

## Regimen schedule

Day	Next course of treatment, day 22																				
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Pembrolizumab	X																				
Axitinib Morgondos	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Axitinib Kvällsdos	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X

## About your treatment

Pembrolizumab is an antibody that activates your immune system to attack the cancer cells. Axitinib blocks proteins that regulate the growth and division of cancer cells, slowing them down.

Each course of treatment is 21 days. You will receive pembrolizumab as a drip on day 1. After that, there is a break of 20 days. Axitinib is taken as tablets twice a day continuously. During treatment, your blood tests and any side effects will be monitored.

## 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 as this may increase side effects. St. John's wort should also be avoided as it affects the effect of the medicine.

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!**

### 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.

### Nausea and taste changes

You may feel unwell from the treatment. You will therefore be given anti-nausea medication in conjunction with the treatment. The medicines may cause constipation. You can get different varieties depending on how you feel. The taste of food and drink may be altered by the treatment.

**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 stomach and intestines

Diarrhoea and nausea are common, but you may also become constipated.

You can also get inflammation of the intestines (colitis). It can cause severe diarrhoea, stomach pain, blood in your stools or dark and smelly stools.

## Hypertension

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

## 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.

## 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.

## Eye problems

You may get red eyes with stinging and pain. You may also experience blurred vision, dry eyes and become more sensitive to light.

**Tip:** If your eyes sting and feel dry, use lubricating eye drops available from pharmacies.

## 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.

## 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.

## 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.

## **Sense and awareness**

Your strength or sensation in your arms and legs may be reduced, but this is rare. This may be due to inflammation of the nerve pathways (peripheral neuropathy).

Consciousness may be affected in rare cases, if the inflammation affects the brain instead (encephalitis).

## **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 symptom
- Increased number of stools/diarrhea with or without stomach pain, bloody or black stools
- New onset dry cough and shortness of breath
- Severe itching, blisters, oozing sores and peeling skin.
- If you or your relatives feel that you are changed, confused or that consciousness is affected.
- Headache, unusual fatigue, pain behind the eyes and visual disturbances.
- 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

## **Contact your clinic before vaccination**

If you need to be vaccinated, talk to your doctor or nurse beforehand.

## **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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