

Cabazitaxel-prednisone

Jevtana®

Chemotherapy intravenous infusion

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.

How will you receive your treatment?

Medication	Administration
Cabazitaxel	Day 1 : Intravenous infusion over 60 minutes
Prednisone	<input type="checkbox"/> 1 tablet (5 mg) twice daily or <input type="checkbox"/> 2 tablets of 5 mg (10 mg) once daily To be taken with food on a continuous basis <i>* Never suddenly stop taking prednisone without telling your doctor or pharmacist because this medication should be stopped gradually.</i>

Cycle is repeated every 21 days



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 can this treatment affect your daily life?

Fatigue and appetite



- 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.
- 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.

Foods and medicines to avoid



- **Grapefruit**

You must avoid consuming grapefruit, Seville orange, starfruit, pomelo, pomegranate or foods containing them. The consumption of those foods could increase the side effects of cabazitaxel.

Tips and precautions



- **Sit down to urinate and fold down the toilet lid**

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 and sperm. 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.

During your intravenous treatment and for the following days

ADVERSE EFFECTS

MANAGEMENT

Nausea

Nausea, usually light, may occur mainly on the same day and the day following your treatment.

- At home, you may have to take medication for 1 or 2 days or more, as needed.
- Contact a member of your healthcare team if your medication does not relieve your nausea.

Allergic reactions

You may experience allergic reactions during your treatment with cabazitaxel such as skin rash, redness, itchiness, swelling or shortness of breath. These reactions are more common during the first 2 infusions.

- Medication to prevent allergic reactions will be prescribed prior to treatment.
- Notify the nurse immediately if you have difficulty breathing or if you experience swelling of the tongue or throat during treatment.

In the weeks following your intravenous treatment

SIDE EFFECTS

MANAGEMENT

Decrease in white blood cells

A decrease in white blood cells will occur about 1 to 2 weeks following 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.).
- Consult with a pharmacist before taking over the counter medications containing Aspirin® (acetylsalicylic acid) or other anti-inflammatory medication (e.g. Advil®, Motrin®, Aleve®, etc.).

➔ 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.
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Decrease in platelets

A decrease in platelets may occur about 1 to 2 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.
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Diarrhea

You may sometimes experience diarrhea.

- Drink lots of liquids (8 to 10 glasses a day) unless otherwise instructed by your doctor.
 - 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 a member of your health care team immediately or go to the Emergency Room.
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Hair loss

Depending on the individual, a partial or total hair loss 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.

- Use gentle shampoo.
 - In order to slow hair loss, avoid brushing hair vigorously.
 - Avoid hair spray, dyes and perms.
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Heartburn, increased appetite, nervousness and sleep disturbances

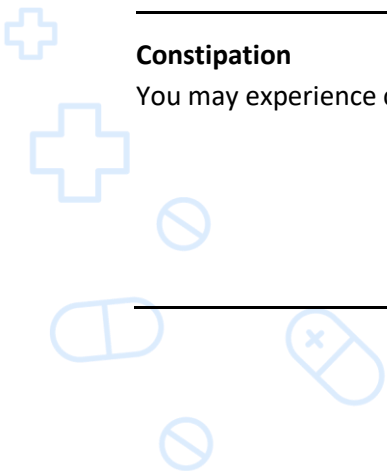
Prednisone tablets may cause heartburn, increased appetite, nervousness and sleep disturbances.

- Notify a member of your healthcare team if these symptoms occur and affect your daily activities. Some measures can be recommended.
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Constipation

You may experience constipation.

- 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 fiber (cereals, fruits and vegetables).
 - Communicate with a member of your healthcare team
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who, if necessary, will recommend appropriate laxatives.

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 have significant abdominal pain with nausea, vomiting and diarrhea or constipation
- Cough, shortness of breath or feeling out of breath

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.

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