

Atezolizumab-Bevacizumab

for Liver cell cancer

Regimen schedule

Next course of treatment, day 22

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Atezolizumab	x1																				
Bevacizumab	x1																				

About your treatment

Atezolizumab and bevacizumab are antibodies that inhibit the growth of cancer cells.

Each course is 21 days. You get an IV on day 1. There is then a break of 20 days before a new course of treatment starts. During treatment, your blood tests and any side effects will be monitored.

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. The side effects may require a break in treatment. Tell your doctor or nurse if you have any side effects. Often the symptoms can be prevented or alleviated.

Side effects may come late, several months after treatment has ended. Contact your doctor anyway!

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 and nausea are common, but you may also become constipated.

You can also get inflammation of the intestines (colitis). It can cause severe diarrhoea, stomach pain, blood in your stools or dark and smelly stools.

Skin problems

Dry skin and rashes with or without itching are common. Some skin conditions can be made worse by treatment, such as psoriasis and rosacea. You may also get inflammation of the skin (dermatitis), which in rare cases can lead to a severe skin reaction with watery sores.

Tip for mild itching: When washing your skin, be gentle and use unscented soap or shower oil. Lubricate with moisturiser.

Dry cough and difficulty breathing

New symptoms of dry cough, shortness of breath and difficulty breathing may be due to a special inflammation of the lungs and airways (pneumonitis).

Hypertension

High blood pressure is common. Your blood pressure will be monitored during treatment, and you may need medication.

Blood clot

You may have an increased risk of blood clots. You can get a blood clot in a leg or arm, and it can hurt, and cause swelling or redness.

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 joints

Pain in muscles and joints is common. Swelling around the ankles is also common.

Hormone changes

You may experience headaches, fatigue, depression, hot flashes, heart palpitations, decreased sexual desire and behavioural changes. You may also experience visual disturbances, such as blurred vision and double vision, and pain behind the eyes. Symptoms may be due to inflammation of the thyroid, adrenal or pituitary glands.

Sense and awareness

Your strength or sensation in your arms and legs may be reduced, but this is rare. This may be due to inflammation of the nerve pathways (peripheral neuropathy).

Consciousness may be affected in rare cases, if the inflammation affects the brain instead (encephalitis).

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 (temp above 38 degrees) or at a temperature below 36 degrees
- Sudden deterioration regardless of symptoms
- Nosebleeds or other bleeding you cannot stop or bruising over large parts of the body
- Severe new abdominal pain
- Increased number of stools/diarrhea with or without stomach pain, bloody or black stools
- New onset dry cough and shortness of breath
- Severe itching, blisters, oozing sores and peeling skin.
- If you or your relatives feel that you are changed, confused or that consciousness is affected.
- Headache, unusual fatigue, pain behind the eyes and visual disturbances.
- Dark foamy urine or very cloudy urine.
- Severe muscle or joint pain or an effect on strength or feeling in the arms and legs
- Yellow skin color

Contact your clinic before vaccination

If you need to be vaccinated, talk to your doctor or nurse beforehand.

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.

Advice on living habits

Talk to your doctor or nurse about your lifestyle. Then you can get individual advice on diet, exercise, alcohol and tobacco. Here is some general advice:

- It's important to get the energy and nutrition your body needs. It helps you maintain your weight and energy levels, and reduces the risk of side effects.
- Exercise counteracts the fatigue that the disease and treatment can cause. Anything from walking to harder physical exercise can help.
- You should avoid alcohol during the treatment days. Alcohol can affect the liver's ability to break down drugs.
- You should not smoke. Smoking increases the risk of getting cancer again, and weakens your immune system.

General information about cancer

Useful information about cancer is available from both 1177 Vårdguiden and Cancerfonden:

www.1177.se

www.cancerfonden.se

Notes
