Regorafenib

for Sarcoma

Regimen schedule

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

About your treatment

Regorafenib (Stivarga) blocks proteins that regulate the growth and division of cancer cells, slowing it down. Each course is 28 days. You take tablets once a day from day 1 to 21. After that, there is a break of 7 days, before a new course starts. Your doctor or nurse will tell you how many tablets to take at a time. During treatment, your blood tests and any side effects will be monitored.

How to take the medicines

Swallow the tablets whole with water. Take the tablets at the same time each day after a light meal, preferably breakfast. If you miss a dose, you can take it on the same day, but NOT 2 doses on the same day. If you vomit, do not take extra doses.

You must not eat or drink grapefruit or preparations containing grapefruit or St. John's wort during treatment. Grapefruit, grapefruit juice and St. John's wort must not be taken during treatment.

See also information 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 in connection with cancer and its treatment. The severity of the symptoms and their duration vary from person to person. You may continue to feel tired long after treatment has ended. This type of extreme exhaustion is known as fatigue—a tiredness that does not always improve with rest or sleep. Many describe fatigue as a total lack of energy, and it can occur even without physical exertion. Your ability to remember, concentrate, and solve problems may be impaired. Fatigue is sometimes associated with feelings of resignation, stress, anxiety, and depression. Tip: Try to stay active. Physical activity often helps alleviate tiredness and fatigue. Find a balance between activity, rest, and sleep that works for you.

Infection susceptibility

You will be susceptible to infection after treatment. This is because the level of white blood cells drops. Before each treatment, blood samples are taken to see if the blood cells have recovered. If the values are too low, the treatment must be postponed.

Tips: Try to avoid close contact with people who have a cold or stomach illness, for example. Wash your hands often with soap and water. Hand sanitizer can be useful.

Stomach and intestinal problems

Diarrhea, nausea and vomiting are very common, but you may also become constipated.

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.

Hypertension

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

Problems with mouth and mucous membranes

The mucous membranes of your nose, mouth, eyes and abdomen may be affected by your treatment. For example, you may have nosebleeds and a runny nose. In the mouth, you may experience dryness, redness, burning and sores. You can also get fungus, which turns the lining of your mouth red or gives it a white coating. Eyes may become dry and watery. The mucous membranes in the lower abdomen can also become dry.

Tip: If you have a dry mouth, use saliva stimulants available in pharmacies. Rinsing your mouth with Vichy water can prevent fungus. 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. Avoid contact lenses if you have eye problems. Women can use oestrogen cream, emollient cream or oil to treat dry mucous membranes in the lower abdomen.

Problems with skin, hair and nails

Skin often becomes dry and more sensitive to the sun. You may also lose hair or your hair may change texture. Nails can become brittle.

Tip: When washing your skin, be gentle and use mild soap. Lubricate often with moisturiser. Wear covering clothing to protect against the sun, and sunscreen on parts of your body that you can't cover. Wear gloves for work that is dirty or abrasive for your hands. If your nails are bothering you, you can use nail polish and brush your cuticles with oil or apply a moisturiser.

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

Call your clinic immediately at:

Sudden deterioration regardless of symptoms

Severe diarrhea that does not decrease with stopping drugs

New skin rashes over large parts of the body

Painful skin redness/rash/nail changes

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