

# Trifluridine and tipiracil

Lonsurf®

Chemotherapy tablets

## Understanding your treatment

What is chemotherapy?

Chemotherapy is a treatment against cancer that uses drugs to kill cancer cells. Chemotherapy can be used alone or in combination with other treatments such as radiotherapy.

How can chemotherapy help you?

Depending on your type of cancer and the stage of the disease, chemotherapy can be used to :

- **Destroy** cancer cells
- **Stop** the cancer from spreading
- **Slow** the growth of cancer cells

How will you feel while on chemotherapy?

Chemotherapy is used to kill abnormal cells in your body. It can also damage healthy cells that divide quickly. Side effects occur when healthy cells are damaged.

Not everyone has side effects and each person's experience may differ. Side effects and their severity are not representative of the treatment's effect or lack thereof.

This document presents the most frequent side effects that your treatment causes.

### Medication

#### **Trifluridine-tipiracil**

Tablets to take by mouth

### Administration

To be taken twice a day, within 60 minutes after breakfast and supper.

Days 1 to 5 and 8 to 12.

For example: from Monday to Friday, 2 weeks out of 4.

#### **Breakfast :**

\_\_\_\_ tablet(s) of 15 mg/6,14 mg

\_\_\_\_ tablet(s) of 20 mg/8,19 mg

#### **Supper :**

\_\_\_\_ tablet(s) of 15 mg/6,14 mg

\_\_\_\_ tablet(s) of 20 mg/8,19 mg

Cycle repeated every 4 weeks



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.

## How to take your medication?

- Take your trifluridine-tipiracil tablets, as prescribed twice a day with a large glass of water within 60 minutes after breakfast and supper.
- Tablets must be taken whole. Do not chew, split or crush the tablets.
- **If you forget a dose**, you may take it as soon as you remember if less than 6 hours have passed since the missed dose. Do not double your next dose. Try, however, to take your pills at the same time every day and in the same way (within 60 minutes after the breakfast and supper).

## Storing and handling your medicines



- Wash your hands immediately after handling your tablets.
- Keep your medication at room temperature, out of the reach of children and pets as well as protected from light, heat or moisture. Do not keep medicines in the bathroom.
- Don't throw away unused medication at home. Bring it back to your pharmacy to be destroyed safely. You may dispose of the empty containers in your home garbage can.
- If the pills inadvertently come in contact with the surrounding surface, wash and rub the surface with water and soap.
- Caregivers should wear disposable gloves if they prepare medication for you. You can find disposable gloves at your local community pharmacy.
- Keep your medications in their original container and do not mix them with other drugs.

## How can this treatment affect your daily life?

### Appetite

- 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 unsweetened candies, chewing non-sugared gums, etc., may mask the metallic taste.
- **Alcohol** in small quantities is allowed and will not affect the efficacy of the treatments.



## Sex life and birth control



- 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.).
- It's safe to kiss, to touch, to hold hands, to sleep in the same bed and to cuddle.
- For **male patients**, the production of spermatozooids may be reduced or completely absent during treatments. 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 and a pregnancy remains possible.
- The treatment may affect the sperm and it may be harmful to the embryo:
  - If you have sex with a woman of child-bearing age, a birth control method is strongly recommended during treatments and up to 6 months after the end of treatment.
  - Notify your doctor immediately if you had unprotected sex and your partner is pregnant.
- In **pre-menopausal female patients** chemotherapy may cause the menstrual cycle to be irregular or stop completely 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 treatments and up to 6 months after the end of treatment.
  - Breast-feeding is not recommended during treatment.

## Tips and precautions



- **Sit down to urinate and fold down the toilet lid**  
Women as well as men should sit down to urinate and fold down the toilet lid before flushing in order to avoid splashing. Flush twice to make sure everything has been flushed away. Follow these precautions during your treatments and up to 48 hours after (or according to instructions from your cancer center).

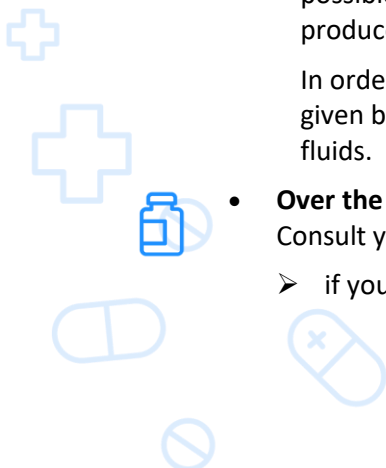
- **Bodily fluids**  
The treatment you're receiving stays in your body for a few days. During that period, it's possible that a certain quantity is found in some bodily fluids or secretions that you produce, such as urine, stools, vomit, sperm and vaginal discharge.

In order to protect the environment and those living with you, follow the instructions given by your cancer center about the right way to handle and dispose of the bodily fluids.

- **Over the counter medicines, natural health products and vaccines**

Consult your healthcare team:

- if you intend to take any other medication (with or without a prescription) or natural



health products.

➤ if you need to receive a vaccine.

This could decrease your treatment's efficacy or increase its side effects.

- **Always have on hand the complete list of your medications**

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.



# What are the side effects of your treatment?

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.

## ADVERSE EFFECTS

## MANAGEMENT

### Decrease in white blood cells

A decrease in **white blood cells** will occur about 2 to 3 weeks following the start of your treatment. You may be at higher risk of infections during this period.

- 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 (chills, cough, sore throat, pain while urinating, etc.)
  - If you have a fever, do not take acetaminophen (Ex: Tylenol®, Atasol®) and anti-inflammatory medication (Ex: Motrin®, Advil®, Aleve®, etc.).
- ➔ **Stop your treatment and go to the Emergency Room if:**
- you have a fever of 38,3 °C (101°F) or above
  - or
  - you have a fever of 38 °C (100,4 °F) twice an hour apart.

### Decrease in red blood cells

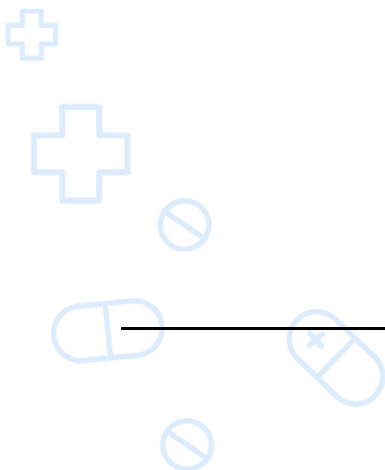
You may experience a **decrease in red blood cells** following your treatment. This is called anemia and is characterized by signs of fatigue, pale color, dizziness and shortness of breath.

- Keep active but respect signs of fatigue your body gives you; rest when you feel the need to.
- If you notice one or any of these effects, contact a member of your healthcare team.

### Nausea

Nausea, usually light, may occur while you are taking your treatment.

- You will be prescribed medication to be taken as needed if you have nausea.
- ✔ **Continue your treatment if:** you have light nausea that does not prevent you entirely from eating. Make sure to continue your medication prescribed for your nausea.
- ⚠ **Continue your treatment and call your healthcare team as soon as possible if:** you have significant nausea, experience vomiting that is partially preventing you from eating. Make sure to continue your medication prescribed for your nausea.
- ➔ **Stop your treatment and call your healthcare team as quickly as possible or go to the Emergency Room if:** you have severe nausea or repeated vomiting that prevents you completely from eating.



## ADVERSE EFFECTS

## MANAGEMENT

### Decrease in platelets

A decrease in platelets may occur about 2 to 3 weeks following treatment. You may bruise or bleed more easily than you normally do.

- Use a tooth brush with soft bristles.
- Consult your pharmacist before taking over the counter medications containing Aspirin® or other anti-inflammatory medication (e.g. Advil®, Motrin®, Aleve®, etc.).
- 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.

### Fatigue

You may experience fatigue during your treatments. This is usually 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.

### Diarrhea

You may sometimes experience diarrhea.

- Drink lots of liquids (8 to 10 glasses a day) unless otherwise instructed by your doctor.
- Eat and drink often but in small quantities.
- ✔ **Continue your treatment if:** you have light diarrhea (2 to 3 additional loose stools per day compared to usual before starting your treatment). Start loperamide (Imodium®) by taking 2 tablets first followed by one tablet after each loose stool for a maximum of 8 tablets per 24 hours period. Contact a member of your healthcare team if the diarrhea does not improve after taking loperamide for 24 hours.
- ⚠ **Stop your treatment and call your healthcare team as soon as possible if:** you experience more than 4 to 6 additional loose stools per day compared to usual before starting your treatment). Start loperamide (Imodium®) by taking 2 tablets first followed by one tablet after each loose stool for a maximum of 8 tablets per 24 hours period).
- ✖ **Stop your treatment and call your healthcare team as quickly as possible or go to the Emergency Room if:** you have 7 or more additional loose stools per day compared to usual before starting your treatment, if you are not able to hold it in (incontinence) or if you have diarrhea with a fever.

### Hair loss

Usually there is **no hair loss** with this treatment.

**RARE ADVERSE EFFECTS THAT CAN BE SEVERE OR SERIOUS**

**If the following side effects occur, stop your treatment and call your healthcare team as quickly as possible or go to the Emergency Room:**

- If you experience cough and/or persistent fever with sudden difficulty breathing

PHARMACIST : \_\_\_\_\_

PHONE : \_\_\_\_\_

FROM \_\_\_\_ H\_\_\_\_ TO \_\_\_\_ H\_\_\_\_ (MONDAY TO FRIDAY)

This fact sheet has been prepared by a sub-committee of the Comité national de l'évolution de la pratique des soins pharmaceutiques of the Programme québécois de cancérologie of the Ministry of Health and Social Services in consultation with the Comité de l'évolution de la pratique en oncologie of the Institut national d'excellence en santé et en services sociaux.

DEVELOPED **NOVEMBER 2018** | REVISED **OCTOBER 2019**



## Treatment Diary | Trifluridine-tipiracil




CYCLE START DATE :

LEGEND (Refer to the information sheet for more details.)

- ✓ Continue your treatment.
- ⚠ Stop your treatment (**\*except nausea : continue**) and contact your healthcare team as soon as possible.
- ✗ Stop your treatment and contact your healthcare team without delay or go to the Emergency Room.

		TREATMENT					R		TREATMENT					REST															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
(Record the number of tablets taken)	<b>15/6,14 mg</b>																												
	<b>20/8,19 mg</b>																												
Date (dd-mm)																													
<b>DECREASE IN WHITE BLOOD CELLS</b>		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
✗	You have a fever of 38,3°C (101°F) or above or you have a fever of 38°C (100,4°F) twice an hour apart with or without symptoms of infection.																												
<b>NAUSEA AND VOMITING</b>		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
✓	Light nausea that does not prevent you entirely from eating.																												
⚠	Significant nausea or if you experience vomiting that is partially preventing you from eating.																												
✗	Severe nausea or repeated vomiting that prevents you completely from eating.																												



DIARRHEA		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
	Light diarrhea: you have 2 to 3 additional loose stools per day compared to usual.																												
	Moderate diarrhea: you have 4 to 6 additional loose stools per day compared to usual.																												
	Severe diarrhea: you have 7 or more additional loose stools per day compared to usual before starting your treatment or you are not able to hold it in (incontinence).																												