

# Tips for the Management of Common Side Effects of HALAVEN®

These are some of the most common side effects of HALAVEN and some tips for management that may help. The full list of side effects can be found in the accompanying Patient Information or by visiting [www.halaven.com](http://www.halaven.com) for additional information. Before you receive HALAVEN, tell your health care provider about all of your medical conditions. Always tell your health care team about any side effects that you are experiencing.



## Numbness, tingling, or pain in your hands or feet

(peripheral neuropathy)



- Avoid hot baths and drinking alcohol, which may worsen these symptoms
- Avoid cold temperatures. Wear gloves and socks
- Practice low-intensity activities (yoga, walking), as discussed with your health care provider
- Be careful when handling sharp objects
- If you have diabetes, control your blood sugar levels as high blood sugar can damage nerves

## Low white blood cell count

(neutropenia)



- Practice good hand hygiene
- Maintain good mouth care, and consider a mouth rinse with salt or baking soda and salt
- Keep cuts or scrapes clean and covered
- Avoid sources of potential bacterial infections (hot tubs, rivers) and eating unpasteurized dairy or undercooked meat
- Avoid contact with sick people or touching human or animal waste

### Who is HALAVEN (eribulin mesylate) Injection for?

HALAVEN is a prescription medicine used to treat adults with breast cancer that has spread to other parts of the body, and who have already received other types of anticancer medicines after the cancer has spread.

### Important Safety Information

#### What safety information do I need to know about HALAVEN?

#### HALAVEN can cause serious side effects, including

- **Low white blood cell count (neutropenia).** This can lead to serious infections that could lead to death. Your health care provider will check your blood cell counts. Call your health care provider right away if you develop fever (temperature above 100.5°F), chills, cough, or burning or pain when you urinate, as any of these can be symptoms of infection
- **Numbness, tingling, or pain in your hands or feet (peripheral neuropathy).** Peripheral neuropathy is common with HALAVEN and sometimes can be severe. Tell your health care provider if you have new or worsening symptoms of peripheral neuropathy
- Your health care provider may delay or decrease your dose or stop treatment with HALAVEN if you have side effects

#### Before you receive HALAVEN, tell your health care provider about all of your medical conditions, including if you

- have liver or kidney problems
- have heart problems, including a problem called congenital long QT syndrome
- have low potassium or low magnesium in your blood
- are pregnant or plan to become pregnant. HALAVEN can harm your unborn baby. Tell your health care provider right away if you become pregnant or think you are pregnant during treatment with HALAVEN. Females who are able to become pregnant should use an effective form of birth control during treatment with HALAVEN and for at least 2 weeks after the final dose of HALAVEN and males should use an effective form of birth control when having sex with female partners who are able to become pregnant during treatment with HALAVEN and for 3½ months (14 weeks) after the final dose of HALAVEN
- are breastfeeding or plan to breastfeed. It is not known if HALAVEN passes into your breast milk. Do not breastfeed during treatment with HALAVEN and for 2 weeks after the final dose of HALAVEN

Please see all Selected Safety Information throughout and full Prescribing Information.

 **Halaven**<sup>®</sup>  
(eribulin mesylate) Injection | 0.5 mg/mL

## Hair loss

(alopecia)



- To help prevent or reduce hair loss/thinning, avoid harsh products for your hair or scalp. Try using mild shampoo and soft brushes
- Avoid using items that might damage your hair (dyes, sprays, or hair bands and clips)
- Decrease frequency of hair washing
- Consider changing your hairstyle before a potential hair loss

## Nausea



- Limit portion size and eat several small meals instead of 3 large meals. Choose easy-to-digest food and drinks:
  - Increase fruit and vegetable intake
  - Limit high-fat products (mayonnaise, butter)
- Avoid fried and spicy food
- Sip water at room temperature all day long, unless your doctor instructs you to limit fluid intake
- Sip flat ginger ale or ginger tea

## Feeling very tired

(fatigue)



- Try to stay active by getting regular exercise (with your health care provider's approval)
- Drink plenty of water as tolerated (unless instructed otherwise by your doctor)
- Eat healthy meals to give you more energy
- Plan rest time in your daily schedule, and ask for help with difficult daily tasks or chores
- Consider mental health counseling, stress management, and relaxation exercises to improve the feelings related to fatigue



Check out the HALAVEN® community on Facebook at [www.facebook.com/halaven](http://www.facebook.com/halaven)



Additional information, patient communities, and other support groups can be found at [www.halaven.com](http://www.halaven.com)

### During your next visit, let your health care provider know if you have any questions and/or new or worsening symptoms

Write down any questions or symptoms you are currently experiencing here so that you can share them with your health care provider.

### Important Safety Information, Continued

**Tell your health care 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 HALAVEN?

**HALAVEN can cause changes in your heartbeat (called QT prolongation).** This can cause irregular heartbeats. Your health care provider may do heart monitoring (electrocardiogram or ECG) or blood tests during your treatment with HALAVEN to check for heart problems.

The most common side effects of HALAVEN in adults with breast cancer include low white blood cell count (neutropenia), low red blood cell count (anemia), weakness or tiredness, hair loss (alopecia), nausea, and constipation.

Your health care provider will do blood tests before and during treatment while you are taking HALAVEN.

**You are encouraged to report negative side effects of prescription drugs to the FDA.**

**Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.**

**Please see all Selected Safety Information throughout and full Prescribing Information.**



HALAVEN® is a registered trademark used by Eisai Inc. under license from Eisai R&D Management Co. Ltd.  
© 2021 Eisai Inc. March 2021 HALA-US3529

 **Halaven**®  
(eribulin mesylate) Injection | 0.5 mg/mL