Bevacizumab-FLV

for Gastrointestinal cancer

Regimen schedule

Next course of treatment, day 15

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Bevacizumab	X													
Fluorouracil	X	X												
Kalciumfolinat (vattenfritt)	X	X												

About your treatment

Bevacizumab is an antibody that inhibits the growth of cancer cells. Fluorouracil is a cytostatic. Also included is calcium folinate, a folic acid that increases the effect of fluorouracil. Each course is 14 days. Bevacizumab is given as a drip on day 1. Fluorouracil and calcium folinate are given via a syringe on days 1 and 2. A new course starts on day 15. During the treatment, your blood tests and any side effects are monitored.

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.

Stomach and intestinal problems

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

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.

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.

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.

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.

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.

Hypertension

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

Protein in the urine

You may get protein in your urine. However, it does not cause any symptoms. You will be asked to provide a urine sample to check this.

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 clinic immediately at:

- Fever (temp above 38 degrees) or at a temperature below 36 degrees
- Sudden deterioration regardless of symptoms
- Severe nausea or burning in the mouth that makes it difficult for you to eat and drink
- Severe diarrhea that does not decrease with stopping medication
- Nosebleeds or other bleeding you cannot stop or bruising over large parts of the body
- Severe new abdominal pain

Common advice

Cancer drugs are usually excreted in the urine up to 7 days after treatment. Therefore, you should avoid splashing urine. Sit down when you pee. When finished, close the toilet lid and flush 2 times. 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. If you are a man, use a condom during sexual intercourse within 72 hours of treatment, as cytostatic drugs are also excreted through the seminal fluid.

General information about cancer

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

www.1177.se

www.cancerfonden.se