

Apalutamid

for Urological cancer

Patient information

Regimen schedule

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

About your treatment

Apalutamide is an anti-hormone, where the effect of testosterone (the male sex hormone) is blocked and the cancer cells are prevented from multiplying. 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. During the treatment, your blood samples and any side effects are monitored. Falls and fractures (broken bones) are common. Your doctor will find out if you have an increased risk of falling.

How to take the medicines

Swallow the capsules whole with water. If you miss a dose, take the prescribed dose as close to the usual time as possible. If you miss a dose for a whole day, resume treatment the next day.

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. 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.

Fallopian tubes

Hot flashes and sweating are common.

Tips: Try to exercise and move around.

Decreased sexual desire

Decrease in testosterone level can lead to loss of sexual desire. The potency can disappear, that is, it becomes difficult to get an erection, you become impotent.

Skin problems

You may experience itching and a rash.

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

Hypertension

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

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.

Common advice

The medication may affect the fetus. If you are sexually active, use a condom and another form of contraception during treatment and for some time afterwards. Check FASS or the medication's package leaflet for the specific instructions applicable to your medication.

General information about cancer

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

www.1177.se

www.cancerfonden.se

Notes
