

About your treatment

How to take the medicines

Swallow the capsules whole with water with or without food. If you miss a dose or vomit, take your usual dose at the next time. See also information in the package insert.

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.

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.

Pain in muscles and bones

Pain, tenderness and weakness in the muscles are common.

Tips: Can be relieved with common painkillers.

Problems with the heart

There is an increased risk of heart failure. With heart failure, you may experience shortness of breath, palpitations, swollen ankles or legs.

Cough and shortness of breath

You may experience coughing and shortness of breath. Tell your doctor or nurse if you have trouble breathing.

Susceptibility to infection

You may become susceptible to infection from the treatment. Tip: Try to avoid close contact with people who, for example, have a cold or an upset stomach. Wash your hands often with soap and water. Hand sanitizer can be a supplement.

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 above 38 degrees, or temperature lower than 36 degrees.

Severe diarrhea, or diarrhea combined with fever.

Bruises, nosebleeds or other bleeding that you cannot stop.

Palpitation

Skin rash on most of the body, or skin rash with pain.

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

Notes
