

ORGOVYX[®]
(relugolix) 120mg
tablets

THE ONLY ORAL ADT

Helping to manage side effects



Not an actual patient

It's important to understand what to expect as you begin your treatment on ORGOVYX[®]. Inside, you'll find information about some side effects you may experience while taking ORGOVYX and suggestions to discuss with your healthcare team.

These are not all the possible side effects of ORGOVYX. Call your doctor for medical advice about side effects or if you have a side effect that bothers you or does not go away. These tips should not replace your doctor's advice and have not been studied in men taking ORGOVYX. **Make sure to check with your doctor before starting a new physical activity.**

IMPORTANT SAFETY INFORMATION & USE

What is ORGOVYX?

ORGOVYX is a prescription medicine used in adults for the treatment of advanced prostate cancer. It is not known if ORGOVYX is safe or effective in females or children.

Do not take ORGOVYX if you have had a severe allergic reaction to relugolix or any of the ingredients in ORGOVYX.

What should I tell my healthcare provider before taking ORGOVYX?

Tell your healthcare provider about all of your medical conditions, including if you:

- Have any heart problems, including a condition called long QT syndrome.
- Are pregnant or plan to become pregnant. ORGOVYX can harm your unborn baby and cause loss of pregnancy (miscarriage).

Please see Important Safety Information throughout and full Prescribing Information and Patient Product Information for ORGOVYX.

ADT = Androgen Deprivation Therapy.

These suggestions may help you manage some common side effects you may experience. These are not all of the possible side effects of ORGOVYX. Other serious side effects include heart rhythm problems due to changes in the electrical activity of your heart (QT prolongation) and harm to an unborn baby. If you have a side effect that bothers you or does not go away, call your doctor. These tips should not replace your doctor's advice.

1 For hot flashes/flushes:

Keep cool. Keeping your home cool can help with hot flashes. When experiencing a hot flash, try lowering the room temperature, using fans or air conditioning when possible, or sipping ice water at the start of a hot flash.

Avoid triggers. Certain activities or foods can trigger a hot flash, like smoking cigarettes or e-cigarettes, drinking coffee, or eating spicy food.

Dress comfortably. Wear layers of loose-fitting clothing and clothing made of lightweight material.

Focus on relaxing. Deep breathing and other relaxation techniques can also help with hot flashes. Do deep breathing exercises a few times a day or right before you feel a hot flash coming on.

2 For muscle and joint pain:

Use hot or cold compresses. When experiencing muscle or joint pain, use localized heat therapy, such as a heating pad. To help ease discomfort, remember RICE (rest, ice, compression, elevation).

Get moving. Sitting or standing for long periods of time can be difficult on muscles and joints. Talk to your doctor about doing regular gentle exercise to help manage your pain.

3 For feeling tired:

Stay active. Exercising can help you feel more energized. Try keeping your current level of activity or get about 3-5 hours of exercise a week. Try incorporating daily walks into your routine, or other low-impact exercise like yoga. Talk to your doctor before starting or continuing an exercise routine.

Regular sleep. Try to get regular sleep at night instead of taking naps during the day. Limit naps to 15-20 minutes in late mornings or early afternoons. Try to go to bed at the same time every night.

Talk with your doctor about your diet. Take note of how you feel after eating certain foods. You might find some foods make you feel more tired, while others may give you more energy.

IMPORTANT SAFETY INFORMATION (cont'd)

What should I tell my healthcare provider before taking ORGOVYX? (cont'd)

Tell your healthcare provider about all of your medical conditions, including if you:

- Have a partner who is pregnant or may become pregnant.
 - Males who have female partners who are able to become pregnant should use effective birth control (contraception) during treatment with ORGOVYX and for 2 weeks after the last dose of ORGOVYX.
- Are breastfeeding or plan to breastfeed. It is not known if ORGOVYX passes into your breast milk.

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4 For diarrhea:

Try the BRAT (bananas, rice, applesauce, toast) diet. Bland and starchy foods like these can help you have firmer bowel movements.

Stay hydrated. Diarrhea can dehydrate you, so it's important to drink plenty of room-temperature liquids such as water, tea, ginger ale, or fruit juices.

Avoid trigger foods. Try avoiding fried foods, raw vegetables, and high-fiber foods. Consider talking to your doctor or dietitian for more information.

5 For constipation:

Drink plenty of fluids. Constipation can sometimes be caused by not drinking enough fluids. Try to make sure you're drinking enough water.

Avoid gas-forming foods and beverages. Try avoiding foods such as broccoli, cabbage, and carbonated beverages.

Eat more food with fiber. Constipation can also be caused by a lack of fiber in the diet. You can add more fiber to your diet by eating more vegetables, fruits, and whole grain cereals.

6 For sexual dysfunction:

Exercise the pelvic floor muscles. Exercising the superficial pelvic floor muscles can help enhance erections. Find your pelvic floor muscles and tighten them as strongly as possible several times a day to increase the muscle strength.

Consider lifestyle changes. Risk factors linked to sexual dysfunction include obesity, a lack of exercise, and smoking.

Ask about other options. Your doctor may have information on prescriptions or procedures that may help.

IMPORTANT SAFETY INFORMATION (cont'd)

What should I tell my healthcare provider before taking ORGOVYX? (cont'd)

Tell your healthcare provider about all the medicines or treatments you receive, including: prescription and over-the-counter medicines, vitamins, and herbal supplements. Taking ORGOVYX with certain other medicines can affect how ORGOVYX works or may cause side effects.

You should not start or stop any medicine before you talk with your healthcare provider who prescribed ORGOVYX.

Please see Important Safety Information throughout and full [Prescribing Information](#) and [Patient Product Information](#) for ORGOVYX.

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Talk to your doctor about any side effects you may be experiencing and how to best manage them.

For more information and patient resources, visit ORGOVYX.com/patient-resources.



IMPORTANT SAFETY INFORMATION (cont'd)

What are the possible side effects of ORGOVYX?

Serious side effects of ORGOVYX include:

- **Changes in the electrical activity of your heart (QT prolongation).** Your healthcare provider may check your body salts (electrolytes) and the electrical activity of your heart during treatment with ORGOVYX. Tell your healthcare provider right away if you get any signs or symptoms of QT prolongation, including:
 - dizziness
 - fainting
 - feeling that your heart is pounding or racing (palpitations)
 - chest pain
- **Allergic reactions.** Stop taking ORGOVYX and tell your healthcare provider or get emergency medical help right away if you get any signs or symptoms of an allergic reaction, including:
 - swelling of your face, lips, tongue, throat, or trouble swallowing
 - trouble breathing
 - hives (raised bumps), rash, or redness all over your body

Most common side effects of ORGOVYX include:

- hot flushes
- muscle and joint pain
- tiredness
- increased blood sugar levels
- decreased blood hemoglobin levels
- constipation
- increased blood fat (triglyceride) levels
- increased liver enzymes
- diarrhea

ORGOVYX may cause other side effects including weight gain, decreased sex drive, and erectile function problems. ORGOVYX 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 the possible side effects of ORGOVYX. Call your doctor for medical advice about side effects or if you have a side effect that bothers you or does not go away.

You may report side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

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