

# Apalutamid

for Urological cancer

## Patient information

### Regimen schedule

| Day        | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
|------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|
| Apalutamid | X | X | X | X | X | X | X | X | X | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  |

### Next course of treatment, day 29

| Day        | 22 | 23 | 24 | 25 | 26 | 27 | 28 |
|------------|----|----|----|----|----|----|----|
| Apalutamid | X  | X  | X  | X  | X  | X  | X  |

## About your treatment

Apalutamide is an anti-hormone, where the effect of testosterone (the male sex hormone) is blocked and the cancer cells are prevented from multiplying. You take the tablets once a day without a break. Your doctor or nurse will inform you if you should change anything in your treatment. During the treatment, your blood samples and any side effects are monitored. Falls and fractures (broken bones) are common. Your doctor will find out if you have an increased risk of falling.

## How to take the medicines

Swallow the capsules whole with water. If you miss a dose, take the prescribed dose as close to the usual time as possible. If you miss a dose for a whole day, resume treatment the next day.

Read more in the package leaflet

## Side effects - symptoms and tips

The side effects we list here are the most common and important. They can vary greatly from person to person, and even from time to time. Side effects may determine your dose or require you to stop taking the medicine.

Tell your doctor or nurse if you have any side effects. Often the symptoms can be prevented or alleviated.

### Fatigue

Fatigue is common. You may feel low in energy and never rested. Your memory may deteriorate, and you may find it harder to concentrate and solve problems. It can make you feel down, stressed and anxious. You may also find it difficult to socialise. Fatigue may persist for a long time after treatment.

**Tips:** Try to exercise and move around. It's the only thing known to help with fatigue.

### Pain in muscles and joints

Pain in muscles and joints is common.

### Problems with stomach and intestines

Diarrhoea is quite common.

**Tip:** Drink a lot, a few glasses more than usual per day. If you have diarrhoea, avoid fatty, spicy and high-fibre foods. Talk to your doctor if you get diarrhoea - you may need medication.

## Hypertension

High blood pressure is common. Your blood pressure will be monitored during treatment, and you may need medication.

## Skin problems

You may experience itching and a rash.

**Tip:** When washing your skin, be gentle and use mild soap. Lubricate with moisturiser.

## Contact your clinic immediately at:

- fever over 38 degrees or if your temperature drops below 36 degrees
- severe diarrhoea, or diarrhoea combined with fever
- sudden deterioration, regardless of symptoms
- chest pain or difficulty breathing, call 112

## Common advice

It is important not to get pregnant or make someone pregnant while you are being treated with cancer drugs, as the drugs can affect the foetus. Therefore, use safe contraceptives. Sometimes double protection is needed, as side effects such as diarrhoea or the direct effect of cancer drugs may mean that the contraceptive pill is not enough protection on its own.

## General information about cancer

Useful information about cancer is available from both 1177 Vårdguiden and Cancerfonden:

[www.1177.se](http://www.1177.se)

[www.cancerfonden.se](http://www.cancerfonden.se)

## Notes

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