

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 Obinutuzumab - bendamustine

Date: April 2019

Revision date:

Medication	Administration
Obinutuzumab	Intravenous infusion over a few hours. Cycle 1: on days 1, 8 and 15 Cycles 2 to 6: on day 1
Bendamustine	Intravenous infusion over 30 to 60 minutes on days 1 and 2.
<i>Cycle repeated every 4 weeks for a total of 6 cycles</i>	

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General Information associated with your treatment

- › These medications are used to prevent the multiplication of abnormal cells and destroy them.
- › A **blood test** will be done regularly during treatments. 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.
- › 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 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 nausea and vomiting may occur mainly on bendamustine days and the following day. Rarely, slight nausea may occur the same day or the day following your treatment on days 8 and 15 of cycle 1.	<ul style="list-style-type: none">› You will be prescribed medication to prevent nausea to be taken prior to treatment. At home, you may have to take medication on a regular basis during 1 or 2 days following your treatment, depending on your need.› Communicate with a member of your healthcare team if the nausea or vomiting is not relieved by your medication.
Usually there is no hair loss with this treatment.	<ul style="list-style-type: none">› Use gentle shampoo.
A decrease in the white blood cells will occur about 2 to 3 weeks following treatment. You may be at higher risk of infections during this period.	<ul style="list-style-type: none">› Wash your hands often.› During this period, avoid coming into contact with people who have contagious diseases.› Contact a member of your healthcare team quickly if you notice any signs of infection (fever, chills, cough, sore throat, pain while urinating...).› 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.› In case of fever, do not take acetaminophen (Ex: Tylenol®, Atasol®) and anti-inflammatory medication (Ex : Motrin®, Advil®, Aleve®,...).
A decrease in platelets will occur about 2 to 3 weeks following treatment. You may bruise or bleed more easily than you normally do.	<ul style="list-style-type: none">› Use a tooth brush with soft bristles.› Check with your pharmacist before taking medications with Aspirin®, Ibuprofen or other anti-inflammatory drugs.› 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.

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<p>You may experience infusion-related reactions with obinutuzumab, usually during the first infusion. The most common reactions are fever and chills but hives, itching, hot flashes, difficulty breathing, headache, dizziness, nausea, feeling of the tongue or throat swelling, changes in blood pressure, palpitations and diarrhea may also happen. These symptoms, usually mild to moderate, are more frequent during the first infusion and less common with subsequent infusions.</p> <p>You may experience infusion-related reactions with bendamustine such as fever, chills, itchiness or redness.</p>	<ul style="list-style-type: none">› Medication to prevent allergic reactions will be prescribed prior to treatment.› Notify the nurse if these symptoms occur during the administration of the drug. Medication can be given to alleviate these symptoms.
<p>Fever may occur a few hours following bendamustine.</p>	<ul style="list-style-type: none">› If these symptoms bothers you, a member of your healthcare team may recommend a pain killer such as acetaminophen (Tylenol®, Atasol®).› Fever occurring more than 24 hours after your treatment may be a sign of infection. Consult immediately your doctor or go to the Emergency Room.
<p>You may sometimes experience cough. This symptom is rare and could be related to your treatment.</p>	<ul style="list-style-type: none">› If this occurs and bothers you, speak to a member of your healthcare team who will recommend appropriate measures.
<p>You may sometimes experience diarrhea.</p>	<ul style="list-style-type: none">› Drink lots of liquids (8 to 10 glasses of liquid) unless otherwise instructed by your doctor.› 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.› If you have with diarrhea with fever, contact immediately a member of your health care team or go to the Emergency Room.

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You may experience constipation .	<ul style="list-style-type: none">› Exercise if possible.› Drink lots of liquids (at least 8 glasses a day) (unless otherwise instructed by your doctor).› Eat foods that are rich in fibre (cereals, fruits and vegetables).› Communicate with a member of your healthcare team who, if necessary, will prescribe the appropriate laxatives.
Pain, irritation, swelling or a burning sensation at the injection site may occur during bendamustine infusion.	<ul style="list-style-type: none">› Immediately advise your nurse if you experience this malaise during infusion.
Rare adverse effects that can be severe or serious to communicate quickly to your doctor	
Rarely, severe skin rash (redness, pimples, itchiness) may occur on the days following your treatment.	<ul style="list-style-type: none">› Consult a member of your healthcare team as soon as possible.
Rarely, you may experience pain or abdominal cramps . This may happen mainly in the first weeks of your treatment.	<ul style="list-style-type: none">› Notify a member of your healthcare team as soon as possible and consult your doctor.

Special considerations

- › If you are taking **high blood pressure medication**, you should stop taking them at least 12 hours prior to the administration of obinutuzumab. A member of your healthcare team will advise you on how to take them.
- › It is very important to **drink plenty of fluid**, especially during the first few cycles. Furthermore, a medication, allopurinol, could be prescribed to decrease the risks of experiencing problems associated with the rapid destruction of abnormal cells.

Pharmacist: _____

Phone: _____

from ____ h to ____ h (Monday to Friday)