn't just impact your loved one's life, it also impacts yours. So take care of yourself, and acknowledge everything you're doing for your loved one.

SELECT SAFETY INFORMATION

Call or see your healthcare provider right away if you develop any new or worsening signs or symptoms, including:

Lung problems: cough, shortness of breath, and chest pain

SELECT SAFETY INFORMATION

Liver problems: yellowing of your skin or the whites of your eyes, severe nausea or vomiting, pain on the right side of your stomach-area (abdomen), dark urine (tea colored), and bleeding or bruising more easily than normal

Please see Important Safety Information on the last page.

Important Safety Information

What is the most important information I should know about IMFINZI?

IMFINZI is a medicine that may treat certain cancers by working with your immune system. IMFINZI can cause your immune system to attack normal organs and tissues in any area of your body and can affect the way they work. These problems can sometimes become severe or life-threatening and can lead to death. You can have more than one of these problems at the same time. These problems may happen anytime during treatment or even after your treatment has ended.

Call or see your healthcare provider right away if you develop any new or worsening signs or symptoms, including:

Lung problems: cough, shortness of breath, and chest pain

Intestinal problems: diarrhea (loose stools) or more frequent bowel movements than usual; stools that are black, tarry, sticky, or have blood or mucus; and severe stomach-area (abdomen) pain or tenderness

Liver problems: yellowing of your skin or the whites of your eyes, severe nausea or vomiting, pain on the right side of your stomach-area (abdomen), dark urine (tea colored), and bleeding or bruising more easily than normal

Hormone gland problems: headaches that will not go away or unusual headaches; eye sensitivity to light; eye problems; rapid heartbeat; increase sweating; extreme tiredness; weight gain or weight loss; feeling more hungry or thirsty than usual; urinating more often than usual; hair loss; feeling cold; constipation; your voice gets deeper; dizziness or fainting; and changes in mood or behavior, such as decreased sex drive, irritability, or forgetfulness

Kidney problems: decrease in your amount of urine, blood in your urine, swelling of your ankles, and loss of appetite

Skin problems: rash; itching; skin blistering or peeling; painful sores or ulcers in mouth or nose, throat, or genital area; fever or flu-like symptoms; swollen lymph nodes

Problems can also happen in other organs and tissues. These are not all of the signs and symptoms of immune system problems that can happen with IMFINZI. **Call or see your healthcare provider right away for any new or worsening signs or symptoms, which may include:** Chest pain, irregular heartbeats, shortness of breath or swelling of ankles; confusion, sleepiness, memory problems, changes in mood or behavior, stiff neck, balance problems, tingling or numbness of the arms or legs; double vision, blurry vision, sensitivity to light, eyepain, changes in eyesight; persistent or severe muscle pain or weakness, muscle cramps; and low red blood cells, bruising

Infusion reactions that can sometimes be severe or life-threatening.

Signs and symptoms of infusion reactions may include: chills or shaking, itching or rash, flushing, shortness of breath or wheezing, dizziness, feel like passing out, fever, and back or neck pain

Complications, including graft-versus-host disease (GVHD), in people who have received a bone marrow (stem cell) transplant that uses donor stem cells (allogeneic). These complications can be serious and can lead to death. These complications may happen if you underwent transplantation either before or after being treated with IMFINZI. Your healthcare provider will monitor you for these complications.

Getting medical treatment right away may help keep these problems from becoming more serious. Your healthcare provider will check you

for these problems during your treatment with IMFINZI. Your healthcare provider may treat you with corticosteroid or hormone replacement medicines. Your healthcare provider may also need to delay or completely stop treatment with IMFINZI if you have severe side effects.

Before you receive IMFINZI, tell your healthcare provider about all of your medical conditions, including if you:

- have immune system problems such as Crohn's disease, ulcerative colitis, or lupus
- have received an organ transplant
- have received or plan to receive a stem cell transplant that uses donor stem cells (allogeneic)
- have received radiation treatment to your chest area
- have a condition that affects your nervous system, such as myasthenia gravis or Guillain-Barré syndrome
- are pregnant or plan to become pregnant. IMFINZI can harm your unborn baby

Females who are able to become pregnant

- You should use an effective method of birth control during your treatment and for at least 3 months after the last dose of IMFINZI. Talk to your healthcare provider about birth control methods that you can use during this time.
- Tell your healthcare provider right away if you become pregnant or think you may be pregnant during treatment with IMFINZI.
- are breastfeeding or plan to breastfeed. It is not known if IMFINZI passes into your breast milk. Do not breastfeed during treatment and for at least 3 months after the last dose of IMFINZI.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

What are the possible side effects of IMFINZI?

IMFINZI can cause serious side effects (see above):

The most common side effects in people with non-small cell lung cancer (NSCLC) include cough, feeling tired, inflammation in the lungs, upper respiratory tract infections, shortness of breath, and rash.

Tell your doctor if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of IMFINZI. Ask your healthcare provider or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects related to AstraZeneca products by clicking here. If you prefer to report these to the FDA, either visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

Please see complete Prescribing Information, including Patient Information (Medication Guide), at IMFINZI.com.

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