

### Regimen schedule

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Daratumumab	X							X							X						
Bortezomib	X			X				X			X										
Melfalan	X	X	X	X																	
Dexametason	X							X													
Prednisolon		X	X	X																	

### Next course of treatment, day 43

Day	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42
Daratumumab	X							X							X						
Bortezomib	X			X				X			X										
Melfalan																					
Dexametason																					
Prednisolon																					

## About yhe treatment

Daratumumab is an antibody that inhibits the growth of cancer cells. Melphalan and bortezomib are cytostatics. Dexamethasone and prednisolone is a cortisone preparation. Each course is 42 days. Daratumumab is given via a syringe on days 1, 8, 15, 22, 29 and 36. Bortezomib is given via a syringe on days 1, 4, 8, 11, 22, 25, 29 and 32. Melphalan is taken as tablets on days 1-4. Dexamethasone is taken as tablets on days 1 and 8. Prednisolone is taken as tablets on days 2-4. During the treatment, your blood samples and any side effects are monitored.

## How to take the medicines

Melfalan (Alkeran): Swallow the tablets whole with water half an hour before a meal.

See also 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. 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.

## **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 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.

## **Pain in muscles and joints**

Pain in muscles and joints is common.

## **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.

## **Cough and shortness of breath**

You may experience coughing and shortness of breath. Tell your doctor or nurse if you have trouble breathing.

## **Problems with the heart**

The treatment carries a certain risk of cardiac effects. You may experience symptoms such as an unusual heart rhythm or palpitations.

## **Numbness and tingling - sensory disturbances**

You may experience numbness and tingling in your hands and feet, and your fine motor skills may be impaired. For example, you may find it difficult to press buttons or walk. 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.

## **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.

## **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](http://www.1177.se)

[www.cancerfonden.se](http://www.cancerfonden.se)

## Notes

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