Durva-Trem-Karbo-Peme

for Lungcancer

Regimen schedule

Next course of treatment, day 22

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Tremelimumab	X																				
Durvalumab	X																				
Pemetrexed	X																				
Karboplatin	X																				

About your treatment

Durvalumab and Tremelimumab are antibodies that activates your immune system to attack the cancer cells.

Each course is 21 days. Day 1, you get an IV. There is then a break of 20 days before a new course of treatment starts. During treatment, your blood tests and any side effects will be monitored.

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.

Medicines for inflammation and pain To reduce the risk of side effects, avoid NSAIDs for two days before and two days after the day of treatment. These include Magnecyl (acetylsalicylic acid), Voltaren (diclofenac) and Ipren (ibuprofen). For pain relief, you can use, for example, Alvedon (paracetamol).

Vitamin supplements To reduce the risk of side effects, you should take tablets containing folic acid every day throughout the treatment period and 3 weeks after the last day of treatment. You will also receive a shot of vitamin B12 before treatment starts and regularly during treatment.

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.

Nausea and taste changes

You may feel unwell from the treatment. You will therefore be given anti-nausea medication in conjunction with the treatment. The medicines may cause constipation. You can get different varieties depending on how you feel. The taste of food and drink may be altered by the treatment.

Tips: Sometimes it feels better to eat lighter food and small portions. For example, try skim milk, yoghurt, omelettes, sandwiches and hot or cold soups. Drinking a little extra between meals can reduce nausea.

Problems with stomach and intestines

Diarrhoea is common. You may also become constipated.

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

Infection susceptibility

You will be susceptible to infection after treatment. This is because the level of white blood cells drops. Before each treatment, blood samples are taken to see if the blood cells have recovered. If the values are too low, the treatment must be postponed.

Tips: Try to avoid close contact with people who have a cold or stomach illness, for example. Wash your hands often with soap and water. Hand sanitizer can be useful.

Dry cough and difficulty breathing

New symptoms of dry cough, shortness of breath and difficulty breathing may be due to a special inflammation of the lungs and airways (pneumonitis).

Pain in muscles and joints

Pain in muscles and joints is common. Swelling around the ankles is also common.

Problems with mouth and mucous membranes

The mucous membranes of your nose, mouth, eyes and abdomen may be affected by your treatment. For example, you may have nosebleeds and a runny nose. In the mouth, you may experience dryness, redness, burning and sores. You can also get fungus, which turns the lining of your mouth red or gives it a white coating. Eyes may become dry and watery. The mucous membranes in the lower abdomen can also become dry.

Tip: If you have a dry mouth, use saliva stimulants available in pharmacies. Rinsing your mouth with Vichy water can prevent fungus. Be attentive to oral hygiene, and use a soft toothbrush and mild toothpaste. Be careful with floss and toothpicks. Inform your dentist of your cancer treatment when you visit. Avoid contact lenses if you have eye problems. Women can use oestrogen cream, emollient cream or oil to treat dry mucous membranes in the lower abdomen.

Eye problems

You may get red eyes with stinging and pain. You may also experience blurred vision, dry eyes and become more sensitive to light.

Tip: If your eyes sting and feel dry, use lubricating eye drops available from pharmacies.

Skin problems

Dry skin and rashes with or without itching are common. Some skin conditions can be made worse by treatment, such as psoriasis and rosacea. You may also get inflammation of the skin (dermatitis), which in rare cases can lead to a severe skin reaction with watery sores.

Tip for mild itching: When washing your skin, be gentle and use unscented soap or shower oil. Lubricate with moisturiser.

Hormone changes

You may experience headaches, fatigue, depression, hot flashes, heart palpitations, decreased sexual desire and behavioural changes. You may also experience visual disturbances, such as blurred vision and double vision, and pain behind the eyes. Symptoms may be due to inflammation of the thyroid, adrenal or pituitary glands.

Contact your clinic immediately at:

Acute

- Call 112 in case of persistent acute chest pain, pressure on the chest or difficulty breathing/shortness of breath

Contact your reception immediately at:

- • Fever (temp above 38 degrees) or at a temperature below 36 degrees
- • Sudden deterioration regardless of symptoms
- • Urinary tract infection symptoms or cold symptoms before treatment
- • Severe nausea or burning in the mouth that makes it difficult for you to eat and drink
- • Nosebleeds or other bleeding you cannot stop or bruising over large parts of the body
- • Increased number of stools/diarrhea with or without stomach pain, bloody or black stools
- • New onset dry cough and shortness of breath
- • Severe itching, blisters, oozing sores and peeling skin.
- • If you or your relatives feel that you are changed, confused or that consciousness is affected.
- • Headache, unusual fatigue, pain behind the eyes and visual disturbances.

Common advice

Cancer drugs are usually excreted in the urine up to 7 days after treatment. Therefore, you should avoid splashing urine. Sit down when you pee. When finished, close the toilet lid and flush 2 times. 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. If you are a man, use a condom during sexual intercourse within 72 hours of treatment, as cytostatic drugs are also excreted through the seminal fluid.

General information about cancer

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

www.1177.se

www.cancerfonden.se

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