

### Warning

This fact sheet aims to let you know the side effects most commonly seen following the administration of your treatment. Please note that when you take any medication, there is a possibility that it causes rare side effects and it is difficult to predict which patients will be affected.

## General information for patient Pertuzumab (Perjeta), Trastuzumab (Herceptin) and Docetaxel (Taxotere)

**Date:** January 2016

**Revision date:**

Medication	Administration
Pertuzumab	Intravenous infusion over 30 minutes  First dose is always administered over 60 minutes
Trastuzumab	Intravenous infusion over 30 minutes  First dose is always administered over 90 minutes
Docetaxel	Intravenous infusion over 60 minutes
<i>Treatment repeated every 3 weeks</i>	

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### General Information associated with your treatment:

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- › These medications are used to prevent the multiplication of abnormal cells and destroy them.
- › A **blood test** will be done prior to every cycle. Depending on the results and side effects of the previous treatment, the dose of the medication might be adjusted or the treatment might be delayed.
- › Your **appetite may diminish**. Eat more often, in smaller quantities.
- › Your **sense of taste may be altered**. Enhance foods with *finer herbes* or lemon juice. Eating fruits and non sugared candies, chewing non-sugared gums, etc., may mask the metallic taste.
- › **Alcohol** (in small quantities) is permitted and will not affect the efficacy of the treatments.
- › You can have an **active sexual** life during your treatments. Your partner will not be exposed to, nor harmed by chemotherapy effects. However, a decrease in your sexual drive may occur during this period. This may also be influenced by different factors (fatigue, stress etc.).
- › In **pre-menopausal female patients** chemotherapy may cause irregularities or cessation of the **menstrual cycle** during treatment. The menstrual cycle may restart or return to normal after the end of treatment. The menstrual cycle may also stop permanently. However, a pregnancy remains possible and chemotherapy administered during pregnancy may harm the embryo. A birth control method is strongly recommended during treatment. Breast-feeding is contra-indicated during treatment.
- › For **male patients**, the sperm count may be affected and negative effects on the embryo may occur. In fact, the production of spermatozooids may be reduced or completely absent during treatments. In certain patients, this reduction of fertility may be permanent, may get better or return to normal after the treatments have stopped. This reduction of **fertility** does not prevent erection or sexual activity. A pregnancy remains possible. If you have sex with a woman of childbearing age it is strongly recommended to use a method of contraception during the treatment.
- › Consult your doctor or pharmacist before you take other medications (even over the counter medications available without a prescription) or **natural health products** or if you need to receive a **vaccine**. These may provoke an interaction with your treatment and diminish its efficacy or increase side effects.
- › Follow the instructions given by your cancer center about the right way to handle and dispose of biological fluids (for example urine, stools) in order to protect the environment and your relatives.
- › Be sure to always have on hand the complete list of your medications, dietary supplements, vitamins and other natural health products. Give it to your doctor and your pharmacist. It is important to make them aware of any change.

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## Adverse effects and their management

Adverse effects	Management
<b>Nausea</b> , usually light, may occur mainly on the same day and the day following your treatment.	<ul style="list-style-type: none"><li>› Before your treatment, medication to prevent nausea may be prescribed. At home, you may also have to take medication for 1 or 2 days or more, as needed.</li><li>› Contact a member of your healthcare team if your medication does not relieve your nausea.</li></ul>
Usually, a <b>total hair loss</b> will occur. In general this may happen 2 to 3 weeks after the start of the treatment. However, don't worry; your hair should grow back after docetaxel have ended.	<ul style="list-style-type: none"><li>› Use a gentle shampoo.</li></ul>
A decrease in the <b>white blood cells</b> will occur about 1 to 2 weeks after the start of docetaxel. You may be at higher risk of infections during this period.	<ul style="list-style-type: none"><li>› Wash your hands often.</li><li>› During this period, avoid coming into contact with people who have contagious diseases.</li><li>› Contact a member of your healthcare team quickly if you notice any signs of infection (fever, chills, cough, sore throat, pain while urinating...)</li><li>› Consult your doctor or go immediately to the Emergency Room if you have a fever 38,3°C (101°F) once or 38°C (100,4°F) twice an hour apart.</li><li>› In case of fever, do not take acetaminophen (Ex: Tylenol®, Atasol®) and anti-inflammatory medication (Ex : Motrin®, Advil®).</li></ul>
You may experience <b>fatigue</b> during your treatments. This is usually only temporary and may be related to different reasons (medication, stress, the disease).	<ul style="list-style-type: none"><li>› Maintain a good level of activity but rest when you feel the need to.</li></ul>
You may sometimes experience <b>diarrhea</b> , which may start approximately 5 to 8 days after the start of docetaxel.	<ul style="list-style-type: none"><li>› Drink lots of liquids unless otherwise instructed by your doctor.</li><li>› Please contact a member of your healthcare team if you have significant diarrhea (more than 3 loose stools per day) for more than 24 hours.</li><li>› If you have with diarrhea with fever, contact immediately a member of your health care team.</li></ul>

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<p>You might experience some <b>skin reactions</b> beginning about one or two weeks after starting your treatment:</p>	<p><b>To help prevent or decrease these reactions:</b></p> <ul style="list-style-type: none"><li>› Use fragrance-free, alcohol-free mild soap or cleaning products. Also use bath or shower oils to avoid skin dryness.</li><li>› Moisturize your skin twice a day with fragrance-free, thick, emollient-based creams like Aveeno<sup>MD</sup>, Neutrogena<sup>MD</sup> or Vaseline Intensive Care<sup>MD</sup> lotion.</li><li>› Use non perfumed creams and cosmetics without alcohol or dye. Use make up recommended by dermatologists for masking skin problems.</li><li>› Remove make up with a mild cleaning product.</li><li>› Avoid sun exposure.</li><li>› In case of unavoidable sun exposure, wear a hat and clothes with long sleeves.</li><li>› Avoid over the counter acne care that can dry the skin.</li><li>› Use a broad-spectrum sunscreen (SPF of 30 or more) for up to 2 months after the end of your treatment.</li></ul> <p><b>If despite all these measures, skin reactions appear:</b></p> <ul style="list-style-type: none"><li>› Consult a member of your healthcare team who will recommend appropriate measures.</li></ul>
<p>You may experience <b>infusion reactions</b> with trastuzumab and pertuzumab. Fever and chills are relatively frequent during the first infusion. Nausea, pain, cough, headaches, dizziness, trembling, cutaneous eruptions may also occur.</p>	<ul style="list-style-type: none"><li>› Notify the nurse if these symptoms occur during the administration of the drug. Medications can be given to alleviate these symptoms.</li></ul>

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You may experience <b>allergic reactions</b> during your treatment with docetaxel such as cutaneous eruptions, redness, itchiness, swelling or shortness of breath. These reactions are more frequent during the first few minutes of the infusion and more common during the first 2 infusions.	<ul style="list-style-type: none"><li>› Dexamethasone will be prescribed to prevent this reaction. Some other drugs may be prescribed, if necessary.</li><li>› Notify the nurse immediately if you have difficulty breathing or if you experience swelling of the tongue or throat during treatment.</li></ul>
<b>Ulcers in the mouth</b> and the throat may appear approximately 7 to 10 days following docetaxel. Ulcers can also occur in the throat.	<ul style="list-style-type: none"><li>› Gently and regularly brush your teeth after each meal and at bedtime.</li><li>› Rinse your mouth with a solution of water and salt with or without baking soda. Gargle 4 times a day – after every meal and at bedtime. Do not drink or eat for one hour after you gargle.</li><li>› Mouthwashes without alcohol found in stores are a good alternative.</li><li>› If you notice ulcers, redness or painful areas in your mouth, contact a member of your healthcare team.</li></ul>
You may experience <b>muscle and bone pain</b> that may occur a few days following docetaxel. These symptoms usually last for 4 to 7 days.	<ul style="list-style-type: none"><li>› If this occurs, speak to a member of your healthcare team who will recommend analgesics.</li></ul>
You may experience <b>numbness or tingling of the hands and feet</b> . This phenomenon usually increases with the number of docetaxel treatments received.	<ul style="list-style-type: none"><li>› If you experience these symptoms, notify a member of your healthcare team at your next visit.</li></ul>
Gradual <b>fluid retention</b> may occur with consecutive treatments and may present itself by swelling of the feet and hands, shortness of breath or rapid weight gain.	<ul style="list-style-type: none"><li>› Dexamethasone will be prescribed to prevent this reaction.</li><li>› Notify your doctor if you are gaining weight rapidly, if you experience some swelling or if you are easily short of breath.</li></ul>
<b>Nails changes</b> may occur.	<ul style="list-style-type: none"><li>› To prevent nails changes, soak them into ice during the infusion of docetaxel or wear cold gloves if they are available at your cancer clinic.</li><li>› At your next visit, notify a member of your healthcare team if nails changes occur.</li></ul>

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#### Rare adverse effects that can be severe or serious to communicate quickly to your doctor

You may experience <b>shortness of breath, swelling</b> of the ankles and <b>rapid heartbeats</b> . This could be related to some harmful effects of the treatment on your heart.	› If you notice any one these effects, contact a member of your healthcare team as soon as possible. › Furthermore, you will have to do a cardiac test regularly to evaluate your heart.
If you experience a <b>cough</b> and/or <b>persistent fever</b> with <b>sudden difficulty breathing</b> .	› Consult immediately a member of your healthcare team or go to the Emergency Room.

#### Special Considerations

You must avoid consuming **grapefruit** juice or grapefruit, Seville orange, starfruit, pomelo and pomegranate or foods containing the aforementioned fruits because of an interaction that could increase the side effects of docetaxel.

Pharmacist: \_\_\_\_\_

Phone: \_\_\_\_\_

from \_\_\_\_ h to \_\_\_\_ h (Monday to Friday)