

Zolbetuximab400 underhållsdos

for Gastrointestinal cancer

Regimen schedule

Next course of treatment, day 15														
Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Zolbetuximab	X													

About your treatment

Side effects - symptoms and tips

The side effects listed here are the most common and significant ones. They can vary greatly from person to person, and even from one occasion to the next. Tell your doctor or nurse if you experience side effects. Often, the symptoms can be prevented or alleviated.

Nausea during Zolbetuximab treatment

Nausea is common, particularly while receiving the zolbetuximab infusion; it is often most severe during the first treatment session. It is important to inform the nurse administering the treatment if you experience even mild nausea during the infusion. This allows the infusion rate to be reduced or paused promptly before the nausea worsens. You will receive preventive medication for nausea. Some of these medications can cause constipation. You may also experience nausea caused by the chemotherapy. The treatment can alter the taste of food and drinks. Tip: Sometimes it helps to eat lighter foods and smaller portions. Try options such as fermented milk (*filmjöl*), yogurt, omelets, sandwiches, and hot or cold soup. Drinking extra fluids between meals may help reduce nausea. To reduce the risk of acute nausea, it is advisable to ensure you stay hydrated before and during the day of your zolbetuximab treatment.

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.

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.

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
