Rituximab-Idelalisib

for Haematological malignancy

Regimen schedule

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Rituximab	X																				
Rituximab															X						
Idelalisib Morning dose	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Idelalisib Evening dose	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X

Day	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42
Rituximab																					
Rituximab								X													
Idelalisib Morning dose	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Idelalisib Evening dose	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X

Day	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63
Rituximab																					
Rituximab	X														X						
Idelalisib Morning dose	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Idelalisib Evening dose	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X

Day	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84
Rituximab																					
Rituximab																					
Idelalisib Morning dose	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Idelalisib Evening dose	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X

Day	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105
Rituximab																					
Rituximab	X																				
Idelalisib Morning dose	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Idelalisib Evening dose	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X

Day	106	107	108	109	110	111	112	113	114	115	116	117	118	119	120	121	122	123	124	125	126
Rituximab																					
Rituximab								X													
Idelalisib Morning dose	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Idelalisib Evening dose	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X

Day	127	128	129	130	131	132	133	134	135	136	137	138	139	140	141
Rituximab															
Rituximab															X
Idelalisib Morning dose	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Idelalisib Evening dose	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X

About your treatment

Rituximb is an antibody that inhibits the growth of cancer cells. Idelalisib (Zydelig) blocks proteins that regulate the growth of cancer cells, slowing it down.

A course is 20 weeks. You will be given drops every two weeks 4 times and then every four weeks 3 times. You take tablets twice a day, morning and evening, daily.

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

How to take the medicines

Swallow the tablets whole with water, with or without a meal, at 12-hour intervals (morning and evening). If you miss a dose, take it only if there are more than 6 hours left until your next dose.

Read more in the 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 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.

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.

Problems with skin, hair and nails

Skin often becomes dry and more sensitive to the sun. You may also lose hair or your hair may change texture. Nails can become brittle.

Tip: When washing your skin, be gentle and use mild soap. Lubricate often with moisturiser. Wear covering clothing to protect against the sun, and sunscreen on parts of your body that you can't cover. Wear gloves for work that is dirty or abrasive for your hands. If your nails are bothering you, you can use nail polish and brush your cuticles with oil or apply a moisturiser.

Pain in muscles and bones

Pain, tenderness and weakness in the muscles are common.

Tips: Can be relieved with common painkillers.

Contact your clinic immediately at:

- fever over 38 degrees or if your temperature drops below 36 degrees
- severe diarrhoea, or diarrhoea combined with fever
- 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

www.cancerfonden.se