

Bevacizumab-Lomustin

for Brain tumours

Regimen schedule

Next course of treatment, day 43

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	
Bevacizumab	x1														x1							
Lomustin	x1																					

Day	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	
Bevacizumab								x1														
Lomustin																						

About your treatment

Bevacizumab (Avastin) is an antibody that inhibits the growth of cancer cells.

Lomustine is a cytostatic drug.

Each course is 42 days. On days 1, 15 and 29, you will be given an IV. On day 1, you take Lomustin as capsules. Your doctor or nurse will tell you how many capsules to take at a time.

During treatment, your blood tests and any side effects will be monitored.

How to take the medicines

Swallow the capsules whole with water, preferably at bedtime or three hours after a meal. If you vomit after taking a capsule, do not take new capsules the same 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.

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.

Bleeding

You may have an increased risk of bleeding. For example, you may bleed easily from your nose or mouth. If you get a cut on your skin, you may bleed longer than usual. Surgical wounds may heal more slowly.

Tips: Be careful not to cut yourself. You can stop nosebleeds by squeezing the soft parts of your nose for 10 minutes. If this doesn't stop it, contact your doctor. Be attentive to oral hygiene, and use a soft toothbrush and mild toothpaste. Be careful with floss and toothpicks. Inform your dentist or other health care provider of your cancer treatment when you visit.

Blood clot

You may have an increased risk of blood clots. You can get a blood clot in a leg or arm, and it can hurt, and cause swelling or redness.

Hypertension

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

Protein in the urine

You may get protein in your urine. However, it does not cause any symptoms. You will be asked to provide a urine sample to check this.

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 clinic immediately at:

- Fever (temp above 38 degrees) or at a temperature below 36 degrees
- Sudden deterioration regardless of symptoms
- Severe nausea or burning in the mouth that makes it difficult for you to eat and drink
- Severe diarrhea that does not decrease with stopping medication
- Nosebleeds or other bleeding you cannot stop or bruising over large parts of the body
- Severe new abdominal pain

Common advice

Cancer drugs are usually excreted in the urine up to 5 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.

Advice on living habits

Talk to your doctor or nurse about your lifestyle. Then you can get individual advice on diet, exercise, alcohol and tobacco. Here is some general advice:

- It's important to get the energy and nutrition your body needs. It helps you maintain your weight and energy levels, and reduces the risk of side effects.
- Exercise counteracts the fatigue that the disease and treatment can cause. Anything from walking to harder physical exercise can help.
- You should avoid alcohol during the treatment days. Alcohol can affect the liver's ability to break down drugs.
- You should not smoke. Smoking increases the risk of getting cancer again, and weakens your immune system.

General information about cancer

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

www.1177.se

www.cancerfonden.se

Notes
