

# Akalabrutinib-Obinutuzumab kur 2

for Haematological malignancy

## 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
Akalabrutinib Morgondos	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Akalabrutinib Kvällsdos	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Obinutuzumab	X																				
Obinutuzumab		X																			
Obinutuzumab								X							X						

### Next course of treatment, day 29

Day	22	23	24	25	26	27	28
Akalabrutinib Morgondos	X	X	X	X	X	X	X
Akalabrutinib Kvällsdos	X	X	X	X	X	X	X
Obinutuzumab							
Obinutuzumab							
Obinutuzumab							

## About the treatment

Acalabrutinib blocks proteins that regulate the growth and division of cancer cells so that it is slowed down. Obinutuzumab is an antibody that inhibits the growth of cancer cells. The course is 28 days. Akalabrutinib are tablets that you take twice a day (morning and evening) without a break. Obinutuzumab is given as a drip on day 1. During the treatment, your blood tests and any side effects are monitored.

## How to take the medicines

Swallow the capsules whole with water, at the same time each day. You can take the capsules with food or between meals. If you have missed a dose and it has been more than three hours since your usual dose, skip the missed dose. You must not eat or drink grapefruit and St. John's wort during treatment as this may affect the effect of Akalabrutinib.

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.

## **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.

## **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.

## **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.

## **Problems with the heart**

The treatment carries a certain risk of cardiac effects. You may experience symptoms such as an unusual heart rhythm or palpitations.

## **Pain in muscles and joints**

Pain in muscles and joints is common.

## **Headache**

Headaches are common.

## 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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