

Glofitamab-GemOx startdoser, kur 1

for Haematological malignancy

Regimen schedule

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Obinutuzumab	X																				
Glofitamab								X													
Glofitamab															X						
Gemcitabin		X																			
Oxaliplatin		X																			

About your treatment

Glofitamab is an antibody that activates your immune system to attack cancer cells. Gemcitabin och Oxaliplatin are cytostatics. You will receive an IV on day 1,2,8 and 15 the first 4 weeks months and then an IV every third week. During treatment, your blood tests and any side effects will be monitored.

Side effects - symptoms and tips

Side effects - cytokine release syndrome (CRS) The side effects can be serious and are due to the medicine activating immune cells that can produce cytokines, cytokine release syndrome (CRS). The greatest risk of side effects is during the first treatments. The first times you receive treatment, you will have to stay in hospital for observation overnight. Symptoms of CRS are low blood pressure, dizziness and feeling unsteady, fever and chills, headache, nausea and vomiting. In addition to the acute side effects, you may experience other side effects. The ones we list here are the most common and important. They can vary greatly between different people. Tell your doctor or nurse if you have side effects. Often the symptoms can be prevented or alleviated. Side effects can come late, several months after the treatment has ended. In that case, contact your clinic anyway!

Hypertension

You may experience low blood pressure, which can easily make you feel dizzy and cause fainting. The risk is greatest at the beginning of treatment. Be aware of the risk of fainting when operating dangerous machinery or driving.

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.

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 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.

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.

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.

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.

Numbness and tingling - sensory disturbances

Oxaliplatin can cause nerve damage (peripheral neuropathy). You may therefore experience numbness and tingling in your hands and feet, and your fine motor skills may be impaired. Symptoms may be triggered by cold. The symptoms usually go away, but not completely in everyone. Tell your doctor or nurse if you have numbness or tingling in your hands and feet.

Tips: Wear gloves when it's cold outside, and to protect against the cold in the fridge and freezer.

Feeling of discomfort in the throat

During or after treatment, your throat may feel tight and it may be difficult to breathe. The feeling usually comes when you get out into the cold air or have a cold drink. Breathing may become wheezy and hoarse. Although the sensation is unpleasant, it is short-lived and will pass without treatment.

Tips: In cold weather - pull a scarf over your nose and mouth. If it occurs: breathe calmly and drink something warm.

Contact your clinic immediately at:

Emergency Call 112 in the event of persistent acute chest pain, chest pressure, or difficulty breathing/shortness of breath. **Call your clinic immediately in the event of:** Fever (temperature above 38°C), temperature below 36°C, or chills Sudden deterioration regardless of symptoms, such as dizziness or feeling faint Symptoms of a urinary tract infection or cold symptoms prior to scheduled treatment If you or your relatives notice changes in your condition, confusion, altered consciousness, lethargy, seizures, or tremors Severe diarrhea that does not subside with anti-diarrheal medication Nausea and vomiting Severe headache

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.

General information about cancer

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

www.1177.se

www.cancerfonden.se

Notes
