# Cetux-Enko-FOLFOX

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 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Cetuximab | X | | | | | | | | | | | | | |
| Oxaliplatin | X | | | | | | | | | | | | | |
| Kalciumfolinat (vattenfritt) | X | | | | | | | | | | | | | |
| Fluorouracil | X | | | | | | | | | | | | | |
| Fluorouracil Bärbar infusionspump (46 tim.) | → | → | * | | | | | | | | | | | |
| Enkorafenib | X | X | X | X | X | X | X | X | X | X | X | X | X | X |

* Pumpen kopplas bort.

## About your treatment

Cetuximab is an antibody that inhibits the growth of cancer cells and Encorafenib blocks specific proteins in the cancer cell so that the growth and division of the cancer cell is slowed down. FOLFOX is an abbreviation for fluorouracil and oxaliplatin, both of which are cytostatics. It also contains calcium folinate, a folic acid that increases the effect of fluorouracil. Each course is 14 days. On day 1 you will receive a drip and a portable infusion pump that doses fluorouracil for 2 days at home. After that, there is a break with the infusions for 12 days, before a new course starts, but you take the Encorafenib capsules every day. During the treatment, your blood tests 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.

## How to take the medicines

Swallow the capsules whole with water. Take the capsules with or without food at about the same time each day. If you miss a dose, take it only if it is more than 12 hours until the next dose. If you vomit, do not take an extra dose that day. You must not eat or drink grapefruit or preparations with grapefruit or St. John's wort during treatment as this may affect 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 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.

## Nausea and taste changes

There is a risk that the treatment will make you feel unwell. If necessary, you will be given anti-nausea medication.

**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 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.

## Numbness and tingling - sensory disturbances

You may experience numbness and tingling in your hands and feet, and your fine motor skills may become worse. For example, you may have difficulty buttoning buttons or walking. The symptoms usually go away, but not completely in everyone. Tell your doctor or nurse if you have numbness or tingling in your hands and feet. Physical activity can prevent neuropathy and can relieve symptoms and improve motor skills and balance. Try to find the exercise that suits you. Cardio and strength training can be good for preventive purposes. If neuropathy has occurred, improved muscle strength, balance training and yoga can also have an effect by affecting function for the better.

## Feeling of discomfort in the throat

During or after treatment, your throat may feel tight and it may be difficult to breathe. The feeling usually comes when you get out into the cold air or have a cold drink. Breathing may become wheezy and hoarse. Although the sensation is unpleasant, it is short-lived and will pass without treatment.

**Tips:** In cold weather - pull a scarf over your nose and mouth. If it occurs: breathe calmly and drink something warm.

### Acne-like skin problems

You may get acne-like rashes on your face and upper body. You may also experience itching, cracking of the skin and inflammation around the nails. Talk to your nurse if you develop skin problems - you may need medication.

**Tip**: Apply a moisturising cream to your whole body several times a day. Use bath oil instead of soap. Avoid sunbathing. Wear a hat and full-coverage clothing. Lubricate parts of the body not covered by clothing with sunscreen that has a high SPF and UVA protection.

### Problems with hands and feet

It is common to get redness, dry flaky skin and swelling on the hands and soles of the feet. It can develop into blisters, cracks and sores. You may also get sore, tingling and numbness in your hands and feet. 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. Protect your hands with gloves, for example when gardening. Also avoid exposing your hands and feet to vibration or abrasion, such as when using a drill for hours or running for miles.

### 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.

### 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. In rare cases, you may lose part of your field of vision, which may be due to a retinal detachment or blockage of a vessel in the eye. You should contact your doctor immediately.

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

### 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.

### Pain in muscles and bones

Pain, tenderness and weakness in the muscles are common.

**Tips:** Can be relieved with common painkillers.

## 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:**

Fever (temp above 38 degrees) or at a temperature below 36 degrees

Sudden deterioration regardless of symptoms

Severe diarrhea that does not decrease with stopping drugs

New severe fatigue and/or muscle weakness or involuntary muscle cramps

New skin rashes over large parts of the body

Painful skin redness/rash/nail changes

Liquifying rash with yellowish crusts

Painful or inflamed eyes, sensitivity to light, blurred vision or altered vision

## 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, non-hormonal contraceptives during treatment and for at least 90 days after the end of treatment, as the drug may render the contraceptive pill ineffective.

## General information about cancer

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

www.1177.se

www.cancerfonden.se