

Maximizing your time on Optune™ starts with proper scalp care



Taylor is an  
Optune user.



## A guide to scalp care and transducer array placement

Inside you will find helpful tips for taking care  
of your skin during treatment

Patient images reflect the health status of the patients at the time each photo was taken.

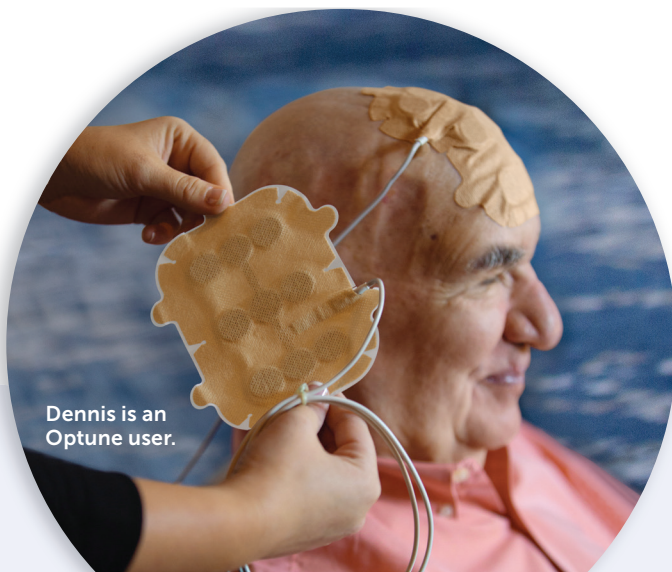
This information is not intended to take the place of your doctor's advice.  
Make sure you speak with your doctor to determine what treatment is right for you.

**novocure**®

## Proper scalp care plays an important role in preventing irritation to help maximize your time on Optune

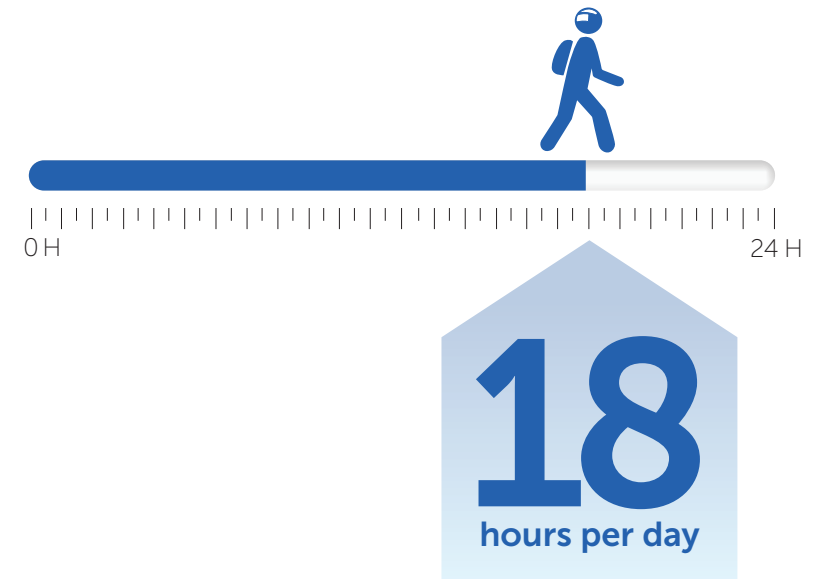
We want you to get the best possible response from treatment, so we've created this booklet to help prevent scalp irritation and help maximize time on therapy. You and your caregiver can use this booklet to help you:

- ✓ Prevent and help minimize skin irritation
- ✓ Reduce the risk of infection
- ✓ Prepare your scalp to ensure proper array-to-scalp contact
- ✓ Properly place transducer arrays
- ✓ Manage skin irritation, should it occur



Dennis is an Optune user.

## How long should I use Optune?



You should use Optune for at least 18 hours a day to get the best response to treatment. Using Optune for less than 18 hours a day lowers the chances that you will respond to treatment.

Please see Important Safety Information on pages 13 and 14 of this brochure.

# How can I help minimize skin irritation and reduce the risk of infection?

## Tips to help minimize skin irritation



**Shave your scalp and change** transducer arrays at least twice a week (every fourth day at most)



**Shift** transducer arrays during routine exchanges

- **Place the new array 0.75 inches away from the last place it was on the skin to avoid irritation**

If your layout requires trimming or cutting, consider using the scissors provided by Novocure®. Your Device Support Specialist (DSS) can provide tips and guidance on trimming



**Remove** arrays gently by pulling back on the edge of the array, taking a minute to remove each array

- Use baby oil to loosen the edges of the arrays to pull them off or
- Based on patient experience, unplug the cords from the connector box and step into a warm shower to loosen and remove the arrays



**Avoid** placing ceramic discs directly over screws, plates, or scars



**Ensure** proper ventilation of transducer arrays

## Tips to help reduce the risk of infection



**Wash** your hands before each application and removal of transducer arrays



**Wash** your scalp between transducer array exchanges



**Clean** the electric razor per manufacturer's guidelines after every shave



**Help** reduce the risk of skin irritation with proper transducer array placement and shifting



**Notify** your doctor right away if you develop redness or irritation so that steps can be taken to avoid infection and possible treatment interruption

Please see Important Safety Information on pages 13 and 14 of this brochure.



## How can I help minimize skin irritation, reduce the risk of infection, and stay cooler when using Optune in warm weather?

Shave your scalp and change transducer arrays at least 2 times per week (every fourth day at most).

However, more frequent transducer array exchanges are recommended if:

- The weather has been warmer, causing you to sweat more
- You've performed intense physical activity, causing you to sweat more
- You're experiencing discomfort, intense itching, or excessive oiliness on your scalp
- The hydrogel layer over the ceramic discs becomes soft or "gooey" because of excessive moisture on your scalp



Consider wearing ventilated hats in hot weather

## How can I prepare my scalp for placing transducer arrays?

Follow these simple steps:

**Shave your scalp closely with the electric razor in your starter kit**



- Make sure the razor is clean to ensure a close shave and avoid nicks
- Run a gauze pad moistened with 70% isopropyl alcohol across your scalp. If there is noticeable friction, you need a closer shave

**After shaving, wash your scalp with a mild fragrance-free shampoo or dandruff shampoo**



- Just prior to placing a new set of arrays, wipe your scalp with 70% isopropyl alcohol to remove additional oil. If you are experiencing a skin irritation, avoid contact with the affected area

**Make sure your head is completely dry before applying a new set of transducer arrays**



- While it is OK for the mesh of the arrays to overlap, make sure the ceramic discs do not overlap and avoid taping under the discs
- Tubular stretch net bandage will help keep the arrays in place

**Note:** If you are using a corticosteroid or antibiotic ointment, its application should not interfere with your array placement schedule. Just be sure to apply the ointment on your regularly scheduled array placement days. Leave the ointment on your scalp for at least 15 minutes or as long as directed by your doctor. After the ointment has been in place for the prescribed length of time, wash your scalp and wipe it with 70% isopropyl alcohol to remove any remaining oil.

Please see Important Safety Information on pages 13 and 14 of this brochure.





Dorothy is an  
Optune user.

Proper shaving and washing are important to promote optimal array-to-scalp contact and help minimize skin irritation

## How do I place my arrays?

- Reference your transducer array layout map for placement
- Hold arrays by the mesh, avoiding touching the discs
- Place down on scalp, avoid stretching and pulling arrays during placement
- Once you place array, press down on the discs first, then smooth out the mesh to ensure discs are secure (ensure the mesh is not under any of the discs)
- If necessary, utilize tape and place a tubular stretch net bandage over arrays to help keep them in place

Please see Important Safety Information on pages 13 and 14 of this brochure.

## How do I shift my arrays?

To help minimize skin irritation, slightly shift the placement of the transducer arrays by approximately 0.75 inches from the last location, every time you exchange them, so contact sites vary.

On your next transducer array exchange, shift them back to the previous position.



- The ceramic discs leave a slight impression on the surface of your scalp. This allows you or your caregiver to see where to position the new set of arrays

**Note:** Please contact Novocure to arrange for proper disposal of used transducer arrays. Do not throw them in the trash.

## What are examples of skin irritation that can occur?

Skin irritation, also called dermatologic adverse events (dAEs), can occur. These photos show some potential dAEs.



**Dermatitis** is skin inflammation that appears with swelling and redness, followed by scaling.



**Folliculitis** is an inflammation of a hair follicle that appears as a red pimple with hair in the centre. There may be pus, itching, and/or burning.



**Erosions** are moist, depressed sores (lesions) of a limited area that result from loss of the top layer of the skin (epidermis). They can cause mild bleeding, pain, and burning.

## What do I do if skin irritation develops on my scalp?

### Take Note

Skin irritation that happens as a result of treatment with Optune can be managed in most cases with proper skin care and the use of medications such as topical corticosteroids and antibiotics, without discontinuing therapy.

#### If you experience swelling, redness, excessive itching, or other skin-related symptoms:



- Contact your healthcare provider for treatment options
  - Take a photograph of the affected area
  - If you have a scheduled appointment at a time when skin irritation is a concern, do not wear arrays to the visit, so your doctor can properly examine your scalp
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- Please refer to pages 4-6 for tips to help minimize skin irritation, prevent infection, and stay cooler when using Optune in warm weather

**This information is not intended to take the place of your doctor's advice. Note that Novocure cannot give medical advice**

## Important Safety Information

### What is Optune approved to treat?

Optune is a portable medical device indicated to treat a type of brain cancer called glioblastoma multiforme (GBM) in adult patients 18 years of age or older.

### Newly diagnosed GBM

If you have newly diagnosed GBM, Optune is used together with and after standard of care maintenance chemotherapy if:

- Your cancer is confirmed by your healthcare professional AND
- You have had surgery to remove as much of the tumour as possible and completed radiation therapy

### Recurrent GBM

If your tumour has come back, Optune can be used alone as an alternative to standard medical therapy if:

- You have tried surgery and radiation and they did not work or are no longer working AND
- You have tried chemotherapy and your GBM has been confirmed by your healthcare professional

### Who should not use Optune?

Optune for GBM is not for everyone. Talk to your doctor if you have:

- An implanted medical device (programmable shunt), skull defect (such as missing bone with no replacement), or bullet fragment. Optune has not been tested in people with implanted electronic devices, which may cause the devices not to work properly, and Optune has not been tested in people with skull defects or bullet fragments, which may cause Optune not to work properly
- A known sensitivity to conductive hydrogels (the gel on the arrays placed on the scalp like the ones used on ECGs). When Optune comes into contact with the skin, it may cause more redness and itching or may rarely cause a life-threatening allergic reaction

Do not use Optune for GBM if you are pregnant or are planning to become pregnant. It is not known if Optune is safe or effective during pregnancy.

## Notes

### What should I know before using Optune?

Optune should only be used after receiving training from qualified personnel, such as your doctor, a nurse, or other medical staff who have completed a training course given by Novocure, the maker of Optune.

- Do not use any parts that did not come with the Optune Treatment Kit sent to you by Novocure or given to you by your doctor
- Do not get the device or transducer arrays wet
- Please be aware that Optune has a cord that may cause tripping when connected to an electric socket
- If you have an underlying serious skin condition on the scalp, discuss with your doctor whether this may prevent or temporarily interfere with Optune treatment

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

Common side effects of Optune when used together with chemotherapy for GBM were low blood platelet count, nausea, vomiting, tiredness, seizure, and depression.

The most common side effects when using Optune alone for GBM were scalp irritation (redness and itchiness) and headache. Other side effects were malaise, muscle twitching, fall, and skin ulcers.

Talk to your doctor if you have any of these side effects or questions.

**Please see the Optune User Manual for complete information regarding the device's indications, contraindications, warnings, and precautions.**





# How can I find additional support and resources?

Contact **nCompass™ Patient Support Program** or visit **Optune.ca** for more information

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**nCompass**—Provides complete, customized support based on your needs every step of the way, providing answers and resources to help you meet your treatment goals.\*  
**Call toll free at 1-866-320-2006.**

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**Optune.ca**—Gives patients and caregivers information about Optune and downloadable resources.

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\*nCompass cannot provide you with medical advice. Consult your doctor for medical questions.

Please see the **Optune User Manual** for complete information regarding the device's indications, contraindications, warnings, and precautions.

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