Akalabrutinib - Venetoklax 400 kur 4-14

for Haematological malignancy

About your treatment

Acalabrutinib blocks proteins that regulate the growth and division of cancer cells, thereby slowing their growth. Venetoclax blocks proteins that regulate cancer cell growth, slowing it down. The treatment cycle lasts 28 days. You take acalabrutinib tablets twice daily (morning and evening) and venetoclax tablets once daily without interruption. Venetoclax comes in different strengths; your doctor or nurse will inform you of the correct dose. Effects on blood counts—such as anemia (low hemoglobin), thrombocytopenia (low platelet count), and/or neutropenia (low count of neutrophil granulocytes, a type of white blood cell)—are common. Consequently, these levels are monitored regularly via blood tests during treatment. Excessively low levels may require the treatment to be paused or the dosage reduced.

How to take the medicines

Acalabrutinib Swallow the tablets whole with water at the same time each day. You can take the tablets with food or between meals. If you miss a dose and more than three hours have passed since the time you usually take it, skip the missed dose. **Venetoclax** Swallow the tablets whole with water with a meal. If you miss a dose, only take it if there are more than 8 hours remaining until your next scheduled dose. Do not eat or drink grapefruit, St. John's wort, Seville orange, or starfruit (carambola) during treatment, as these can affect how the medicines work. Please also refer to the 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.

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.

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.

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.

Contact your clinic immediately at:

Emergency Call 112 in the event of persistent acute chest pain, chest tightness, or difficulty breathing/shortness of breath. **Call your clinic immediately in the event of:** Fever (temperature above 38℃) or temperature below 36℃ A nosebleed or other bleeding that cannot be stopped, or bruising over large areas of the body Symptoms of a urinary tract infection or cold symptoms prior to scheduled treatment Severe diarrhea that does not improve with anti-diarrheal medication Sudden deterioration, regardless of symptoms

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