Zanubrutinib

for Haematological malignancy

About your treatment

Zanubrutinib (Brukinsa) blocks proteins that regulate the growth and division of cancer cells, thereby slowing them down. You take the capsules twice daily (morning and evening) without interruption. During treatment, your blood test results 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 miss a dose and more than three hours have passed since the time you usually take it, skip the missed dose. Do not consume grapefruit or St. John's wort during treatment, as this may affect the effect of zanubrutinib. See also 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.

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.

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 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.

Skin problems

You may experience itching and a rash.

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

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.

Other

Joint pain and muscle pain are common. Headaches and fatigue are also common. You may also feel dizzy.

Contact your clinic immediately at:

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