Pembrolizumab var 3:e vecka-Lenvatinib

for Urological cancer

Regimen schedule

Next course of treatment, day 22

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

About your treatment

Lenvatinib blocks proteins that regulate the growth and division of cancer cells so that it is slowed down and Pembrolizumab is an antibody that activates your immune system to attack the cancer cells. Lenvatinib is taken as capsules. Your doctor or nurse will tell you how many capsules you should take at a time. Pembrolizumab is given as a drip. During the treatment, your blood samples and any side effects are monitored.

How to take the medicines

Read more in the package leaflet.

Side effects - symptoms and tips

When receiving immunotherapy (antibodies that activate your immune system), there is a risk of serious side effects.

The side effects that can occur are autoimmune reactions/inflammation in the body's various organs. The side effects are often mild and transient but can become serious. It is important that the side effects are detected early so that they can be followed up and treated if necessary.

The side effects can occur at any time during treatment but also several months after treatment has ended.

Signs of side effects can also be detected through blood tests. You may provide blood tests during treatment and after treatment has ended.

It is important that you contact your clinic if you experience any of the following symptoms:

• New or changed dry cough and shortness of breath. May be a side effect in the lungs, pneumonitis

• Increased number of stools, new diarrhea possibly accompanied by stomach pain, blood in the stool or black stools. May be a side effect in the intestines, colitis

• Dark-colored urine, foamy urine or very cloudy urine. May be a side effect in the kidneys, nephritis

• Headache, unusually tiredness and weakness, impaired consciousness, pain behind the eyes, visual disturbances, confusion and new depression. May be a side effect in hormone-producing glands such as the thyroid or pituitary gland

• Redness and rash on the skin, often with itching. Wetting sores and blistering are a serious sign. May be a side effect in the skin, dermatitis

• New pain, swelling and stiffness in muscles and joints, May be myositis and arthritis

• Impaired strength and sensation in the arms and legs. May be a side effect in the nervous system, neuritis

• Chest pain, irregular pulse and palpitations. May be signs of inflammation of the heart muscle, myocarditis

Side effects

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.

Fatigue

In connection with cancer and treatment, it is common to feel tired. It is individual how severe the discomfort you experience and how long it lasts. You may be tired for a long time after a treatment has ended. Your ability to remember, concentrate and solve problems may become worse. **In very severe cases of fatigue, memory and concentration problems can be symptoms of a serious side effect caused by the immunotherapy treatment.** Tip: Feel free to move. Physical activity often helps against fatigue. Find a balance between activity, rest and sleep that works for you.

Hypertension

High blood pressure is common. Your blood pressure will be monitored during treatment, and you may need medication.

Problems with hands and feet

You may sometimes experience redness, dry flaky skin and swelling on the soles of your hands and feet. It usually starts as soreness, tingling and numbness, which can develop into blisters, cracks and sores. Contact your doctor immediately if you experience these symptoms.

Tip: Avoid exposing hands and feet to high heat, such as showering or washing dishes with very hot water. To relieve the discomfort, you can use cold items, such as a freezing pack wrapped in a towel. Also avoid exposing your hands and feet to vibration or abrasion, such as when using a drill for hours or running for miles.

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 mucous membranes in the mouth

The mucous membranes of the mouth may be affected by your treatment. You may experience swelling and sores in your mouth and around your lips.

Tip: 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.

Skin problems

You may experience itching and a rash.

Tip: When washing your skin, be gentle and use mild soap. Lubricate with moisturiser.

Problems with the heart

The treatment carries a certain risk of cardiac effects. You may have symptoms such as chest pain, an unusual heart rhythm, palpitations, shortness of breath or swollen legs. ECG and/or ultrasound of the heart are sometimes included in checks on heart function.

Blood clot

You may have an increased risk of blood clots. You can get a blood clot in a leg or arm, and it can hurt, and cause swelling or redness.

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.

Contact your clinic immediately at:

Acute

- Call 112 in case of persistent acute chest pain, pressure on the chest or difficulty breathing/shortness of breath

Contact your reception immediately at:

- Fever (temp above 38 degrees) or at a temperature below 36 degrees
- Sudden deterioration regardless of symptoms
- Increased number of stools/diarrhea with or without stomach pain, bloody or black stools
- Severe nausea or burning in the mouth that makes it difficult for you to eat and drink
- New onset dry cough and shortness of breath
- New skin rashes over large parts of the body
- Severe itching, blisters, oozing sores and peeling skin.
- Painful skin redness/rash/nail changes
- If you or your relatives feel that you are changed, confused or that consciousness is affected.
- Headache, unusual tiredness, pain behind the eyes, depression and vision
- Dark foamy urine or very cloudy urine.
- Severe muscle or joint pain or an effect on strength or feeling in the arms and legs
- Yellow skin color

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