

### 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 Carfilzomib - dexamethasone

**Date:** November 2017

**Revision date:**

Medication	Administration
Dexamethasone	5 tablets of 4 mg (20 mg) or _____ tablets of 4 mg (____mg) to be taken once daily in the morning with food  OR  Intravenous infusion  On days 1, 2, 8, 9, 15, 16, 22 and 23
Carfilzomib	Intravenous infusion over 30 minutes,  on days 1, 2, 8, 9, 15 and 16.
<i>Cycle repeated every 4 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 treatment 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.
- › You may experience **fatigue** during your treatments. This is usually only temporary and may be related to different reasons (medication, stress, the disease). Maintain a good level of activity but rest when you feel the need to.
- › Your **appetite may diminish**. Eat more often, in smaller quantities.
- › Your **sense of taste may be altered**. Enhance foods with *fines 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 treatment. 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 and up to 30 days after the end of treatments. 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 up to 90 days after the end of treatments.
- › 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 there is <b>no hair loss</b> with this treatment.	
A decrease in the <b>white blood cells</b> is unlikely during your treatment. Nevertheless, you could be at higher risk to contract 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®, Aleve®,...).</li><li>› Some medications (antibiotics, antivirals) may be prescribed to decrease the risk of developing an infection.</li></ul>

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A decrease in <b>platelets</b> may occur about 1 to 2 weeks after the start of your treatment. You may bruise or bleed more easily than you normally do.	<ul style="list-style-type: none"><li>› Use a tooth brush with soft bristles.</li><li>› Check with your pharmacist before taking medications with Aspirin<sup>®</sup>, Ibuprofen or other anti-inflammatory drugs.</li><li>› Contact a member of your healthcare team if you bruise more easily than you normally do or if you have a tendency to bleed easily from the nose or the gums.</li></ul>
You may experience <b>infusion-related reactions</b> with carfilzomib. The most common reactions are fever and chills, joint or muscle pain, redness or swelling of the face, vomiting, weakness, difficulty breathing, low blood pressure, chest tightness. They normally occur immediately after infusion and up to 24 hours after infusion.	<ul style="list-style-type: none"><li>› Notify the nurse if one of these symptoms occurs during the administration of the drug. Medication can be given to alleviate these symptoms.</li></ul>
<b>Fever</b> may occur a few hours after your treatment.	<ul style="list-style-type: none"><li>› Talk to a member a member of your healthcare team who can tell you what to do.</li></ul>
You may sometimes experience <b>diarrhea</b> after your treatment.	<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 healthcare team.</li></ul>
You may have <b>shortness of breath</b> with or without <b>cough</b> . These symptoms are rare and may be related to your treatment.	<ul style="list-style-type: none"><li>› If these symptoms occur during treatment, talk to a member of your healthcare team as soon as possible.</li></ul>

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Dexamethasone tablets may cause <b>heartburn, increased appetite, nervousness and sleep disturbances.</b>	<ul style="list-style-type: none"><li>› To minimize these side effects, take the tablets with food in the morning.</li><li>› Notify a member of your healthcare team if these symptoms occur and affect your daily activities. Some measures can be recommended.</li></ul>
<b>High blood pressure</b> might develop.	<ul style="list-style-type: none"><li>› Before each treatment, your nurse will measure your blood pressure.</li><li>› If you experience high blood pressure, medications can be prescribed to control it.</li></ul>
You may experience <b>swelling</b> of the ankles and rapid heartbeats.	<ul style="list-style-type: none"><li>› Tell your doctor if you are gaining weight quickly, if you have swelling, or if you are more easily breathless.</li></ul>
<b>Leg weakness, numbness or tingling</b> of hand and feet may occur. These symptoms usually increase with the number of treatments given.	<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>
<b>Rare adverse effects that can be severe or serious to communicate quickly to your doctor</b>	
Rarely, you may experience <b>pain</b> in your calf or leg with a <b>heat sensation, redness</b> or you may suddenly experience <b>difficulty breathing.</b>	<ul style="list-style-type: none"><li>› A medication can be prescribed to prevent this reaction.</li><li>› If you experience any of these symptoms, immediately consult your doctor or go to the Emergency Room.</li></ul>

### Special Considerations

- › Take your **Dexamethasone** tablets, as prescribed once a day, **preferably in the morning with food.**
- › It is important to drink plenty of fluids in the days before and after your treatment, especially during your first month of treatment.
- › You must avoid consuming **grapefruit**, Seville orange, starfruit, pomelo, pomegranate or foods containing them because of an interaction that could increase the side effects of your treatment.

Pharmacist: \_\_\_\_\_ Phone: \_\_\_\_\_  
from \_\_\_\_ h to \_\_\_\_ h (Monday to Friday)