

# Nivolumab tillägg, var 3:e vecka

for Gastrointestinal cancer

## Patient information

### Regimen schedule

| Next course of treatment, day 22 |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |
|----------------------------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|
| Day                              | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| Nivolumab                        | X |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |

### About your treatment

Nivolumab is an antibody that activates your immune system to attack cancer cells. Each course of treatment is 21 days. You get an IV on day 1. There is then a break of 20 days before a new course starts.

During treatment, your blood tests and any side effects will be 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. The side effects may require a break in treatment. Tell your doctor or nurse if you have any side effects. Often the symptoms can be prevented or alleviated.

**Side effects may come late, several months after treatment has ended. Contact your doctor anyway!**

#### Fatigue

Fatigue is common. You may feel low in energy and never rested. Your memory may deteriorate, and you may find it harder to concentrate and solve problems. It can make you feel down, stressed and anxious. You may also find it difficult to socialise. Fatigue may persist for a long time after treatment.

**Tips:** Try to exercise and move around. It's the only thing known to help with fatigue.

#### 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 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.

#### Skin problems

You may experience itching and a rash.

**Tip:** When washing your skin, be gentle and use mild soap. Lubricate with moisturiser.

#### Headache

Headaches are common.

## **Dry cough and difficulty breathing**

New symptoms of dry cough, shortness of breath and difficulty breathing may be due to a special inflammation of the lungs and airways (pneumonitis).

## **Pain in muscles and joints**

Pain in muscles and joints is common. Swelling around the ankles is also common.

## **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.

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

## **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 reception immediately at:

- Fever (temp above 38 degrees) or at a temperature below 36 degrees
- Sudden deterioration regardless of symptom
- Increased number of stools/diarrhea with or without stomach pain, bloody or black stools
- New onset dry cough and shortness of breath
- Severe itching, blisters, oozing sores and peeling skin.
- If you or your relatives feel that you are changed, confused or that consciousness is affected.
- Headache, unusual fatigue, pain behind the eyes and visual disturbances.
- Dark foamy urine or very cloudy urine.
- Severe muscle or joint pain or an effect on strength or feeling in the arms and legs
- Yellow skin color

## **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](http://www.1177.se)

[www.cancerfonden.se](http://www.cancerfonden.se)

## **Notes**

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