

Regimen schedule

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Selpercatinib Morgondos	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
Selpercatinib Kvällsdos	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
Selpercatinib Morgondos	X	X	X	X	X	X	X
Selpercatinib Kvällsdos	X	X	X	X	X	X	X

About the treatment

Selpercatinib blocks proteins that regulate cancer cell growth and division, slowing it down. You take the capsules twice a day (morning and evening). During the treatment, your blood samples and any side effects are monitored.

How to take the medicine

Swallow the capsules whole with water. Take the capsules morning and evening with or without food, at approximately the same time each day. If you miss a dose or vomit, take your usual dose at the next time. You must not eat or drink preparations with grapefruit or St. John's wort during treatment. Read more 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. 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.

Stomach and intestinal problems

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

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.

Hypertension

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

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.

Skin problems

You may experience itching and a rash.

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

Headache

Headaches are common.

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

Notes
