

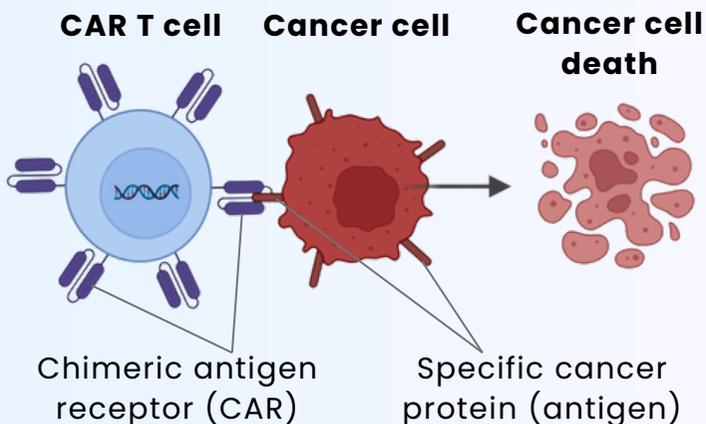
GETTING PREPARED FOR CAR T CELL THERAPY

Being approved for CAR T cell therapy can be exciting, scary, and confusing—all at the same time.

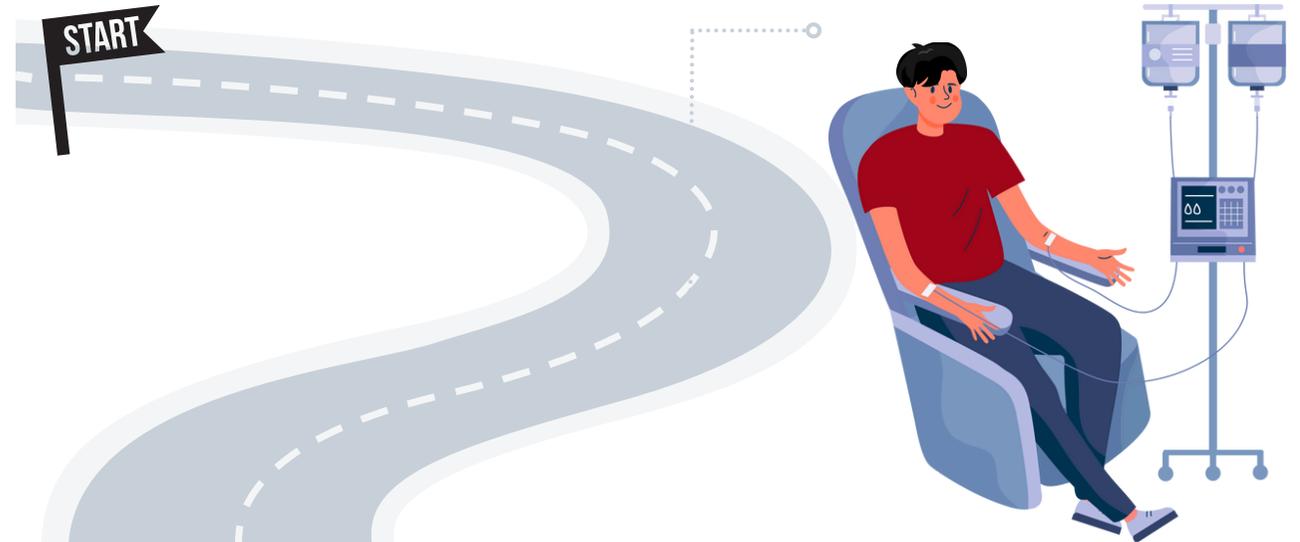
As you begin one of the most advanced cancer therapies available, refer to this brochure to get prepared and learn how to navigate your therapy with confidence.

What is CAR T cell therapy?

T cells are a type of immune cell that fights disease in your body. CAR T cell therapy is a type of therapy that modifies your T cells to better recognize and attack cancer.



What to expect?

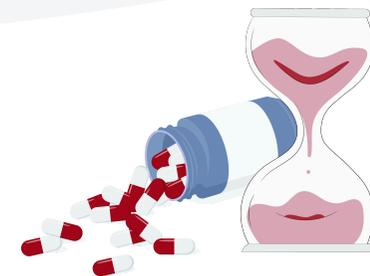
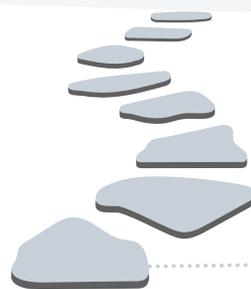
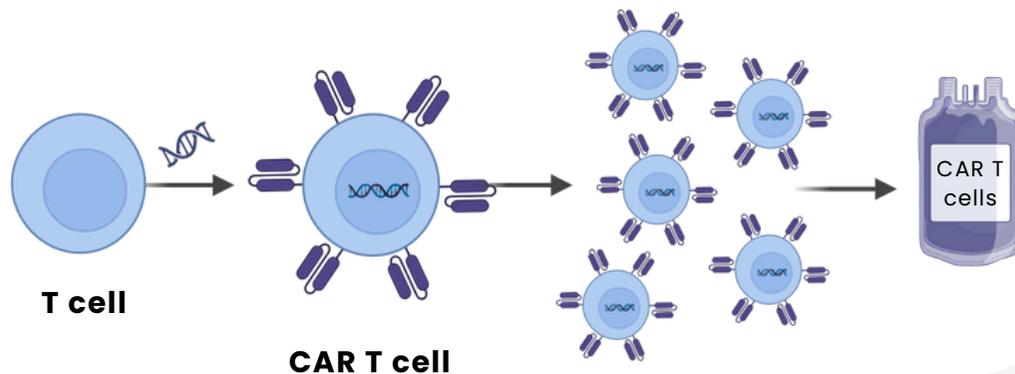


STEP 1

Healthcare providers will collect a sample of your blood in an automated process called apheresis, lasting 4-6 hours. During apheresis, you'll have a thin needle and a tube placed in each of your arms. The blood collected from one arm will go into a special machine that isolates T cells. The machine will then return the remaining blood to your body through the other arm.

STEP 2

Over the course of the next 3 weeks, lab specialists will use genetic engineering to put a protein named chimeric antigen receptor (CAR) on the surface of your isolated T cells, allowing them to recognize and attack cancer. They will then multiply the modified CAR T cells until there are millions, freeze them, and safely store them until you're ready to receive them.

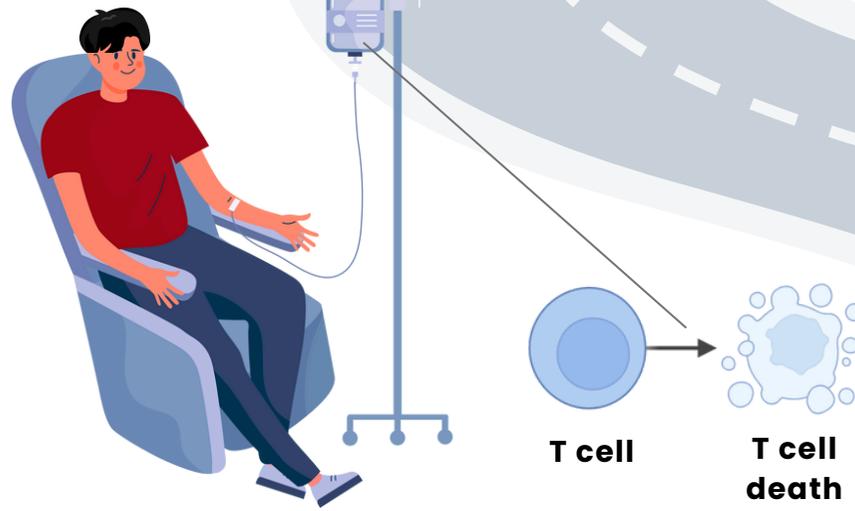


IF NEEDED

In some cases, your doctors will recommend “bridging” chemotherapy to try and keep your cancer from growing while you wait for your cell T cells to be ready. You may also be offered a “prehab” program to improve your well-being and make sure you’re still fit for CAR T cell therapy.

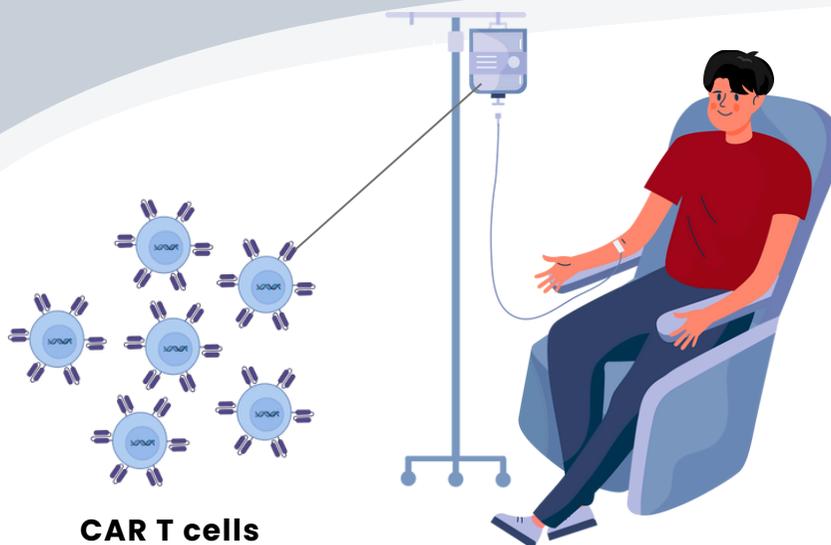
STEP 3

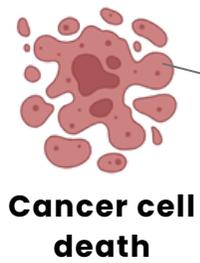
About 7 days before being treated, you'll receive a short course of chemotherapy to kill any remaining T cells in your body. This step, called lymphodepletion, will allow your CAR T cells to multiply and work better once you receive them.



STEP 4

On the day you receive CAR T cell therapy, which takes approximately 30 minutes, your healthcare providers will first thaw out your CAR T cells. They will then give you medicine to help you avoid having an allergic reaction or getting a fever. Once everything is set up, they will return your CAR T cells to your body using an IV drip.





STEP 5

Depending on how quickly you recover, where you live, and whether you have someone who can take care of you during this time, you'll stay in hospital for 10–30 days. During this time, CAR T cells will multiply in your blood and start attacking your cancer cells. If you experience any potential side effects, your healthcare providers will be there to step in and resolve them as quickly as possible.

STEP 6

Once you're cleared to go home, you'll continue having medical check-ups every 2 to 3 months. You'll also need to take medication with the aim of preventing infection for the next year. Meanwhile, the CAR T cells will stay in your body for months to years. Some studies suggest that they may even help prevent your cancer from coming back.



How is CAR T cell therapy different from chemotherapy?

Most chemotherapy drugs kill all rapidly dividing cells, including healthy ones. Whereas, CAR T cells are designed to recognize proteins on the surface of cancer cells, specifically, so they are a lot more precise in how they work.

What are the side effects?

During or after CAR T cell therapy, you may experience some of the following:

- High fever, rapid heartbeat, difficulty breathing, dizziness, nausea, vomiting, diarrhea, exhaustion, and muscle or joint pain (due to a strong immune reaction called cytokine release syndrome)
- Headaches, seizures, confusion, problems with speaking, understanding, and balance (due to effects on the nervous system)
- A higher risk of infections (due to a weakened immune system)

- Fatigue, bruising, and bleeding (due to a low blood cell count)
- Altered levels of minerals in the blood (due to a response of cancer cells, an immune system, and other organs to therapy)
- Allergic reactions (due to sensitivity to certain components of therapy).

As each person is unique, the side effects also vary. This is why your healthcare team will closely monitor you for several weeks after you have received CAR T cell therapy. ***It's very important to report any symptoms to your healthcare team immediately so they can help you recover as quickly as possible.***



What do I need to bring to the hospital?

For your hospital stay, be sure to pack essentials, including:

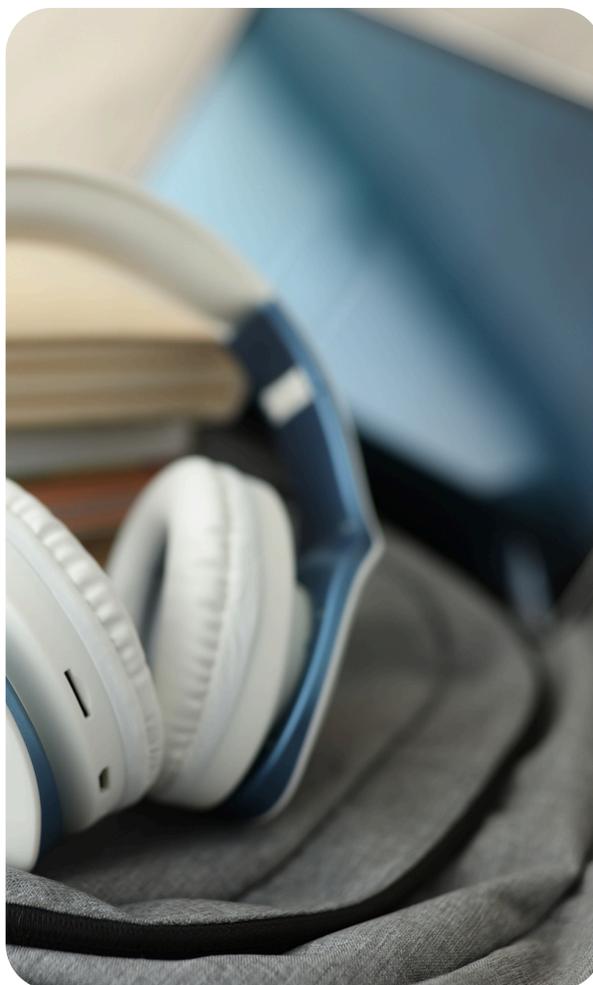
- A soft toothbrush and hypoallergenic wipes and toiletries (your gums and skin may be sensitive while you receive treatment)
- New or freshly washed non-slip slippers, dressing gown, daytime clothes, and nightwear (soft and freshly washed clothes will keep you comfortable and help reduce your risk of infections)
- Eyeglasses (contact lenses can't be used during your treatment due to the increased infection risk).

For added comfort, consider packing these optional extras:

- Entertainment that can ease your mind (such as books, magazines, or electronic devices to enjoy your favorite podcasts, audiobooks, TV shows, movies, and games)
- Supplies for hobbies and activities to

help you pass the time during your recovery (such as knitting, writing, sketching, puzzles, or card games)

- Comforting items that remind you of home (such as framed photos, toys, or duvets).



What else do I need to know?

- This guide doesn't replace talking with your healthcare team. It's important to ask them any questions that may appear during your treatment and share how you're feeling physically and emotionally as you go through each step of the process.
- Staying in a hospital for long periods of time can be draining. It can help to approach CAR T cell therapy with patience, hope, and a healthy sense of humor.
- It's normal to feel contradicting emotions during CAR T cell treatment. Allow yourself to feel whatever may arise. Write things down and/or talk to loved ones when it may offer comfort and support.
- For additional support, you can always ask to be referred to an expert who can help you deal with difficult emotions.
- You may also be advised not to drive for a few weeks after treatment, so try to plan your activities accordingly.

Refer to this booklet as much as you like, and remember—your care team is available for support if additional questions or concerns arise.