

# Pembrolizumab var 3:e vecka-Lenvatinib

## for Urological cancer

## Patient information

### 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

Take the capsules with or without food at about the same time each day. If a dose is missed, it should only be taken if there are more than 12 hours until the next scheduled dose.

Read more 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. The side effects may require a break in treatment. Tell your doctor or nurse if you have any side effects. Often the symptoms can be prevented or alleviated.

**Side effects may come late, several months after treatment has ended. Contact your doctor anyway!**

#### 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

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.

#### 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.

## **Dry cough and difficulty breathing**

New symptoms of dry cough, shortness of breath and difficulty breathing may be due to a special inflammation of the lungs and airways (pneumonitis).

## **Pain in muscles and joints**

Pain in muscles and joints is common. Swelling around the ankles is also common.

## **Hormone changes**

You may experience headaches, fatigue, depression, hot flashes, heart palpitations, decreased sexual desire and behavioural changes. You may also experience visual disturbances, such as blurred vision and double vision, and pain behind the eyes. Symptoms may be due to inflammation of the thyroid, adrenal or pituitary glands.

## **Skin problems**

Dry skin and rashes with or without itching are common. Some skin conditions can be made worse by treatment, such as psoriasis and rosacea. You may also get inflammation of the skin (dermatitis), which in rare cases can lead to a severe skin reaction with watery sores.

**Tip for mild itching:** When washing your skin, be gentle and use unscented soap or shower oil. 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](http://www.1177.se)

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

## Notes

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