Tislelizumab-Cisplatin-Gemcitabin

for Head and neck cancer

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
Tislelizumab	X																				
Gemcitabin	X							X													
Cisplatin	X																				

About your treatment

Tizlelizumab is an antibody that activates your immune system to attack the cancer cells. Cisplatin and Gemcitabine are cytostatics. Each course is 21 days. On days 1 and 8 you will receive drips. After that, there is a break for 13 days, before a new course starts. It is important to add extra fluid to protect the kidneys. You may be given extra fluids and may be asked to drink extra before, during and after treatment. During the treatment, your blood samples and any side effects are monitored.

Side effects - symptoms and tips

When receiving immunotherapy (antibodies that activate your immune system), there is a risk of serious side effects.

The side effects that can occur are autoimmune reactions/inflammation in the body's various organs. The side effects are often mild and transient but can become serious. It is important that the side effects are detected early so that they can be followed up and treated if necessary.

The side effects can occur at any time during treatment but also several months after treatment has ended.

Signs of side effects can also be detected through blood tests. You may provide blood tests during treatment and after treatment has ended.

It is important that you contact your clinic if you experience any of the following symptoms:

• New or changed dry cough and shortness of breath. May be a side effect in the lungs, pneumonitis

• Increased number of stools, new diarrhea possibly accompanied by stomach pain, blood in the stool or black stools. May be a side effect in the intestines, colitis

• Dark-colored urine, foamy urine or very cloudy urine. May be a side effect in the kidneys, nephritis

• Headache, unusually tiredness and weakness, impaired consciousness, pain behind the eyes, visual disturbances, confusion and new depression. May be a side effect in hormone-producing glands such as the thyroid or pituitary gland

• Redness and rash on the skin, often with itching. Wetting sores and blistering are a serious sign. May be a side effect in the skin, dermatitis

• New pain, swelling and stiffness in muscles and joints, May be myositis and arthritis

• Impaired strength and sensation in the arms and legs. May be a side effect in the nervous system, neuritis

• Chest pain, irregular pulse and palpitations. May be signs of inflammation of the heart muscle, myocarditis

Other side effects

Fatigue

In connection with cancer and treatment, it is common to feel tired. It is individual how severe the discomfort you experience and how long it lasts. You may be tired for a long time after a treatment has ended. Your ability to remember, concentrate and solve problems may become worse. **In very severe cases of fatigue, memory and concentration problems can be symptoms of a serious side effect caused by the immunotherapy treatment.** Tip: Feel free to move. Physical activity often helps against fatigue. Find a balance between activity, rest and sleep that works for you.

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.

Skin problems

You may experience itching and a rash.

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

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.

Numbness and tingling - sensory disturbances

You may experience numbness and tingling in your hands and feet, and your fine motor skills may become worse. For example, you may have difficulty buttoning buttons or walking. The symptoms usually go away, but not completely in everyone. Tell your doctor or nurse if you have numbness or tingling in your hands and feet. Physical activity can prevent neuropathy and can relieve symptoms and improve motor skills and balance. Try to find the exercise that suits you. Cardio and strength training can be good for preventive purposes. If neuropathy has occurred, improved muscle strength, balance training and yoga can also have an effect by affecting function for the better.

Impact on hearing

Cisplatin can cause hearing damage. If you experience ringing in the ears or a squeak, or if you notice that your hearing is getting worse, it is important that you tell your doctor or nurse.

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.

Contact your clinic before vaccination

If you need to be vaccinated, talk to your doctor or nurse beforehand.

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