



Here to Help: The ZYNLONTA[®] Caregiver Companion

Your support during their treatment is very important to the person you care for. This brochure will help you give yourself the support you need too.

Not an actual patient.

What is ZYNLONTA[®]?

ZYNLONTA[®] is a prescription medicine used to treat adults with certain types of large B-cell lymphoma that has come back (relapsed) or that did not respond to previous treatment (refractory), who have already received two or more treatments for their cancer.

It is not known if ZYNLONTA[®] is safe and effective in children.

The approval of ZYNLONTA[®] is based on a type of response rate. There is an ongoing study to confirm the clinical benefit of ZYNLONTA[®].

Please see **Important Safety Information** throughout this brochure and on pages 10-11 and full **Prescribing Information** for ZYNLONTA[®], including Patient Information, on **ZYNLONTA.com**.



Together through ZYNLONTA® treatment

In these pages, you'll find key details and steps for ZYNLONTA® treatment. You'll also find ways to care for yourself while managing your role as a caregiver for someone with diffuse large B-cell lymphoma (DLBCL).

This information can help you reach your "here," a place where you feel most like yourself.

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IMPORTANT SAFETY INFORMATION

What are the possible side effects of ZYNLONTA®?

ZYNLONTA® may cause serious side effects, including:

- **Fluid retention.** Your body may hold too much fluid during treatment with ZYNLONTA®. This can be serious. Tell your healthcare provider if you develop new or worsening swelling or puffiness, weight gain, chest pain, shortness of breath, or trouble breathing

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Tips for starting treatment

Conversations with their doctor

Doctors sometimes use complicated medical terms. Take notes and ask them to explain things if you don't understand.

Examples of questions to ask about treatment

- In case of an emergency, where can I find help after hours and on weekends?
- Which symptoms are more serious than others? When should I call you about them?
- Is there anything the person I care for should avoid while they are getting treatment (diet restrictions, physical limitations, etc)?

3 things to know as a caregiver

1

Your care is important

Don't be afraid to speak up and ask questions.

2

Forgive yourself

Caregiving is not an exact science. Everyone makes mistakes. Some days you'll do better than others. Focus on what you did and are doing well.

3

Take care of yourself

Take time to recognize when you are feeling stressed or burned out. Do whatever you need to do to be at your best.

IMPORTANT SAFETY INFORMATION (continued)

- **Low blood cell counts (platelets, red blood cells, and white blood cells).** Low blood cell counts are common with ZYNLONTA® but can also be serious or severe. Your healthcare provider will monitor your blood counts during treatment with ZYNLONTA®. Tell your healthcare provider right away if you get a fever of 100.4°F (38°C) or above, or any bruising or bleeding

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Planning for the infusion

Consider where they will get infusions

ZYNLONTA® is given by an intravenous (IV) infusion at a doctor's office, clinic, hospital unit, or infusion center.

To help you both feel prepared, here are some questions to ask before the first infusion:

Getting there

- How do we get to and from the treatment location?
- Is there transportation available?
- What options are there for parking?

Visit expectations

- What is the total length of each visit?
- Do I need to stay on-site, or can I leave and come back?
- How much time should we block off for the entire visit?

Treatment effects

- How will treatment affect them?
- Should I expect fatigue after the infusion?
- What can they not do after the infusion?

Aftercare

- How active or independent can they be?
- Will they need my help with anything?
- How can I help keep them as comfortable as possible?

IMPORTANT SAFETY INFORMATION (continued)

- **Infections.** Serious infections, including infections that can cause death, have happened in people treated with ZYNLONTA®. Tell your healthcare provider right away if you have new or worsening signs or symptoms of infection

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Planning for the infusion (continued)

What to do during their infusions

The ZYNLONTA infusion will last about 30 minutes every 3 weeks. You may want to sit with the person you care for during their treatment. Here are some other suggestions to pass the time:



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- Do a sit-down activity together
- Run local errands
- Go for a walk

Get in touch with the care team immediately if the person you're caring for has:



Swelling from
fluid retention



Weight
gain



Bruising, bleeding, or a fever
of 100.4°F (38°C) or higher



Signs of
infection



Any skin
reactions

IMPORTANT SAFETY INFORMATION (continued)

- **Skin reactions.** Serious skin reactions have happened in people treated with ZYNLONTA®. Tell your healthcare provider if you get new or worsening skin reactions, including sensitivity to sunlight, skin rash, peeling, redness or irritation. You may burn more easily or get severe sunburns

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Practical pointers

Juggling finances and paperwork can be stressful, especially when you're focused on caring for someone.



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Scan QR code to get caregiver resources on ZYNLONTA.com >



IMPORTANT SAFETY INFORMATION (continued)

The most common side effects of ZYNLONTA® include:

- feeling tired or weak
- swelling
- muscle or joint pain
- changes in certain blood or laboratory tests
- skin rash
- nausea
- increase in blood sugar (hyperglycemia)

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Get to know their health insurance

Review their plan so you know what it covers. Try to pay on time to avoid coverage issues.

Explore resources for financial support

There is government help available. There also are a few organizations that may be able to help, including the Lymphoma Research Foundation (LRF) and the Leukemia & Lymphoma Society® (LLS).

Get personalized help

Get help with savings, health insurance support, and treatment details with our comprehensive support program, ADVANCING Patient Support.



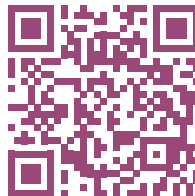


Practical pointers (continued)



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Scan QR code to learn more about
FMLA on [DOL.gov](https://www.dol.gov) >



Document care

Keep your key documents in one place to save time looking for them later. Bring them to appointments to have all the information you need on hand.

Balance work with caregiving

Ask your company about employee benefits and time off arrangements. Check if you qualify for the Family and Medical Leave Act (FMLA).

IMPORTANT SAFETY INFORMATION (continued)

ZYNLONTA® may cause fertility problems in males which may affect your ability to father children. Talk to your healthcare provider if this is a concern for you. These are not all of the possible side effects of ZYNLONTA®.

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Well-being wisdom

Caring for someone else along with your own responsibilities can be a lot. Watch for signs of burnout and try to practice self-care. Ask for help when you need it.

Signs of burnout

If you notice any of these signs or a mix of them, it could mean you're facing burnout:



- Feeling anxious about caregiving responsibilities
- Avoiding social situations
- Not sleeping enough or sleeping too much
- Feeling anger or resentment toward yourself or the person you care for
- Feeling helpless
- Not having energy to do things

Self-care is never selfish

Take time each day to do something for yourself, even if you only have a few minutes:



- Eat healthy
- Exercise
- Get enough sleep
- Connect with friends
- Meditate
- Journal
- Go to therapy

IMPORTANT SAFETY INFORMATION (continued)

What should I avoid while receiving ZYNLONTA®?

Avoid or limit your exposure to sunlight, including sunlight through glass, such as buildings or vehicle windows and artificial sunlight such as sunlamps or tanning beds. Exposure to sunlight during treatment with ZYNLONTA® can cause skin reaction or rash. Use sun protection measures such as sunscreen and wear loose-fitting clothes that cover your skin while out in sunlight.

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Well-being wisdom (continued)

When you ask, you receive

Caring for someone is a big job. Asking for help can be hard but knowing how to ask can make it easier.

Get the help you need:



Know who to ask

You may have friends or family offering to pitch in. There are also government and community resources available.



List out what you need help with

Write a list of errands or tasks that you need help doing. Allow helpers to take on tasks. Use the list to keep track of who's doing what.



Agree on a plan during family meetings

Use this time to keep members up to date on treatment and ways they can help.

IMPORTANT SAFETY INFORMATION (continued)

Before you receive ZYNLONTA[®], tell your healthcare provider about all of your medical conditions, including if you:

- have an active infection or have had one recently
- have liver problems
- are pregnant or plan to become pregnant. ZYNLONTA[®] can harm your unborn baby

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- **Infections.** Serious infections, including infections that can cause death, have happened in people treated with ZYNLONTA®. Tell your healthcare provider right away if you have new or worsening signs or symptoms of infection
- **Skin reactions.** Serious skin reactions have happened in people treated with ZYNLONTA®. Tell your healthcare provider if you get new or worsening skin reactions, including sensitivity to sunlight, skin rash, peeling, redness or irritation. You may burn more easily or get severe sunburns

The most common side effects of ZYNLONTA® include:

- feeling tired or weak
- skin rash
- swelling
- nausea
- muscle or joint pain
- increase in blood sugar (hyperglycemia)
- changes in certain blood or laboratory tests

ZYNLONTA® may cause fertility problems in males which may affect your ability to father children. Talk to your healthcare provider if this is a concern for you. These are not all of the possible side effects of ZYNLONTA®.



What should I avoid while receiving ZYNLONTA®?

Avoid or limit your exposure to sunlight, including sunlight through glass, such as buildings or vehicle windows and artificial sunlight such as sunlamps or tanning beds. Exposure to sunlight during treatment with ZYNLONTA® can cause skin reaction or rash. Use sun protection measures such as sunscreen and wear loose-fitting clothes that cover your skin while out in sunlight.

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

- have an active infection or have had one recently
- have liver problems
- are pregnant or plan to become pregnant. ZYNLONTA® can harm your unborn baby

Females who can become pregnant:

- your healthcare provider may do a pregnancy test before starting treatment with ZYNLONTA®
- you should use effective birth control (contraception) during treatment with ZYNLONTA® and for 10 months after the last dose of ZYNLONTA®. Talk to your healthcare provider about effective birth control. Tell your healthcare provider right away if you become pregnant or think that you are pregnant during treatment with ZYNLONTA®

Males with female partners who can become pregnant:

- you should use effective birth control (contraception) during treatment with ZYNLONTA® and for 7 months after the last dose of ZYNLONTA®
- are breastfeeding or plan to breastfeed. It is not known if ZYNLONTA® passes into breast milk. Do not breastfeed during treatment with ZYNLONTA® and for 3 months after the last dose of ZYNLONTA®

Tell your healthcare provider about all the medicines that you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Know the medicines you take. Keep a list of them to show your healthcare provider or pharmacist when you get new medicine.

You may report side effects to the FDA at **(800) FDA-1088** or www.fda.gov/medwatch. You may also report side effects to ADC Therapeutics at **1-855-690-0340**.





Helpful tools and resources to care for someone with DLBCL

Visit the ZYNLONTA® website for information like:



What to know
as a caregiver

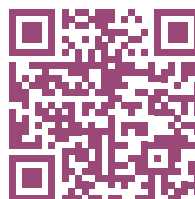


Personalized help
with **ADVANCING**
Patient Support



How to plan for
their infusions

Scan QR code to find more resources from
ZYNLONTA.com >



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Connecting with the community for support

Check out the Lymphoma Research Foundation (LRF) and the Leukemia & Lymphoma Society® (LLS) for caregiving information and financial support.



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