Cetuximab-Enkorafenib

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													
Enkorafenib	X	X	X	X	X	X	X	X	X	X	X	X	X	X

About your treatment

Cetuximab is an antibody that inhibits the growth of cancer cells and Encorafenib blocks proteins that regulate the growth and division of cancer cells so that it is slowed down. Each course is 14 days. Cetuximab is given as a drip on day 1. Encorafenib is taken as capsules, once a day, days 1-14. During the treatment, your blood samples and any side effects are monitored.

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.

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.

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.

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.

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.

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

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