

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 Ipilimumab - Nivolumab

Date: September 2019

Revision date:

Medication	Administration
Nivolumab	Intravenous infusion over 30 minutes
Ipilimumab	Intravenous infusion over 90 minutes
<i>This combinaison is repeated every 3 weeks for 4 cycles, then nivolumab alone is continued every 2 or 4 weeks</i>	

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General Information associated with your treatment:

- › These medications are used to stimulate your immune system to destroy abnormal cells.
- › A **blood test** will be done prior to every treatment. Depending on the results and side effects, 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 *finest herbs* 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.).
- › The effect of the drug on **male or female fertility** is unknown. This medication may have an effect on the menstrual cycle as well as spermatozoid production. However, this does not prevent erection or sexual activity and as such, you can have an active sexual life during your treatments. Pregnancy is possible and this medication could be harmful to the fetus. The use of an effective method of contraception is highly recommended for both men and women while on treatment and up to 5 months after the end of treatment. Breastfeeding is contra-indicated during 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

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Immunotherapy is used to stimulate your immune system to prevent the multiplication and destroy abnormal cells. Even if it affects your own immune system, side effects may occur. As your immune system works harder, it may attack normal cells in your body.

You may have **side effects in any part of your body** (intestines, liver, kidneys, skin, lungs, glands or other organs).

These side effects may be **mild** or may become **severe** and in rare cases, be **life-threatening**.

They may occur **during treatment** or **weeks** or **months following the end of treatment**.

It's very important to contact a member of your healthcare team if you have **any new symptom** while you are on immunotherapy or over the months following your treatment.

It's very important to immediately head to the Emergency Room if you experience **severe side effects** while you are on immunotherapy or over the months following your treatment.

Adverse effects	Management
Rarely, slight nausea may occur the same day or the day following your treatment.	› Contact a member of your healthcare team if you have nausea that bothers you.
Usually there is no hair loss with this treatment.	
Skin rash occurs frequently after starting your treatment and may be associated with itchiness.	› Apply a fragrance-free moisturizing cream as needed.
Your skin may become drier . Redness and itchiness may develop.	› Avoid exposure to the sun.
Your skin may become more sensitive to the sun .	› Use a broad-spectrum sunscreen (SPF of 30 or more).
	› Wear a hat.
	› If these symptoms occur and bother you, consult a member of your healthcare team who will suggest appropriate measures.
	› If these symptoms are severe or widespread , meaning you have blisters or your skin is peeling , immediately contact a member of your healthcare team.

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Adverse effects	Management
Diarrhea (soft or liquid stools) is frequent and may occur a few days to a few weeks after your treatment.	<ul style="list-style-type: none">› Drink lots of liquids (8-10 glasses a day) (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 diarrhea with fever, contact a member of your health care team immediately or go to the Emergency Room.› If you have severe diarrhea (more than 6 loose stools per day) with abdominal pain and mucus or blood in stools, contact a member of your healthcare team immediately or go to the Emergency Room.
Inflammation of body glands (for example: thyroid, adrenal, pituitary, pancreas) may occur and could decrease the production of hormones.	<ul style="list-style-type: none">› Be attentive to the following symptoms: fatigue or muscle weakness, persistent and unusual headaches, dizziness or fainting, changes in behavior, abdominal pain, lower blood pressure, need to urinate more frequently than usual and feeling very thirsty.› If these symptoms occur, immediately advise a member of your healthcare team.
You may feel weakness or muscle pain that may occur a few days to a few weeks after your treatment. Joint stiffness, swelling or joint pain are also possible.	<ul style="list-style-type: none">› If these symptoms occur and affect your daily activities, notify a member of your healthcare team before your next treatment, or sooner if the symptoms are severe. Some measures can be recommended.
Rare adverse effects that can be severe or serious to communicate quickly to your doctor	
If you experience a cough and/or persistent fever with sudden difficulty breathing .	<ul style="list-style-type: none">› Immediately notify a member of your healthcare team or go to the Emergency Room.

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Special considerations

- › Immunotherapy can cause side effects related to your immune system in any part of your body. You may need urgent treatment (for example: corticosteroid (cortisone)) to treat these effects. It is important to inform all healthcare professionals (doctor, nurse, pharmacist or other) that you have been receiving immunotherapy treatments.
- › You will find an alert card on the following page. Cut, fold it and wear it to show to all your healthcare professionals.

Pharmacist: _____

Phone: _____

from ____ h to ____ h (Monday to Friday)



Always keep this card on you
Show it to all healthcare professionals
taking care of you

IMMEDIATELY CONTACT A MEMBER OF YOUR HEALTHCARE TEAM OR GO TO THE EMERGENCY ROOM IF YOU HAVE ONE OF THE FOLLOWING SIGNS:

- Diarrhea: more than 6 loose stools per day, with mucus or blood and abdominal pain
- Cough or persistent fever
- Sudden difficulty breathing
- Redness or itchiness on more than a third (30%) of your body
- Any other unusual or new health problem

WARNING: THIS PATIENT IS CURRENTLY ON IMMUNOTHERAPY

(name of medication)

Risk of rare immune-mediated adverse reactions that can be severe and need rapid management, ex.:

- | | | |
|---------------|----------------------|--------------------|
| - Colitis | - Nephritis | - Encephalopathies |
| - Pneumonitis | - Rheumatic symptoms | - Uveitis |
| - Dermatitis | - Endocrinopathies | - Pancreatitis |
| - Hepatitis | - Neuropathies | - Others |

More information at:

<https://www.geoq.info/fr/pub/immunotherapie/lignes-directrices>