Ceritinib

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
Ceritinib	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
Ceritinib	X	X	X	X	X	X	X

About your treatment

Ceritinib (Zykadia) blocks proteins that regulate the growth and division of cancer cells, slowing it down.

Take the capsules once a day without interruption. During treatment, your blood tests and any side effects will be monitored.

How to take the medicines

Swallow the capsules whole with water. Take the capsules with a meal at about the same time each day. If you miss a dose, take it only if there are more than 12 hours left until your next scheduled dose. If you vomit, take your usual dose at the next opportunity. You must not eat or drink grapefruit juice or preparations containing St. John's wort during treatment.

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.

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.

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.

Nausea and taste changes

There is a risk that the treatment will make you feel unwell. If necessary, you will be given anti-nausea medication.

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.

Skin problems

You may experience itching and a rash.

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

Eye problems

You may get red eyes with stinging and pain. You may also experience blurred vision, dry eyes and become more sensitive to light.

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

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

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