



For the Patient: UGUEVER

Other Names: Therapy for Advanced Renal Cell Carcinoma Using Everolimus (AFINITOR®)

BC Cancer Agency

GU = GenitoUrinary (tumour group)
EVER = EVERolimus

ABOUT THIS MEDICATION

What is this drug used for?

- Everolimus is an oral drug treatment given as therapy to treat some type of advanced kidney cancer (renal cell cancer).

How do these drugs work?

- Everolimus works by interfering with the flow of certain information and signals that are needed for essential processes in the cell. It prevents the growth of blood vessels from surrounding tissue to a cancer, and by doing so prevents the increase in the number of cancer cells.

INTENDED BENEFITS

- This drug is being given to destroy and/or limit the growth of cancer cells in your body. This treatment may improve your current symptoms, and delay or prevent the onset of new symptoms.
- It may take several treatments before your doctor can judge whether or not this medicine is helping.

TREATMENT SUMMARY

How are these drugs given?

- Everolimus is a tablet which is taken by mouth once a daily on an empty stomach or after a fat-free meal.
- Do not crush or chew the tablets

What will happen when I get my drugs?

- A blood test is done each cycle, on or about the day before each treatment. The dose and timing of your treatment may be changed based on your blood counts and/or other side effects.
- The doctor will review the results of the blood test and meet with you prior to each cycle.

Medication Interactions:

- Check with your doctor or pharmacist before you start taking any new drugs. Other drugs such as ketoconazole (NIZORAL®), erythromycin (ERYTHROCIN®) may interact with the uptake of everolimus in your body.
- It is important to avoid grapefruit and grapefruit juice for the duration of your treatment, as these may interact with everolimus.

SIDE EFFECTS AND WHAT TO DO ABOUT THEM

Serious & Important Side Effects:

Unexpected and unlikely side effects can occur with any drug treatment. The ones listed below are particularly important for you to be aware of as they are known to be directly related to the common actions of the drugs you are to receive.

- **Infection:**

The number of white blood cells that help fight infections may be lowered. You will need to have a blood count done before each treatment to ensure that your blood count is sufficient. If your white blood cell count becomes very low you could get a serious infection.

- **If you have a fever over 38°C or 100°F, call your cancer doctor immediately (24 hours a day) or go immediately to your nearest Hospital Emergency and tell the doctor you are on chemotherapy.**

- **Increased risk of bleeding:**

The number of platelets (special blood cells that help your blood to clot normally after injury) may be lowered by the treatment. When the platelet count is low you may be more likely to bruise or bleed. Notify your cancer doctor promptly, if you develop large or numerous bruises, or unusual bleeding (e.g. nosebleed that will not stop, blood in stool, urine, or sputum).

- Try to avoid using **aspirin (ASA)** or **ibuprofen (Advil®)**, if other pain medications could be used, as they may increase the risk of bleeding, but if you need to use one of these medications, let your doctor know.

Common chemotherapy side effects and management:

| SIDE EFFECTS | MANAGEMENT |
|---|---|
| <p>Nausea and vomiting may occur after your treatment and may last for several hours. Most people have little or no nausea.</p> | <p>You may be given a prescription for anti-nausea drug(s) to take before your chemotherapy treatment and/or at home. It is easier to prevent nausea than treat it once it has occurred, so follow directions closely.</p> <ul style="list-style-type: none"> • Drink plenty of fluids. • Eat and drink often in small amounts. • Try the ideas in <i>Food Choices to Help Control Nausea</i>.* |
| <p>Skin rashes, dryness, or itchiness may sometimes occur.</p> | <p>If itching is very irritating, call your doctor. Otherwise, be sure to mention it at your next visit.</p> |
| <p>Fever may sometimes occur.</p> | <ul style="list-style-type: none"> • Take acetaminophen (e.g., TYLENOL®) every 4-6 hours, to a maximum of 4 g (4000 mg) per day. • If you have fever (over 100°F or 38°C by an oral thermometer) plus another sign of infection, call your doctor immediately. Other signs of infection include chills, cough, or burning when you pass urine. |
| <p>Diarrhea may sometimes occur.</p> | <p>If diarrhea is a problem:</p> <ul style="list-style-type: none"> • Drink plenty of fluids. • Eat and drink often in small amounts. • Avoid high fibre foods as outlined in <i>Food Ideas to Help with Diarrhea During Chemotherapy</i>.* <p>Note: If lactose in milk usually gives you diarrhea, the lactose in the tablet may be causing your diarrhea. Take LACTAID® tablets just before your everolimus dose.</p> |
| <p>Headache may sometimes occur.</p> | <p>Take acetaminophen (e.g., TYLENOL®) every 4-6 hours if needed, to a maximum of 4 g (4000 mg) per day.</p> |

| SIDE EFFECTS | MANAGEMENT |
|---|---|
| <p>Sore mouth may sometimes occur a few days after treatment. Mouth sores can occur on the tongue, the sides of the mouth, or in the throat. Mouth sores or bleeding gums can lead to an infection.</p> | <ul style="list-style-type: none"> • Brush your teeth gently after eating and at bedtime with a very soft toothbrush. If your gums bleed, use gauze instead of a brush. Use baking soda instead of toothpaste. • Make a mouthwash with ½ teaspoon baking soda or salt in 1 cup warm water and rinse several times a day. • Try the ideas in <i>Food Ideas for a Sore Mouth During Chemotherapy</i>.* |
| <p>Cough or breathing problems may sometimes occur. Occasionally everolimus can cause an inflammation of your lungs</p> | <p>Tell your doctor if you are experiencing any symptoms of new or increased cough, dry cough, shortness of breath while resting or on exertion or are having difficulty breathing.</p> |
| <p>Sugar control may sometimes be affected in diabetics.</p> | <p>Check your blood sugar regularly if you are diabetic.</p> |
| <p>Swelling of hands, feet, or lower legs may sometimes occur if your body retains extra fluid.</p> | <p>If swelling is a problem:</p> <ul style="list-style-type: none"> • Elevate your feet when sitting. • Avoid tight clothing. |
| <p>Taste alteration may sometimes occur.</p> | <p>Try the ideas in <i>Food Ideas to Cope with Taste and Smell Changes</i>.*</p> |
| <p>Loss of appetite and weight loss may sometimes occur and may persist after discontinuation of temsirolimus.</p> | <p>Try the ideas in <i>Food Ideas to Help with Decreased Appetite</i>.</p> |
| <p>Fatigue (tiredness) and lack of energy may commonly occur.</p> | <ul style="list-style-type: none"> • Do not drive a car or operate machinery if you are feeling tired. • Try the ideas in <i>Your Bank to Energy Savings: How People with Cancer Can Handle Fatigue</i>.* |
| <p>Increase in cholesterol or triglycerides may sometimes occur.</p> | <p>Discuss this with your doctor if you have:</p> <ul style="list-style-type: none"> • A history of heart disease. • High blood pressure. • High cholesterol or triglycerides. <p>You may need to have your cholesterol level checked a few months after starting everolimus.</p> |

***Please ask your chemotherapy nurse for a copy.**