



# MEAL PLANNER

---

A guide to taking PROMACTA

*Patient portrayal.*

Please see Important Safety Information throughout and [click here](#) for full Prescribing Information, including Boxed WARNING, and Medication Guide.

 **PROMACTA**<sup>®</sup>  
(eltrombopag)

12.5mg, 25mg, 50mg, 75mg tablets  
12.5mg, 25mg oral suspension

# How to take PROMACTA

Here are some helpful tips on how to take your medicine



At home



At work



On the go

## Do:

- Take PROMACTA at the same time every day
- Take PROMACTA once first thing in the morning OR once at bedtime

## Don't:

- Split, chew, or crush PROMACTA tablets
- Mix PROMACTA into food or liquids
- Take PROMACTA more than once a day—even if you miss a dose

## Important things to know:

1

PROMACTA can be taken without a meal or with a meal low in calcium ( $\leq 50$  mg)



2

PROMACTA should be **taken 2 hours before or 4 hours after** taking any medications or products containing polyvalent cations,\* such as antacids, calcium-rich foods, and mineral supplements



\*Examples of polyvalent cations: Iron, calcium, aluminum, magnesium, selenium, and zinc.

## Convenient once-daily oral dosing

### Approved Uses and Important Safety Information

#### Approved Uses for PROMACTA® (eltrombopag)

PROMACTA is a prescription medicine used to treat adults and children 1 year and older with low blood platelet counts due to persistent or chronic immune thrombocytopenia (ITP) when other medicines to treat your ITP or surgery to remove the spleen have not worked well enough. PROMACTA is used to try to raise platelet counts in order to lower your risk for bleeding.

PROMACTA is not used to make platelet counts normal.

PROMACTA is for treatment of certain people with low platelet counts caused by persistent or chronic ITP, chronic hepatitis C virus (HCV), or severe aplastic anemia (SAA), not for a precancerous condition called myelodysplastic syndromes (MDS) or low platelet counts caused by other conditions or diseases.

It is not known if PROMACTA is safe and effective in children with chronic HCV or previously treated SAA, in children younger than 1 year with ITP, or children younger than 2 years when used in combination with standard immunosuppressive therapy as the first treatment for SAA.

Please see Important Safety Information throughout and [click here](#) for full Prescribing Information, including Boxed WARNING, and Medication Guide.

**PROMACTA**<sup>®</sup>  
(eltrombopag)  
12.5mg, 25mg, 50mg, 75mg tablets  
12.5mg, 25mg oral suspension



Patient portrayal.



If you miss a dose of PROMACTA, wait to take your dose at the next scheduled time. Do not take more than 1 dose of PROMACTA in a 24-hour period

### Important Safety Information for PROMACTA® (eltrombopag)

#### What is the most important information I should know about PROMACTA?

PROMACTA can cause serious side effects, including:

#### Liver problems.

PROMACTA may increase your risk of liver problems that may be severe and possibly life-threatening. Your health care provider will do blood tests to check your liver function before you start taking PROMACTA and during treatment. Your health care provider may stop your treatment with PROMACTA if you have changes in your liver function blood tests.

Tell your health care provider right away if you have any of these signs and symptoms of liver problems:

- yellowing of the skin or the whites of the eyes (jaundice)
- unusual darkening of the urine
- unusual tiredness
- right upper stomach area (abdomen) pain
- confusion
- swelling of the stomach area (abdomen)

Please see Important Safety Information throughout and [click here](#) for full Prescribing Information, including Boxed WARNING, and Medication Guide.

**PROMACTA**<sup>®</sup>  
(eltrombopag)  
12.5mg, 25mg, 50mg, 75mg tablets  
12.5mg, 25mg oral suspension



Patient portrayal.



## Check the FoodData Central website for a comprehensive list of foods and supplements!

Find nutritional values for your specific foods and supplements on the FoodData Central website. Visit <https://fdc.nal.usda.gov>.

### Important Safety Information for PROMACTA® (eltrombopag) (continued)

#### What are the possible side effects of PROMACTA?

PROMACTA may cause serious side effects, including:

- **Worsening of a precancerous blood condition to a blood cancer called acute myelogenous leukemia (AML).** PROMACTA is not for treatment of people with a precancerous condition called myelodysplastic syndromes (MDS). If you have MDS and receive PROMACTA, your MDS condition may worsen and become AML. If MDS worsens to become AML, you may die sooner from AML

Please see Important Safety Information throughout and [click here](#) for full Prescribing Information, including Boxed WARNING, and Medication Guide.

**PROMACTA**<sup>®</sup>  
(eltrombopag)  
12.5mg, 25mg, 50mg, 75mg tablets  
12.5mg, 25mg oral suspension

# PROMACTA and food

Consuming certain foods or products too close to your dose can keep the medication from working correctly. Some examples include:



## Dairy products

- Milk (including almond and rice milk)
- Yogurt and frozen yogurt
- Cheese\*
- Ice cream



## Calcium-fortified foods

- Some types of oatmeal
- Orange juice
- Dry cereal
- Bread



## Leafy green vegetables

- Collard greens
- Spinach



## Tofu and other soy products



## Some types of seafood

- Clams
- Trout



## Antacids, multivitamins, or supplements

These may contain iron, calcium, aluminum, magnesium, selenium, or zinc.

\*Just 1 slice of American cheese has 150 mg of calcium.



**Let's get cooking!** Find recipes on the next pages

## Important Safety Information for PROMACTA® (eltrombopag) (continued)

### What are the possible side effects of PROMACTA? (continued)

- **High platelet counts and higher risk for blood clots.** Your risk of getting a blood clot is increased if your platelet count is too high during treatment with PROMACTA. Your risk of getting a blood clot may also be increased during treatment with PROMACTA if you have normal or low platelet counts. You may have severe problems or die from some forms of blood clots, such as clots that travel to the lungs or that cause heart attacks or strokes. Your health care provider will check your blood platelet counts and change your dose or stop PROMACTA if your platelet counts get too high. Tell your health care provider right away if you have signs and symptoms of a blood clot in the leg such as swelling, pain, or tenderness.

People with chronic liver disease may be at risk for a type of blood clot in the stomach area. Tell your health care provider right away if you have stomach area pain that may be a symptom of this type of blood clot

- **New or worsened cataracts (a clouding of the lens in the eye).** New or worsened cataracts have happened in people taking PROMACTA. Your health care provider will check your eyes before and during your treatment with PROMACTA. Tell your health care provider about any changes in your eyesight while taking PROMACTA

Please see Important Safety Information throughout and [click here](#) for full Prescribing Information, including Boxed WARNING, and Medication Guide.





## Feeling stuck on what to eat?

Get cooking with helpful recipes you can make any time of day. Each of the following meal suggestions contains 50 mg or less of calcium and is designed for a single serving.

Please note that the calcium counts in these recipes were calculated based on the exact amount noted for each specific ingredient. Any deviation will impact the amount of calcium in the recipe and could exceed the amount noted.



## Harvest Berry Crunch Overnight Oats

### Ingredients

- ½ cup (32.3 g) quick oats
- ~½ oz (10 g) pumpkin seeds (~30)
- 4 oz (120 g) apple juice
- ½ cup (75 g) chopped strawberries
- 1 tbsp (7.8 g) chopped walnuts

### Preparation

- 1 Soak oats (**16.8 mg**) and pumpkin seeds (**5.5 mg**) in apple juice (**3.6 mg**) overnight in the refrigerator
- 2 In the morning, top oats with chopped strawberries (**12 mg**) and chopped walnuts (**5.6 mg**)

**Ca** **Calcium total**  
**43.5 mg**



## Smoked Salmon Breakfast Bagel

### Ingredients

- 1 medium wheat bagel (98 g)
- 1 tbsp (14.5 g) cream cheese
- ¼ avocado, sliced
- 3 oz (85 g) smoked salmon
- Option to top with ½ tbsp (1.4 g) scallions or dash of chili powder

### Preparation

- 1 Slice 1 medium wheat bagel (**19.6 mg**) in half and spread with cream cheese (**14.1 mg**), ¼ avocado (**4.4 mg**) sliced, and smoked salmon (**9.4 mg**)
- 2 Optionally top with scallion (**1.6 mg**) or chili powder (**1.1 mg**)

**Ca** **Calcium total**  
**47.5 mg** (+1.1-1.6 mg, optional toppings)



## Blueberry Banana "Pancakes"

### Ingredients

- 1 large ripe banana
- 1 medium egg
- ¼ cup (37.5 g) blueberries
- ½ tbsp (10.2 g) maple syrup

### Preparation

- 1 Mash 1 large ripe banana (**6.8 mg**) and stir in 1 egg (**24 mg**)
- 2 Drop tablespoons of mix into a hot nonstick frying pan, flatten with spatula, and cook for about 1 minute on each side
- 3 Sprinkle blueberries (**4.5 mg**) over the small pancakes and drizzle maple syrup (**10.4 mg**)

**Ca** **Calcium total**  
**45.7 mg**



### Grilled Chicken Sammy

#### Ingredients

- 3.5-oz (100 g) grilled chicken breast
- 1 medium wheat bagel (98 g)
- 2 tbsp (27 g) mayonnaise
- 2 leaves of iceberg lettuce
- 3 slices of tomato

#### Preparation

- 1 Slice 1 medium wheat bagel (**19.6 mg**) in half (toast if desired)
- 2 Spread mayonnaise (**2.2 mg**) on each bagel half and layer on chicken breast (**11 mg**), lettuce (**5.4 mg**), and tomato (**6 mg**)

**Ca** Calcium total  
**44.2 mg**



### Nutty Butter Toast With Honey Drizzle

#### Ingredients

- 1 slice pumpernickel bread
- 2 tbsp (32 g) peanut butter
- 1 tbsp (20 g) honey

#### Preparation

- 1 Take bread (**17.7 mg**), toast if desired, and spread on peanut butter (**15.7 mg**)
- 2 Drizzle with honey (**1.2 mg**)

**Ca** Calcium total  
**34.6 mg**



### Garden Turkey Goat Cheese Wrap

#### Ingredients

- 1 large leaf of romaine lettuce
- 1 slice of turkey
- 2 tsp (10 g) crumbled goat cheese
- 1 tbsp (7.8 g) chopped dry-roasted peanuts
- ½ red bell pepper, chopped
- ¼ avocado

#### Preparation

- 1 Take lettuce (**9.2 mg**) and layer on slice of turkey (**2.2 mg**)
- 2 Spread goat cheese (**13.9 mg**) onto the turkey slice
- 3 Layer on peanuts (**4.6 mg**), avocado slices (**4.4 mg**), and chopped red bell pepper (**7.1 mg**)

**Ca** Calcium total  
**41.4 mg**





## Tex-Mex Chicken With Corn and Rice

### Ingredients

- ~6 oz chicken breast (174 g)
- ¾ tsp (10.2 g) vegetable oil
- ⅛ tsp (0.4 g) ground cumin
- 1 ear of corn
- ⅛ tsp (0.4 g) ground coriander
- ½ cup (97.5 g) cooked brown rice
- ½ tsp (1.4 g) chili powder
- Salt and pepper

### Preparation

- 1 Cover chicken breast (**10.4 mg**) with mixture of cumin (**2.5 mg**), coriander (**0.4 mg**), chili powder (**4.5 mg**), vegetable oil (**0 mg**), and a dash of salt and pepper (**1.4 mg**), then place into roasting pan
- 2 Clean ear of corn on the cob (**2.9 mg**) and wrap in aluminum foil
- 3 Roast the chicken and corn in an oven preheated to 375°F for 30 minutes
- 4 Serve with brown rice (**9.8 mg**)

**Ca** Calcium total  
**32.5 mg**



## Honey Lime Salmon With Mango Salsa

### Ingredients

- 6 oz (170 g) salmon fillet
- ¼ mango
- ¾ tsp (13.5 g) yellow mustard
- ¼ red onion
- 1 tbsp (20 g) honey
- ¼ cup (4 g) chopped cilantro
- ½ clove of minced garlic
- ⅛ lime
- ½ tsp (2.5 g) vinegar
- 1 tsp (13.5 g) olive oil
- Salt and pepper

### Preparation

- 1 Preheat oven broiler. Place salmon fillet (**15.3 mg**) skin-side down on a broiler pan lined with aluminum foil
- 2 Cover salmon in glaze made with mustard (**8.5 mg**), honey (**1.2 mg**), garlic (**2.7 mg**), vinegar (**0.2 mg**), and a dash of salt and pepper (**1.4 mg**)
- 3 Broil in oven for 15 minutes or until cooked through
- 4 For salsa, combine in bowl mango (**9.3 mg**), onion (**8.4 mg**) diced, cilantro (**2.7 mg**), juice from ⅛ lime (**2.8 mg**), and olive oil (**~0 mg**)

**Ca** Calcium total  
**49.8 mg**



## Garlic-Crusted Lamb Chop

### Ingredients

- 6 oz (170 g) lamb chop
- ½ clove minced garlic
- 3 tbsp (40.5 g) olive oil, divided into thirds
- ½ cup (17.5 g) mixed salad greens
- Juice from ½ a lemon
- Salt and pepper

### Preparation

- 1 Coat lamb chop (**30.5 mg**) with mixture of garlic (**2.7 mg**), 1 tbsp olive oil (**0.1 mg**), and a dash of salt and pepper (**1.4 mg**)
- 2 Heat 1 tbsp olive oil (**0.1 mg**) in sauté pan over high heat and sear lamb chop, about 2 to 3 minutes on each side
- 3 Place lamb chop in an oven preheated to 400°F for an additional 3 to 5 minutes
- 4 Serve with salad greens (**8 mg**) with lemon juice (**1.4 mg**) and remaining tbsp of olive oil (**0.1 mg**) as dressing, and a dash of salt and pepper (**1.4 mg**)

**Ca** Calcium total  
**45.7 mg**

Please see Important Safety Information throughout and [click here](#) for full Prescribing Information, including Boxed WARNING, and Medication Guide.

**PROMACTA**<sup>®</sup>  
(eltrombopag)  
12.5mg, 25mg, 50mg, 75mg tablets  
12.5mg, 25mg oral suspension



## Apple (medium, 100 g)

Ca Calcium total  
6 mg



## Plain Popcorn

- 1 cup (14 g) of popped kernels (3.2 mg)
- 2 tbsp (27 g) vegetable oil (0 mg)

Ca Calcium total  
3.2 mg



## Sunflower Seeds

• ½ cup (63.5 g)  
Ca Calcium total  
49.6 mg



## Soft Baked Pretzel (large, 143 g)

Ca Calcium total  
32.9 mg



## Hummus and Peppers

• 5 tbsp (75 g) of plain hummus (35.3 mg)  
• 1 medium red bell pepper, sliced (7.1 mg)  
Ca Calcium total  
42.4 mg



## Raspberries

• ½ cup (75 g)  
Ca Calcium total  
18.8 mg



To learn more about how food impacts immune thrombocytopenia (ITP), visit [PDSA.org](https://PDSA.org) or follow the QR Code.



Please note that Novartis Pharmaceuticals Corporation does not endorse the use of any foods highlighted in this article; all information is provided for educational purposes only. The recipes presented are intended as examples of low-calcium meals only. Use of any food in these recipes are not intended to treat or cure low platelets due to persistent or chronic ITP, severe aplastic anemia, or chronic hepatitis C-associated thrombocytopenia. You are advised to speak with your health care provider before introducing new foods into your diet.

## Important Safety Information for PROMACTA® (eltrombopag) (continued)

### What should I tell my health care provider before taking PROMACTA?

Before you take PROMACTA, tell your health care provider about all of your medical conditions, including if you:

- have liver problems
- have a precancerous condition called MDS or a blood cancer
- have or have had a blood clot
- have a history of cataracts
- have had surgery to remove your spleen (splenectomy)
- have bleeding problems
- are of Asian ancestry (such as Chinese, Japanese, Taiwanese, or Korean). You may need a lower dose of PROMACTA
- are pregnant or plan to become pregnant. It is not known if PROMACTA will harm an unborn baby. Tell your health care provider if you become pregnant or think you may be pregnant during treatment with PROMACTA. If you are a woman who is able to become pregnant, you must use reliable birth control (contraception) while taking PROMACTA and for at least 7 days after you stop taking PROMACTA. Talk to your health care provider about options of effective birth control methods that may be right for you during this time
- are breastfeeding or plan to breastfeed. You should not breastfeed during treatment with PROMACTA. Talk to your health care provider about the best way to feed your baby during this time

**Tell your health care provider about all the medicines you take**, including prescription and over-the-counter medicines, vitamins, and herbal supplements. PROMACTA may affect the way certain medicines work. Certain other medicines may affect the way PROMACTA works.

Especially tell your health care provider if you take:

- certain medicines used to treat high cholesterol, called "statins"
- a blood thinner medicine

Certain medicines may keep PROMACTA from working correctly. Take PROMACTA at least 2 hours before or 4 hours after taking these products:

- antacids used to treat stomach ulcers or heartburn
- multivitamins, mineral supplements, or products that contain iron, calcium, aluminum, magnesium, selenium, and zinc

Ask your health care provider if you are not sure if your medicine is one that is listed above.

Know the medicines you take. Keep a list of them and show it to your health care provider and pharmacist when you get a new medicine.

### What should I avoid while taking PROMACTA?

Avoid situations and medicines that may increase your risk of bleeding.

**The most common side effects of PROMACTA in adults when used to treat persistent or chronic immune thrombocytopenia (ITP) are:**

- nausea
- diarrhea
- upper respiratory tract infection (symptoms may include runny nose, stuffy nose, and sneezing)
- vomiting
- urinary tract infection
- pain or swelling (inflammation) in your throat or mouth (oropharyngeal pain and pharyngitis)
- abnormal liver function tests
- muscle aches

**The most common side effects of PROMACTA in children 1 year and older when used to treat persistent or chronic ITP are:**

- upper respiratory tract infection (symptoms may include runny nose, stuffy nose, and sneezing)
- pain or swelling (inflammation) in your nose or throat (nasopharyngitis)

Laboratory tests may show abnormal changes to the cells in your bone marrow.

Tell your health care provider about any bruising or bleeding that happens while you take or after you stop taking PROMACTA.

Tell your health care provider if you have any side effect that bothers you or does not go away.

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 Important Safety Information throughout.**

**Please see full Prescribing Information, including Boxed WARNING, and Medication Guide [here](#).**

Follow us on social @Promacta

