

**Karfilzomib 1/v-Cyklofosfamid-Dexametason, kur 1, startdoser**

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
Karfilzomib	X																				
Karfilzomib								X							X						
Cyklofosfamidmonohydrat	X							X							X						
Dexametason	X	X						X	X						X	X					

**Next course of treatment, day 29**

Day	22	23	24	25	26	27	28
Karfilzomib							
Karfilzomib							
Cyklofosfamidmonohydrat							
Dexametason	X	X					

**About your treatment**

Karfilzomib and Cyclophosphamide are cytostatics. Dexamethasone is a cortisone preparation. Each course is 28 days. On days 1, 8 and 15 you will receive drops. Cyklofosfamid is taken as tablets day 1,8 och 15 Dexamethasone is taken as tablets on days 1-2, 8-9, 15-16 and 22-23. During the treatment, your blood samples and any side effects are 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.

**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.

## 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.

## 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.

## Cough and shortness of breath

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

## Headache

Headaches are common.

## 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.

## Pain in muscles and bones

Pain, tenderness and weakness in the muscles are common.

**Tips:** Can be relieved with common painkillers.

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

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

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