

# Lapatinib

for Breastcancer

## 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
Lapatinib	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
Lapatinib	X	X	X	X	X	X	X

## About your treatment

Lapatinib (Tyverb) blocks proteins that regulate the growth and division of cancer cells, slowing it down. Lapatinib is given to patients whose cancer cells have the HER2 growth factor. Lapatinib is taken as tablets. It is given together with hormone treatments for cancer.

The tablets are taken once a day without interruption. Your doctor or nurse will tell you how many tablets to take at a time. During treatment, your blood tests and any side effects will be monitored.

## How to take the medicines

Swallow the tablets whole with water. Take the tablets at the same time each day at least one hour before or after meals. If you miss a dose or vomit, take your usual dose at the next opportunity. You must not eat or drink grapefruit during treatment as it may affect the effect of Lapatinib.

See also information 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.

### Acne-like skin problems

You may get acne-like rashes on your face and upper body. You may also experience itching, cracking of the skin and inflammation around the nails. Talk to your nurse if you develop skin problems - you may need medication.

**Tip:** Apply a moisturising cream to your whole body several times a day. Use bath oil instead of soap. Avoid sun-bathing. Wear a hat and full-coverage clothing. Lubricate parts of the body not covered by clothing with sunscreen that has a high SPF and UVA protection.

## 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.

## 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.

## Contact your clinic immediately at:

- fever above 38 degrees, or temperature below 36 degrees
- severe diarrhoea, or diarrhoea combined with fever
- chest pain or difficulty breathing
- nosebleeds or other bleeding that you can't stop
- skin rash on most of the body, or skin rash with pain
- 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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