Alpelisib

for Breastcancer

Regimen schedule

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Alpelisib Morning dose	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
Alpelisib Morning dose	X	X	X	X	X	X	X

About your treatment

Alpelisib blocks proteins that regulate the growth and division of cancer cells, slowing it down. Each course is 28 days. You take one tablet a day continuously. During the treatment, your blood samples and any side effects are monitored.

How to take the medicine

Swallow the tablets whole with water. Take the tablets immediately after a meal, at about the same time each day. If you miss a dose or vomit, take your usual dose at the next time. Read more in the package insert.

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.

High blood sugar and diabetes.

You may develop high blood sugar and diabetes. Your blood sugar will be monitored during treatment. Be alert for increased thirst, a need to urinate more often than usual, or an increase in the amount of urine you pass. If this happens, contact your clinic.

Problems with skin, hair and nails

The skin often becomes dry and can turn red, swollen, and bumpy. You may become more sensitive to the sun. Contact a healthcare provider if you develop a rash; you may need medication. Tip: Use fragrance-free shower and bath oils instead of shower gel and soap. Wear clothing that covers your skin to protect against the sun, and use sunscreen on areas you cannot cover.

Fatigue

Fatigue is common in connection with cancer and its treatment. The severity of the symptoms and their duration vary from person to person. You may continue to feel tired long after treatment has ended. This type of extreme exhaustion is known as fatigue—a tiredness that does not always improve with rest or sleep. Many describe fatigue as a total lack of energy, and it can occur even without physical exertion. Your ability to remember, concentrate, and solve problems may be impaired. Fatigue is sometimes associated with feelings of resignation, stress, anxiety, and depression. Tip: Try to stay active. Physical activity often helps alleviate tiredness and fatigue. Find a balance between activity, rest, and sleep that works for you.

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.

Nausea and taste changes

There is a risk that the treatment will make you feel unwell. If necessary, you will be given anti-nausea medication.

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.

Mouth and teeth

You may have new or worsening oral symptoms such as pain, swelling, numbness in the jaw, tooth loss and/or difficulty gaping.

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).

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

www.cancerfonden.se