# Amivantamab-Karboplatin-Pemetrexed kur 3 och 4-under 80 kg

for Lungcancer

**Regimen schedule**

| Day | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Pemetrexed | X | | | | | | | | | | | | | | | | | | | | |
| Karboplatin | X | | | | | | | | | | | | | | | | | | | | |
| Amivantamab | X | | | | | | | | | | | | | | | | | | | | |

| Day | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Pemetrexed | X | | | | | | | | | | | | | | | | | | | | |
| Karboplatin | X | | | | | | | | | | | | | | | | | | | | |
| Amivantamab | X | | | | | | | | | | | | | | | | | | | | |

## About your treatment

Amivantamab is an antibody that inhibits the growth of cancer cells. Carboplatin and pemetrexed are chemotherapy drugs. Each treatment cycle lasts 42 days. You receive an infusion on days 1 and 22. This is followed by a 20-day break before a new cycle begins. During treatment, your blood test results and any side effects are monitored.

**Medicines to take before treatment starts:** • To reduce the risk of a severe reaction during treatment with amivantamab, you will receive corticosteroids starting 2 days before the start of amivantamab. This usually applies only to the first treatment. • You must take tablets containing folic acid for at least 5 days before starting pemetrexed, every day throughout the treatment period, and for 3 weeks after the last day of treatment. You will also receive vitamin B12 before treatment begins and regularly during treatment. **Medicines to avoid** You should avoid NSAIDs for two days before and two days after the day of treatment. Examples include Magnecyl (acetylsalicylic acid), Voltaren (diclofenac), and Ipren (ibuprofen). For pain relief, you can use, for example, Alvedon (paracetamol).

## 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.

## Acne-like skin problems

You may get acne-like rashes on your face and upper body. You may also experience itching, cracking of the skin and inflammation around the nails. Talk to your nurse if you develop skin problems - you may need medication.

**Tip**: Apply a moisturising cream to your whole body several times a day. Use bath oil instead of soap. Avoid sunbathing. Wear a hat and full-coverage clothing. Lubricate parts of the body not covered by clothing with sunscreen that has a high SPF and UVA protection.

## Problems with skin, hair and nails

You may lose hair and your hair may change texture. Your skin often becomes dry and more sensitive to the sun. Your nails may become brittle. **Tip:** When washing your skin, be gentle and use a mild soap. Apply moisturizer frequently. Wear protective clothing to protect yourself from the sun, and sunscreen on parts of your body that you cannot cover. Wear gloves when doing dirty or rough work. If you have problems with your nails, brush your cuticles with oil or apply moisturizer.

## 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.

## Cough and shortness of breath

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

### Problems with mouth and mucous membranes

The mucous membranes of your nose, mouth, eyes and abdomen may be affected by your treatment. For example, you may have nosebleeds and a runny nose. In the mouth, you may experience dryness, redness, burning and sores. You can also get fungus, which turns the lining of your mouth red or gives it a white coating. Eyes may become dry and watery. The mucous membranes in the lower abdomen can also become dry.

**Tip**: If you have a dry mouth, use saliva stimulants available in pharmacies. Rinsing your mouth with Vichy water can prevent fungus. Be attentive to oral hygiene, and use a soft toothbrush and mild toothpaste. Be careful with floss and toothpicks. Inform your dentist of your cancer treatment when you visit. Avoid contact lenses if you have eye problems. Women can use oestrogen cream, emollient cream or oil to treat dry mucous membranes in the lower abdomen.

### Eye problems

You may experience visual disturbances with double vision and flashes of light. You may also get blurred vision and become more sensitive to light. Contact your doctor if you have any symptoms.

**Tip**: If your eyes sting and feel dry, use lubricating eye drops available from pharmacies.

### Swollen legs and feet

Swollen legs and feet are common.

**Tips:**You can use support stockings. Put your feet up on a footstool or rest for a while in bed. Apply a moisturiser to protect your skin, and watch out for sores.

## 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

Cancer drugs are usually excreted in the urine up to 7 days after treatment. Therefore, you should avoid splashing urine. Sit down when you pee. When finished, close the toilet lid and flush 2 times. 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. If you are a man, use a condom during sexual intercourse within 72 hours of treatment, as cytostatic drugs are also excreted through the seminal fluid.

## General information about cancer

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

www.1177.se

www.cancerfonden.se

## Notes

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