

### 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 FOLFOX-panitumumab

**Date:** December 2018

**Revision date:**

Medication	Administration
Panitumumab	Intravenous infusion over 60 to 90 minutes.  If the first dose is well tolerated, subsequent doses may be administered over 30 minutes.
Oxaliplatin	Intravenous infusion over 2 hours.
Folinic Acid (Leucovorin)	Intravenous infusion over 2 hours.
Fluorouracil (5-FU)	Intravenous in a few minutes.  Followed by an intravenous infusion over 46 hours.
<i>Treatment repeated every 2 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 medications 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 *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 treatments. 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
Significant <b>nausea</b> and vomiting may occur mainly on the same day and the day following your treatment. Symptoms may last up to one day after the end of the continuous infusion of fluorouracil.	<ul style="list-style-type: none"><li>› You will be prescribed medication to prevent nausea to be taken prior to treatment. At home, you will take medication on a regular basis during 1 or 2 days following your treatment, depending on your need.</li><li>› Communicate with a member of your healthcare team if the nausea or vomiting is not relieved by your medication.</li></ul>
Depending on the individual, a <b>partial or total hair loss</b> may occur. In general, this happens 2 to 3 weeks after the start of the treatment. However, don't worry; your hair will grow back after treatments have ended.	<ul style="list-style-type: none"><li>› Use gentle shampoo.</li><li>› Avoid brushing hair vigorously.</li><li>› Avoid hair spray, dyes and perms.</li></ul>
A decrease in the <b>white blood cells</b> will occur about 1 to 2 weeks following treatment. 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>› 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>› 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>› In case of fever, do not take acetaminophen (Ex: Tylenol®, Atasol®) and anti-inflammatory medication (Ex : Motrin®, Advil®, Aleve®,...).</li></ul>

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A decrease in <b>platelets</b> will occur about 1 to 2 weeks following 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®, 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>
Rarely, you may experience <b>infusion-related reactions</b> with panitumumab. The most common reactions are fever and chills but hives, itching, hot flashes, difficulty breathing, headache, dizziness, nausea, changes in your blood pressure, swelling of the tongue or throat may also happen. These symptoms, usually mild to moderate, are more frequent during the first infusion and less common with subsequent infusions.	<ul style="list-style-type: none"><li>› Notify the nurse immediately if you experience these symptoms during the administration of the drug. Medication can be given to alleviate these symptoms.</li></ul>
You may experience <b>numbness or tingling of the hands and feet</b> . This phenomenon may start a few hours after the injection of oxaliplatin and persist for a few days afterwards. It may be triggered or aggravated by the cold and you may also experience a <b>painful sensation</b> when exposed to cold (liquids, food, air conditioned).	<ul style="list-style-type: none"><li>› Avoid exposing your hands or feet to the cold for a few days following your treatment.</li><li>› Wear gloves and socks to protect you from the cold for a few days following the treatment.</li><li>› Wear a scarf around your neck to protect against the cold if necessary.</li><li>› Avoid drinking and eating cold foods for a few days following the treatment.</li><li>› If symptoms persist between treatments, speak to a member of your healthcare team at the time of your next treatment.</li></ul>
During or immediately following your treatment with oxaliplatin, you may experience <b>the sensation of having difficulty swallowing or breathing</b> . This phenomenon is rare and disappears within a few hours after the start of the symptoms.	<ul style="list-style-type: none"><li>› Immediately notify your nurse if you experience this malaise during the administration of your medication.</li></ul>

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<p><b>Skin reactions</b> may occur 1 to 2 weeks after starting your treatment. These reactions may present as:</p> <ul style="list-style-type: none"><li>› A <b>skin rash</b> might appear mainly in the face, the neck, and the upper part of the body. This reaction looks like acne and usually disappears within a few weeks after the end of the treatment.</li><li>› Your <b>skin</b> may become <b>drier</b>. <b>Redness</b> and <b>itchiness</b> may develop.</li><li>› Your skin may become more <b>sensitive to the sun</b>.</li></ul>	<p><b>To help to prevent or to reduce these reactions:</b></p> <ul style="list-style-type: none"><li>› Cleanse with fragrance-free, alcohol-free mild soaps or cleansers or bath or shower oils to avoid skin dryness.</li><li>› Apply twice a day a thick, moisturizing cream on skin, such as Aveeno® lotion, Neutrogena® Norwegian Formula hand cream or Vaseline Intensive Care® Advanced Healing Lotion.</li><li>› Use only fragrance-free, alcohol-free, and dye-free lotions and cosmetics.</li><li>› Use make up recommended by dermatologists for masking skin problems.</li><li>› Remove make up with a mild cleaning product.</li><li>› Avoid over the counter products for acne as they can dry skin.</li><li>› Avoid exposure to the sun. If you have to go under the sun, wear a hat and clothes with long sleeves.</li><li>› Use a broad-spectrum sunscreen (SPF of 30 or more) until 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>› Contact a member of your healthcare team who can recommend appropriate treatment.</li></ul>
<p><b>Nail</b> changes as well as redness and pain around the nails may occur. This problem generally happens 4 to 8 weeks after the treatment begins.</p>	<ul style="list-style-type: none"><li>› Wear comfortable and wide shoes in order to avoid rubbing or pressure on the nails.</li><li>› Avoid nail biting and do not cut your nails too short.</li><li>› If nail changes occur or if you experience pain or you lose a nail, speak to a member of your healthcare team.</li></ul>

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You may sometimes experience <b>diarrhea</b> .	<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></ul>
<b>Ulcers in the mouth</b> may appear about 7 to 10 days following the start of your treatment. These ulcers can also appear 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 <b>without alcohol</b> 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>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>
<b>Fever</b> may occur a few hours after your treatment and should not persist for more than 24 hours.	<ul style="list-style-type: none"><li>› If these symptoms bother you, your doctor or pharmacist may recommend a pain killer such as acetaminophen (Ex: Tylenol®, Atasol®)</li><li>› Fever which occurs more than 24 hours after treatment may be the sign of an infection. Consult immediately a member of your healthcare team or go to the Emergency Room.</li></ul>
Your <b>eyes</b> may become <b>excessively teary</b> , itchy and may or may not develop redness.	<ul style="list-style-type: none"><li>› Contact a member of your healthcare team who can recommend appropriate treatment.</li><li>› If redness is severe or persists or you have blurred vision or decreased vision or pain, quickly contact a member of your healthcare team.</li></ul>

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<b>Abdominal pain</b> can occur.	› Immediately tell a member of your healthcare team or go to the Emergency Room if you experience severe abdominal pain along with nausea, vomiting and diarrhea.
<b>Rare adverse effects that can be severe or serious to communicate quickly to your doctor</b>	
If you experience <b>palpitations</b> of the heart, <b>chest pain</b> and/or sudden <b>shortness of breath</b> .	› Immediately go to the Emergency Room.
If you experience <b>cough</b> with or without <b>persisting fever</b> and <b>sudden shortness of breath</b> .	› Contact a member of your healthcare team as soon as possible or go to Emergency Room.
If you have <b>severe</b> nausea, vomiting, diarrhea, ulcers or pain in the mouth <b>during the first days after the start of your treatment</b> .	› Immediately consult your doctor or go to the Emergency Room.

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

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

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