

# Darolutamid

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 |
|-----------------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|
| Darolutamid Morgondos | X | X | X | X | X | X | X | X | X | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  |
| Darolutamid Kvällsdos | 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 |
|-----------------------|----|----|----|----|----|----|----|
| Darolutamid Morgondos | X  | X  | X  | X  | X  | X  | X  |
| Darolutamid Kvällsdos | X  | X  | X  | X  | X  | X  | X  |

## About your treatment

Darolutamid is an antihormone, which stops the body from producing testosterone (the male sex hormone).

You take the tablets twice a day without interruption (morning and evening). Your doctor or nurse will tell you if you need to change anything about your treatment. During treatment, your blood tests and any side effects will be monitored.

## How to take the medicine

Swallow the tablets whole with water. Take the tablets with a meal at the same time each day. If you miss a dose, take the prescribed dose as close to the usual time as possible. If a dose is missed for a whole day, resume the treatment the next day. St. John's wort must not be taken during treatment as it affects the effect of the medicine. Read more in the package insert.

## 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.

### Pain in muscles and joints

Pain in muscles and joints is common.

## 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

There is an increased risk of heart failure. With heart failure, you may experience shortness of breath, palpitations, swollen ankles or legs.

## Contact your clinic immediately at:

- fever over 38 degrees or if your temperature drops below 36 degrees
- severe diarrhoea, or diarrhoea combined with fever
- 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)

## Notes

---

---