

# Your Treatment Journal:

a place to keep information and find inspiration



All individuals depicted are models and used for illustrative purposes only.

Information provided in this brochure is not a substitute for talking with your healthcare professional. Your healthcare professional is the best source of information about your disease. This brochure is intended for U.S. residents 18 years or older.

 Bristol Myers Squibb™

**OPDIVO**<sup>®</sup>  
(nivolumab)

INJECTION FOR INTRAVENOUS USE 10 mg/mL

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## Introduction

Whether you've just started treatment or are currently on treatment, there can be a lot of information coming at you, and many details to keep track of. We created this journal so you'd have a single place to list important appointments and keep track of how you're doing with your OPDIVO® (nivolumab) infusions.

You'll find a blend of information and inspiration on these pages, along with plenty of space to record your thoughts and feelings while you receive treatment.

During your treatment with OPDIVO, this journal can help you stay on top of important information, including:

- Medications you are taking
- Doctor appointments
- Conversations with healthcare providers
- Health insurance information



## Important Contact Information

Doctor's name:

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Address:

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Phone number:

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Email address:

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Nurse's name:

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Phone number:

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Other healthcare provider's name:

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Phone number:

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Other healthcare provider's name:

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Phone number:

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## Notes About Your Health Insurance

Health insurance provider:

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Phone number:

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Note any questions and answers about your insurance from your health insurance provider.

## Your Current Medications

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

**Know the medications you take.** Keep a list of them to show your healthcare providers and pharmacist when you get a new medication.

**Medications:**

**For:**

**When I take it:**

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

**Other (i.e., vitamins, herbal supplements):**

## Important Notes

### Before You Begin Treatment with OPDIVO® (nivolumab)

Do you have any questions or concerns that you want to share with your healthcare provider? Don't be afraid to speak up—ask as many questions as you need to. Start by listing them here.



## Doctor and Infusion Appointments

## Important Notes

Track all your upcoming appointments, including infusion dates and tests, on these pages.



Date:	Time:	Type:
___/___/___	_____	_____
___/___/___	_____	_____
___/___/___	_____	_____
___/___/___	_____	_____
___/___/___	_____	_____
___/___/___	_____	_____
___/___/___	_____	_____
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___/___/___	_____	_____
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___/___/___	_____	_____
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___/___/___	_____	_____
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___/___/___	_____	_____
___/___/___	_____	_____
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___/___/___	_____	_____
___/___/___	_____	_____
___/___/___	_____	_____
___/___/___	_____	_____
___/___/___	_____	_____
___/___/___	_____	_____

**“True friendship multiplies  
the good in life.”**  
**-Balthasar Gracián**

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Think about specific things that people can do for you:

- Run errands
- Take you to appointments
- Prepare meals
- Help with household chores

Reach out to friends and family, and learn to accept their help. It may make your day easier and give your loved ones the sense that they are standing by you at a difficult time.



## Questions for Your Doctor

**Date of doctor visit** \_\_\_\_/\_\_\_\_/\_\_\_\_

Record any questions you may have for your doctor, and record answers and notes from your doctor visits.



1. Question:

Answer:



2. Question:

Answer:



3. Question:

Answer:

Notes from your doctor visits:

## Notes About Your Treatment

**Week of** \_\_\_\_/\_\_\_\_/\_\_\_\_

Capture any notes and any changes, including side effects, you may be experiencing between doctor visits and infusions. Be sure to communicate any changes, and report all side effects to your healthcare provider right away.

Record any changes you may be experiencing (i.e., physical or emotional):

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**“Live in the moment,  
love beyond words, laugh every day.”**  
**-Unknown**

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There are times when you may be overwhelmed with feelings of uncertainty, worried about treatment, or fearful that your relationships with friends and family may change.

Speak with your healthcare team about ways to deal with your anxiety. Options can include:

- Speaking with a therapist
- Joining a support group
- Practicing meditation



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**“Don’t look back,  
you’ll miss what’s in front of you.”**  
**-Unknown**

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Living with your condition can be the kind of thing that can make you second guess your entire life—what you’ve done or didn’t do, and all the choices you’ve made. It’s an understandable response, but generally not a helpful one.

Why not try focusing on today?

- Become a strong healthcare advocate for yourself, while working closely with your treatment team
- Ask questions of your doctor, and let him or her know if there is something you don’t understand
- Take advantage of counseling, patient navigation services, support groups, nutrition advice, or other services that may be offered



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**Answer:**

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**2. Question:**

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**Answer:**

\_\_\_\_\_



**3. Question:**

\_\_\_\_\_

**Answer:**

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**Notes from your doctor visits:**

\_\_\_\_\_

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**“Write down the thoughts of the moment.  
Those that come unsought for  
are probably the most valuable.”**

**-Francis Bacon**

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You may want to write down your thoughts and feelings on the pages provided in this journal. Many people have found that journaling offers a good way to express difficult feelings, process emotions, and handle day-to-day stresses.



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## Important Notes



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For more information,  
call **1-855-OPDIVO-1**  
or visit **www.OPDIVO.com**



Bristol Myers Squibb is committed to helping patients throughout their OPDIVO treatment.

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7356-US-2100170 02/21