# Bevacizumab-FOLF

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 | | | | | | | | | | | | | |
| Kalciumfolinat (vattenfritt) | X | | | | | | | | | | | | | |
| Fluorouracil | X | | | | | | | | | | | | | |
| Fluorouracil Bärbar infusionspump (46 tim.) | → | → | * | | | | | | | | | | | |

* Pumpen kopplas bort.

## 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. On day 1, you receive a drip and a portable infusion pump that doses fluorouracil over 2 days at home. After that, there is a break for 12 days, before a new course starts. During the treatment, your blood samples and any side effects are monitored.

## Portable infusion pump

Homepump or Intermate are portable, single-use infusion pumps. The pump is driven by the pressure created when it is filled with a solution. The pump is usually stored in a waist bag. Check that the hose is not pinched. Avoid getting the pump wet. If the pump falls to the floor, it should be able to withstand this. It may be a good idea to check the pump daily and check if it is not free.

## 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.

### 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.

### 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.

### 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