

TRUQAP + abiraterone with prednisone is for certain people with metastatic* prostate cancer that is PTEN-deficient

FOR THE CARE PARTNER OF A

MAN WITH A PLAN AND TRUQAP

BEHIND EVERY PLAN
THERE IS SOMEONE
WHO MAY HELP
MAKE IT WORK.

**THIS IS WHERE
YOU COME IN.**

A practical guide to
help you support
your loved one during
TRUQAP targeted
combination therapy



Actor portrayals.

*Metastatic=cancer that has spread to other parts of the body.

IMPORTANT SAFETY INFORMATION ABOUT TRUQAP® (capivasertib) tablets

Do not take TRUQAP if you have had a severe allergic reaction to TRUQAP or are allergic to any of the ingredients of TRUQAP.

Please see additional Important Safety Information on pages 18-19, and full Prescribing Information, including Patient Information for TRUQAP.

 **Truqap®**
capivasertib
160 mg • 200 mg tablets

Here to support you as you support him

A cancer diagnosis can feel overwhelming. You and your loved one may still be processing what it means and what comes next. If you're reading this, you're likely coordinating appointments, tracking treatment, helping him with forms, and providing emotional support—all at once. **Being a care partner can be challenging but deeply meaningful.** This guide is here to help you feel prepared and supported. Keep it as a handy reference and a reminder to take care of yourself.

Guidance for the moments that matter most

Use this guide as a practical place to better **understand your loved one's diagnosis and treatment plan.** You can also use it to track questions, make notes, and identify the support you may need.



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Please see additional Important Safety Information on pages 18-19, and full Prescribing Information, including Patient Information for TRUQAP.

Glossary

Throughout this brochure, you'll see abbreviations and terms associated with metastatic prostate cancer. Understanding them can help you feel more confident in conversations with the healthcare team. If these terms still seem unfamiliar, you're not alone, and it's always okay to ask the care team to slow down and explain. Here's what they mean:

Abiraterone=an oral hormone therapy drug taken with prednisone (steroid)

ADT=a type of hormone therapy used for prostate cancer (stands for "androgen deprivation therapy")

Biomarkers=signs in your body that doctors can find to learn more about your health

GnRH=gonadotropin-releasing hormone

IHC=a test done on the tissue sample taken through a biopsy to detect PTEN deficiency in tumors (stands for "immunohistochemistry")

Metastatic=cancer that has spread to other parts of the body

Prednisone=a steroid medication

PTEN=a protein that helps block cancer signals (stands for "phosphatase and tensin homolog")

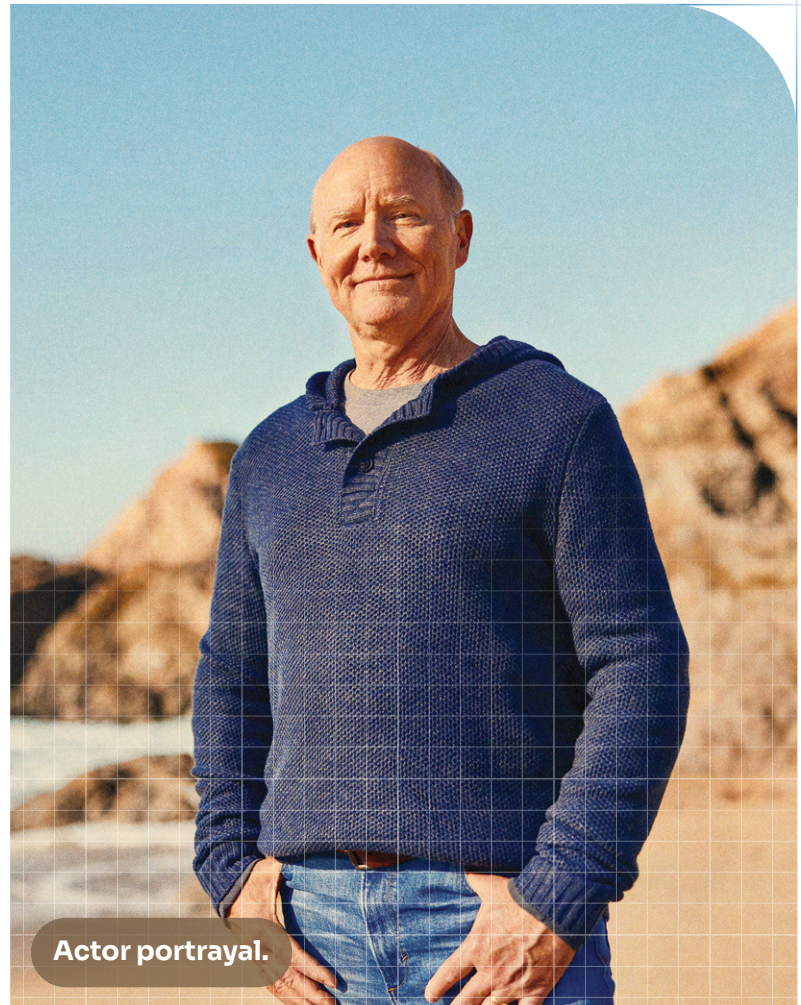
PTEN deficiency=a lack of the PTEN protein that blocks cancer signals. You may hear your healthcare provider refer to this as PTEN loss

Understanding your loved one's diagnosis

If your loved one has been diagnosed with metastatic prostate cancer, it means that prostate cancer has spread to other parts of the body.

The doctor may test for a biomarker called PTEN deficiency using a small sample from your loved one's tumor. PTEN is a protein that blocks cancer signals. When PTEN is deficient, the tumor may grow more quickly and aggressively.

Approximately 1 in 4 people with metastatic prostate cancer that is responding to hormone therapy have tumors that are PTEN-deficient



When **PTEN deficiency** is detected, there is an additional path for the tumor to grow despite hormone therapy.

TRUQAP + abiraterone with prednisone is the first and only targeted combination therapy of its kind for metastatic prostate cancer that is PTEN-deficient.

- **TRUQAP blocks cancer signals that tell cells to grow or spread**
- **Abiraterone* lowers testosterone, a hormone that fuels tumor growth**

*Abiraterone is taken with prednisone.

Helping your loved one stay on track

Creating a consistent routine may make treatment feel more manageable, especially at the beginning. As a care partner, you may be helping coordinate appointments and medications. So, establishing a clear plan is valuable. It may help your loved one stay on track and reduce confusion. TRUQAP is always taken as part of a combination therapy with abiraterone and prednisone, but each has a different dosing schedule.

The blister pack is designed with clear instructions to help keep your loved one on track with their medication schedule—at home or on the go.

TRUQAP
 **4 DAYS ON / 3 DAYS OFF**

Two tablets (200 mg each), twice a day, totaling 4 tablets each day by mouth (800 mg daily dose), 4 days a week.

Ensure your loved one takes TRUQAP exactly as their doctor directs, as the doctor may adjust the dosage. It's important that they don't change or stop taking TRUQAP without the doctor's guidance.

ABIRATERONE (ABI)

Two tablets (500 mg each), once a day (1000 mg daily dose), regardless of whether it is a day you are taking TRUQAP or not. TRUQAP is always taken as part of a combination therapy with abiraterone, but each has a different dosing schedule.

PREDNISONE (PRED)

The doctor will also prescribe prednisone, a steroid. 5 mg taken orally, once daily, or as the doctor prescribes.



The doctor will also prescribe ADT. Ensure your loved one takes it according to how the doctor has prescribed it.

If you have not had surgery to remove both testicles (bilateral orchiectomy), your healthcare provider will prescribe a GnRH to take with TRUQAP. This will be in addition to abiraterone and prednisone.

Treatment schedule	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
AM	TRUQAP  + ABI  + PRED 	TRUQAP  + ABI  + PRED 	TRUQAP  + ABI  + PRED 	TRUQAP  + ABI  + PRED 	TRUQAP — + ABI  + PRED 	TRUQAP — + ABI  + PRED 	TRUQAP — + ABI  + PRED 
PM	TRUQAP 	TRUQAP 	TRUQAP 	TRUQAP 	TRUQAP —	TRUQAP —	TRUQAP —

Packaging features include:



Blank start date
on the front for
customizable,
weekly tracking



AM/PM-labeled
and color-coded
dosing cues



Travel-friendly
packaging

How should I store TRUQAP?

- Ensure TRUQAP is stored in its original packaging at room temperature between **68 °F and 77 °F (20 °C to 25 °C)**
- Properly discard TRUQAP after **45 days** if tablets are not kept in the original packaging
- TRUQAP is available in **child-resistant packaging**

Was a dose missed?

If your loved one misses a dose of TRUQAP, he may still take it within **4 hours** of the time he usually takes it. If more than 4 hours have passed, have him **skip that dose** and take his next dose at the usual time. **Make sure he doesn't take 2 doses** at the same time to make up for a missed dose.



With TRUQAP, your loved one can choose the best day of the week to start.

Please see additional Important Safety Information on pages 18–19, and full Prescribing Information, including Patient Information for TRUQAP.

Helpful reminders when taking TRUQAP



Do not take damaged tablets

Check tablets before giving them. Do not let your loved one take any tablets that are broken, cracked, or appear damaged.



Avoid grapefruit

It's best to avoid consuming grapefruit juice or grapefruit during treatment with TRUQAP.



Swallow whole

Ensure your loved one swallows TRUQAP tablets whole with water. Do not chew, crush, or split the tablets.



Take with or without food

TRUQAP can be taken with or without food. Together, you and your loved one can establish a routine that works best.



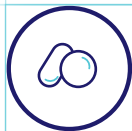
Don't double up

If vomiting occurs after taking a dose, your loved one should not take another dose. He should take the next dose at the usual time.



Talk to the doctor

Tell your loved one's doctor about all the medicines he takes, including prescription and over-the-counter medicines, vitamins, and herbal supplements. TRUQAP may affect the way other medicines work, and other medicines may affect how TRUQAP works.



Keep an up-to-date medication list

Keep a list of the medicines your loved one takes and show it to the doctor, nurse, or pharmacist when a new medicine is prescribed.

Care partner checklist: “Before we start”

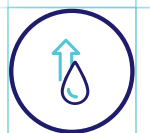
- ☐ Confirm a consistent daily time for taking TRUQAP and other medicines with the care team
- ☐ Ensure the 4-days-on, 3-days-off dosing schedule is followed each week
- ☐ Use more than one tracking tool: phone reminders, a pill organizer, a calendar, or the Medication Tracker
- ☐ Save clinic contact numbers in your phone (daytime + after-hours)
- ☐ Recognize side effects early and make sure you contact the healthcare team promptly so they can help address symptoms
- ☐ Tell the healthcare provider about all medical conditions, including:
 - a history of high levels of sugar in blood or diabetes
 - a history of rash or other skin disorders
 - liver problems
 - any current infection

Notes

Please see additional Important Safety Information on pages 18–19, and full Prescribing Information, including Patient Information for TRUQAP.

Helping your loved one manage side effects

TRUQAP may cause side effects, some of which can be severe. Before starting treatment, **talk with the doctor or nurse about what to expect**. During treatment with TRUQAP, **track any side effects your loved one experiences, and contact the healthcare provider if side effects occur**. They may offer ways to help manage symptoms. Below are suggestions to help manage common side effects.



High blood sugar levels

- High blood sugar levels, known as hyperglycemia, are common with TRUQAP and can be severe
- Hyperglycemia has happened in people with and without a history of diabetes
- Untreated severe hyperglycemia can lead to a condition called diabetic ketoacidosis, which is a serious condition that requires treatment in a hospital and can lead to death. It is possible to develop diabetic ketoacidosis while taking TRUQAP
- **Your loved one's doctor will monitor their blood sugar levels before starting and during treatment with TRUQAP**
- It is not known if TRUQAP is safe in people with type 1 diabetes or people who use insulin to treat their diabetes
- If your loved one has a history of diabetes, the doctor will monitor blood sugar levels more often
- If your loved one has a fever, chills, infection, serious injury, or a new illness, contact your loved one's healthcare provider before they take their next dose

Recognize symptoms of high blood sugar

Tell the doctor right away if your loved one develops symptoms of high blood sugar, including:

- excessive thirst
- dry mouth
- more frequent urination than usual or a bigger amount of urine than normal
- blurred vision
- increased appetite with weight loss
- stomach area (abdominal) pain
- unusual tiredness
- confusion
- nausea
- vomiting
- fruity odor on breath
- dry or flushed skin
- difficulty breathing
- sleepiness



Diarrhea

- Diarrhea is common during treatment and can be severe
- Talk to the doctor if your loved one develops any signs of diarrhea, including loose or watery stool
- Ask the doctor about over-the-counter treatments that you could have on hand that may help with diarrhea

Tips to help manage diarrhea

- Call your loved one's doctor at the first sign of diarrhea
- Increase fluid intake
- Encourage limiting dairy products
- Help avoid spicy foods
- Help limit caffeine intake
- Giving TRUQAP with food may help reduce the risk of getting diarrhea*



Rashes and skin reactions

- Skin reactions are common during treatment and can be severe
- Tell your loved one's doctor or get medical help right away if they experience a new or worsening rash; reddening of the skin; a fever; blistering of the lips, eyes, or mouth; blisters on the skin; skin peeling; or dry skin

Tips to help manage rashes and skin reactions

- At the first sign of skin irritation, call your loved one's doctor. The doctor may recommend over-the-counter creams or prescriptions. Additionally, you can take care to avoid skin irritants
- Help avoid body washes and lotions with dyes and perfumes
- Switch to dye- and fragrance-free detergent
- Suggest wearing cotton or linen fabrics



Tips to help manage tiredness

- Step in to help your loved one with household duties
- Help create time for rest and recovery
- Encourage physical activity, but check with the doctor first

If your loved one experiences any side effects, talk to the doctor right away.

*Based on an early study in healthy participants.

Please see additional Important Safety Information on pages 18–19, and full Prescribing Information, including Patient Information for TRUQAP.

How you can help support treatment

The care partner role can be challenging at times. But the pressure you feel can be eased with a plan that works for you, so you can help figure out what works for them. As a care partner, there are things you can do to help:

- **Help track symptoms** and note when they start or change
- **Encourage open communication** with the healthcare team about any side effects
- **Ask about tips or supportive care options** that may help manage symptoms and improve comfort

It's important to recognize side effects early and communicate with the doctor promptly.

Actor portrayals.



Helpful tools can make treatment easier to manage. [Scan here to download the Side Effects Tracker.](#)

Practical support you can provide at home

- Keep a simple symptom log by noting the date, details of the occurrence, and severity of the side effect
- Help your loved one stay consistent with follow-up labs, blood tests, scans, and appointments (bring a calendar and set reminders on your phone)
- If something feels off, **it's okay to call** the nurse line for guidance



When to call the healthcare provider

Call your healthcare provider if your loved one has:

- New or worsening symptoms that feel hard to manage
- Symptoms that interrupt sleep, meals, or daily routines

Actor portrayals.



Caring for yourself as a care partner

Taking care of yourself is an important part of being able to support someone living with metastatic prostate cancer. Caring for a loved one during treatment can be both emotionally and physically demanding. Having a few ways to care for yourself can help you stay steady during uncertain or stressful moments. Below are some ideas you may find helpful along the way.



Express yourself

- Connect with other care partners through support groups or online communities
- Write down your thoughts or feelings to help process what you're experiencing
- Talk openly with someone you trust about the ups and downs
- Consider counseling or therapy. Many virtual options are available if in-person visits aren't possible

Please see additional Important Safety Information on pages 18–19, and full Prescribing Information, including Patient Information for TRUQAP.



Stay connected

- Accept help from friends, family, or others when it's offered
- Plan small moments to look forward to, such as a walk, coffee with a friend, or shared downtime
- Explore professional or volunteer services that can help with certain tasks
- Make time for personal interests or hobbies that help you feel like yourself



Build healthy habits

- Prepare simple, nourishing meals ahead of time when possible
- Find gentle movement or exercise that gives you a break and helps relieve stress. Talk with a healthcare provider before making major lifestyle changes
- Try stress-management techniques such as deep breathing, yoga, or meditation
- Aim for rest when you can. Even short breaks can make a difference



Prevent burnout before it builds

- Making self-care a regular part of your routine, even in small ways, can help prevent burnout and help support your well-being as you care for someone on TRUQAP treatment
- Taking care of yourself is not a luxury; it's part of how you continue showing up with strength and compassion. Care partners often push their own needs aside. A sustainable plan helps both of you

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Take time for a simple self-check

In the last week, have you:

- Been sleeping poorly most nights?
- Felt constantly on edge or tearful?
- Stopped doing the things that normally help you reset?

If yes, consider a small next step:

- Ask a friend/family member to cover one task this week
- Talk to a counselor or social worker through the clinic
- Join a prostate cancer support community (in-person or online)

You may not be able to do everything. But the small steps you take to care for yourself can make a big difference for both of you.



Actor portrayal.

Support and resources

Helping you and your loved one access care

If the doctor has prescribed **TRUQAP® (capivasertib)**, you or your loved one may have questions. The AstraZeneca Access 360™ program can help.

We can answer your questions about:



Insurance coverage



Out-of-pocket costs



Patient assistance programs



To learn more about the program, please call
1-844-ASK-A360 (1-844-275-2360)
Monday through Friday, 8 AM - 6 PM ET
or visit www.MyAccess360.com

Explore the Savings

Patients may pay

\$0*

co-pay offer

You may be able to pay as little as
\$0 per month with the TRUQAP
Patient Savings Program*

*Subject to eligibility. Restrictions apply.

The **MyTRUQAP Support Program** was created to help you and your loved one while he's on treatment, with tips and resources, including:



Email updates

Get helpful information and updates about taking TRUQAP and more



TRUQAP resources

Receive helpful resources during treatment



Financial help

Want to learn about savings?
We can help



Scan here to enroll
TRUQAP.com/prostate-myTRUQAPsignup in the
MyTRUQAP Support Program

Actor portrayals.

What is TRUQAP?

TRUQAP is a prescription oral medicine used in combination with the medicines abiraterone and prednisone to treat adults who have PTEN-deficient prostate cancer that has spread to other parts of the body (metastatic).

Your healthcare provider will test your prostate cancer to see if it has PTEN deficiency to make sure that TRUQAP is right for you.

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

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Do not take TRUQAP if you have had a severe allergic reaction to TRUQAP or are allergic to any of the ingredients of TRUQAP.

Before you take TRUQAP, tell your healthcare provider about all your medical conditions, including if you:

- have a history of high levels of sugar in your blood or diabetes
- have a history of rash or other skin disorders
- have liver problems
- have any current infection

Males with female partners who are able to become pregnant should use effective birth control during your treatment with TRUQAP and for 4 months after the last dose. If your female partner becomes pregnant, tell your healthcare provider right away.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. TRUQAP may affect the way other medicines work, and other medicines may affect how TRUQAP works. Know the medicines you take. Keep a list of them to show your healthcare provider or pharmacist when you get a new medicine.

How should I take TRUQAP?

- Take TRUQAP exactly as your healthcare provider tells you
- Do not change your dose or stop taking TRUQAP unless your healthcare provider tells you
- Take TRUQAP 2 times each day (about 12 hours apart) in the morning and evening, at about the same times each day
- Take TRUQAP for 4 days in a row, followed by 3 days not taking TRUQAP each week
- Take TRUQAP with or without food
- Swallow TRUQAP tablets whole with water. Do not chew, crush, or split the tablets. Do not take any tablets that are broken, cracked, or that look damaged
- If you miss a dose of TRUQAP, you may still take it within 4 hours from the time you usually take it. If it has been more than 4 hours after you usually take your dose, skip that dose. Take the next dose at your usual time. Do not take 2 doses to make up for a missed dose
- If you vomit after taking a dose of TRUQAP, do not take an additional dose. Take your next dose at your usual time
- For men who have not had surgery to remove both testicles (bilateral orchiectomy), your healthcare provider will prescribe a gonadotropin-releasing hormone (GnRH) to take with TRUQAP along with abiraterone and prednisone

What are the possible side effects of TRUQAP?

TRUQAP may cause serious side effects, including:

- **High blood sugar levels (hyperglycemia)** – Hyperglycemia is common with TRUQAP and can be severe. Hyperglycemia has happened in people with and without a history of diabetes. Untreated severe hyperglycemia can lead to a condition called diabetic ketoacidosis that can happen in people treated with TRUQAP. Diabetic ketoacidosis is a serious condition that requires treatment in a hospital and that can lead to death. Your healthcare provider will monitor your blood sugar levels before you start and during treatment with TRUQAP. It is not known if TRUQAP is safe in people with type 1 diabetes or people who use insulin to treat their diabetes. Your healthcare provider will monitor your blood sugar levels more often if you have a history of diabetes. If you have a fever, chills, infection, serious injury, or a new illness, tell your healthcare provider before taking your next dose. Tell your healthcare provider right away if you develop symptoms of hyperglycemia, including excessive thirst, dry mouth, more frequent urination than usual or a bigger amount of urine than normal, blurred vision, increased appetite with weight loss, stomach area (abdominal) pain, unusual tiredness, confusion, nausea, vomiting, fruity odor on breath, dry or flushed skin, difficulty breathing, sleepiness
- **Diarrhea** – Diarrhea can be severe during treatment with TRUQAP. Severe diarrhea can lead to the loss of too much body water (dehydration). Tell your healthcare provider if you develop any signs of diarrhea, including loose or watery stool. Your healthcare provider will tell you to drink more fluids or take medicines to treat diarrhea
- **Skin reactions** – Skin reactions can be severe during treatment with TRUQAP. Tell your healthcare provider or get medical help right away if you get a new or worsening rash, reddening of the skin, fever, blistering of the lips, eyes or mouth, blisters on the skin, skin peeling, or dry skin

Your healthcare provider may tell you to decrease your dose, temporarily stop your treatment, or completely stop your treatment with TRUQAP if you get certain serious side effects.

The most common side effects of TRUQAP when used in combination with abiraterone and prednisone include skin reactions, diarrhea, tiredness, and changes in certain blood tests.

These are not all the possible side effects of TRUQAP. Call your healthcare provider for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

What should I avoid while taking TRUQAP?

- You should not drink grapefruit juice or eat grapefruit during treatment with TRUQAP

Please see full Prescribing Information, including Patient Information for TRUQAP.

You may report side effects related to AstraZeneca products [↗](#).

A plan to support yourself as a care partner



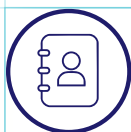
Prioritize your well-being: Ensure you take time for self-care to stay mentally and physically healthy



Stay organized: Keep track of your loved one's treatment plan, dosing, and routines to reduce stress



Monitor together: Help monitor symptoms and side effects, sharing observations to maintain open communication with healthcare providers



Keep important contacts handy: Save crucial contact numbers for quick access, allowing you to address concerns without delay



Discover helpful resources at TRUQAP.com

Actor portrayals.

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 **Truqap[®]**
capivasertib
160 mg • 200 mg tablets