Everolimus

for Urological cancer

Regimen schedule

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

Next course of treatment, day 29

Day	22	23	24	25	26	27	28
Everolimus	X	X	X	X	X	X	X

About your treatment

Evorolimus blocks proteins that regulate the growth and division of cancer cells so that it is slowed down. You take the tablets once a day without a break. Your doctor or nurse will inform you if you should change anything in your treatment.

How to take the medicines

Swallow the tablets whole with water, with or without food, at about the same time each day. If you miss a dose or vomit, take your usual dose at the next opportunity.

You must not eat or drink grapefruit or preparations containing grapefruit or St. John’s wort during treatment as this may affect the effect of Olaparib.

Read more in the package leaflet.

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 often occur most frequently at the start of treatment. Tell your doctor or nurse if you experience troublesome side effects. It may be possible to switch treatments.

Problems with stomach and intestines

Diarrhoea is quite common.

Tip: Drink a lot, a few glasses more than usual per day. If you have diarrhoea, avoid fatty, spicy and high-fibre foods. Talk to your doctor if you get diarrhoea - you may need medication.

Problems with mucous membranes in the mouth

Your treatment may affect the mucous membranes in your mouth. You might experience a burning sensation or develop sores. You may need medication to relieve these symptoms; please contact your contact nurse. Tip: Try sucking on an ice cube or a piece of frozen fruit. Keeping your mouth moist is also beneficial. Pharmacies offer products that can help relieve discomfort. Brush your teeth gently using a soft toothbrush. Avoid mouthwashes that contain alcohol. Toothpaste without foaming agents may also provide relief.

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.

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.

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.

Bleeding

You may have an increased risk of bleeding. For example, you may bleed easily from your nose or mouth. If you get a cut on your skin, you may bleed longer than usual. Surgical wounds may heal more slowly.

Tips: Be careful not to cut yourself. You can stop nosebleeds by squeezing the soft parts of your nose for 10 minutes. If this doesn't stop it, contact your doctor. Be attentive to oral hygiene, and use a soft toothbrush and mild toothpaste. Be careful with floss and toothpicks. Inform your dentist or other health care provider of your cancer treatment when you visit.

Cough and shortness of breath

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

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

General information about cancer

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

www.1177.se

www.cancerfonden.se