# Trastuzumab-deruxtekan 5,4 mg/kg

for Lungcancer

**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 |
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| Trastuzumab deruxtekan | X | | | | | | | | | | | | | | | | | | | | |

## About your treatment

Trastuzumab - deruxtecan is an antibody, which is given to patients whose cancer cells have the growth factor HER2. The antibody inhibits the growth of cancer cells.

Each course of treatment is 21 days. Day 1, you get an IV. There is then a break of 20 days before a new course 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. 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.

### Cough and shortness of breath

Contact healthcare immediately if you develop a cough, shortness of breath, fever or other new or worsening respiratory problems. There is a risk that you have suffered from a serious lung disease and need immediate treatment.

### 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.

### 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.

### 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.

### Problems with the heart

There is an increased risk of heart failure. With heart failure, you may experience shortness of breath, palpitations, swollen ankles or legs.

### Problems with skin, hair and nails

Skin often becomes dry and more sensitive to the sun. You may also lose hair or your hair may change texture. Nails can become brittle.

**Tip**: When washing your skin, be gentle and use mild soap. Lubricate often with moisturiser. Wear covering clothing to protect against the sun, and sunscreen on parts of your body that you can't cover. Wear gloves for work that is dirty or abrasive for your hands. If your nails are bothering you, you can use nail polish and brush your cuticles with oil or apply a moisturiser.

### Headache

Headaches are common.

## 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 Call your clinic immediately at: • Fever (temp above 38 degrees) or at a temperature below 36 degrees • New onset dry cough and shortness of breath • Sudden deterioration regardless of symptoms • In case of infection symptoms from the urinary tract or cold symptoms before you are to receive treatment • Severe nausea or burning in the mouth that makes it difficult for you to eat and drink • Severe diarrhea that does not decrease with stopping medication • Nosebleeds or other bleeding you cannot stop or bruising over large parts of the body

## 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