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PATIENT
SUPPORT*

RealSupport™
REAL INFORMATION FROM REAL PATIENTS
Only from Sandostatin® LAR Depot
(octreotide acetate) for injectable suspension
10mg • 20mg • 30mg

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This recipe was created by our RealSupport™ nutritionist especially for our members. Remember, please talk to your health care provider to determine if this recipe or any other food is appropriate for you.

BAKED FISH AND CHIPS

 Prep time: 10 minutes

 Cook time: 40 minutes

 Ready in: 50 minutes

Ingredients

For the chips:

- 2 medium, peeled russet potatoes
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon kosher salt

For the fish:

- 2 cups old-fashioned rolled oats
- ¼ cup fresh parsley, chopped
- 1 teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 medium egg
- ½ cup low-fat, dairy-free OR lactose-free milk
- 4 (4-6 ounce) filets fresh white fish

For dipping sauce:

- ½ cup plain, low-fat, dairy-free OR lactose-free Greek yogurt
- 1 tablespoon lemon juice
- Zest of 1 lemon
- 1 tablespoon fresh parsley, minced

Steps

1. Wash, peel, and cut potatoes into ¼-inch matchsticks. Soak in large bowl of cold water for 30 minutes.
2. Preheat oven to 425°F. Line rimmed baking sheet with parchment paper. Drain potatoes and thoroughly pat dry. Add potatoes to prepared baking sheet and drizzle with extra-virgin olive oil and salt. Toss to combine and spread into single layer. Bake for 30 minutes, flipping halfway through.
3. While potatoes cook, prepare fish: Add oats, parsley, salt, and pepper to bowl of food processor and pulse until oats are coarsely chopped. Pour oats into wide, shallow bowl with parsley, salt, and pepper. Mix to combine.
4. Beat egg and low-fat, dairy-free OR lactose-free milk together in second wide, shallow bowl. Pat fish dry with paper towels. Working one at a time, dip fish in egg mixture, allowing excess egg to run off into bowl, then coat fish in oat mixture.
5. Remove potatoes from oven and move potatoes around to create space for fish on baking sheet. Add fish to baking sheet and return to oven for 10 minutes, until fish is flaky and cooked through.

While fish bakes, combine all ingredients for dipping sauce together. Remove fish and potatoes from oven and serve warm with dipping sauce.

*Includes Sandostatin® (octreotide acetate) Immediate-Release Injection and Sandostatin® LAR Depot (octreotide acetate) for injectable suspension for all approved indications.

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. Use of any food in this recipe is not intended to treat or cure carcinoid syndrome. You are advised to speak to your health care provider before introducing new foods into your diet.

Please see Indications and Important Safety Information on page 2.

Please [click here](#) for full Prescribing Information.

Brought to you by RealSupport™, a patient information and support program for those with the severe diarrhea and flushing of carcinoid syndrome. RealSupport™ is provided by Novartis Pharmaceuticals Corporation, the maker of Sandostatin® LAR Depot (octreotide acetate) for injectable suspension. For more information about RealSupport™ program offerings, please follow us on [www.facebook.com /SandostatinLARDepot](https://www.facebook.com/SandostatinLARDepot).

INDICATIONS AND USAGE

Sandostatin® LAR Depot (octreotide acetate) for injectable suspension is indicated for patients in whom initial treatment with immediate-release Sandostatin® (octreotide acetate) Injection has been shown to be effective and tolerated for

- Long-term treatment of the severe diarrhea and flushing episodes associated with metastatic carcinoid tumors
- Long-term treatment of the profuse watery diarrhea associated with VIP-secreting tumors

In patients with carcinoid syndrome and VIPomas, the effect of Sandostatin Injection and Sandostatin LAR Depot on tumor size, rate of growth, and development of metastases has not been determined.

IMPORTANT SAFETY INFORMATION

Warnings and Precautions: Treatment with Sandostatin LAR Depot may affect gallbladder function, with postmarketing reports of gallstones resulting in complications (inflammation of the gallbladder, bile duct, and pancreas, and requiring surgical removal of the gallbladder); sugar metabolism; thyroid and heart function; and nutritional absorption, which may require monitoring by your doctor. Call your doctor if you experience signs or symptoms of gallstones or any of their complications.

Before Taking Sandostatin LAR Depot: Tell your doctor if you have a history of heart disease or are taking other medications, including cyclosporine, insulin, oral hypoglycemic agents, beta-blockers, and bromocriptine.

Common Side Effects: Most patients experience side effects at some time. Some common side effects you may experience include back pain, fatigue, headache, abdominal pain, nausea, and dizziness.

Other Information: Patients with carcinoid tumors and VIPomas should adhere closely to their scheduled return visits for reinjection in order to minimize exacerbation of symptoms.

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

Please [click here](#) for full Prescribing Information.

To learn more, call 1-888-NOW-NOVA (1-888-669-6682) or visit us.sandostatin.com

