



Provincial Health Services Authority

For the Patient: LYPOLABR

Other names: Treatment of relapsed or refractory diffuse large B-cell lymphoma

LY LYmphoma (tumour group)
POLA Polatuzumab vedotin (also known as Polivy®)
B Bendamustine (also known as Treanda®)
R Rituximab (also known as RITUXAN®, RITUXAN® SC)

Uses:

- LYPOLABR is a drug treatment given for patients with diffuse large B cell lymphoma who cannot receive a stem cell transplant, and have received treatment in the past and now needs more treatment or has not responded to at least one previous treatment.

How does it work?

- LYPOLABR is a combination of three drugs, polatuzumab vedotin (pol" a tooz' ue mab ve doe' tin), bendamustine (ben" da mus' teen) and rituximab (ri tux' i mab).
- Polatuzumab vedotin is a monoclonal antibody attached to a substance intended to kill cancer cells.
- Bendamustine works by damaging and interfering with cancer cell growth
- Rituximab is a monoclonal antibody, a protein that recognizes certain cancer cells and interferes with their growth

Intended Benefits

- This therapy is being given to destroy and/or limit the growth of lymphoma cells in your body. This treatment may improve your current symptoms, and delay the onset of new symptoms.

Treatment Plan:

- Your treatment plan consists of several (up to 6) chemotherapy cycles. Each cycle lasts 3 weeks (21 days). For each cycle you will have three drugs given intravenously (through the vein).
- Your first treatment cycle will be over 3 days. Day 1 will be about 5 hours but may last up to 8 hours. The next day (Day 2) plan to spend about 3 hours in the treatment room and on Day 3, plan to spend about 1½ hours.
- Each cycle thereafter will be over 2 days. Day 1 will be approximately 2 hours and Day 2 will be 1½ hours.

How are these drugs given?

- Three drugs (polatuzumab vedotin, bendamustine and rituximab) will be given at each cycle. Rituximab can be given by injection into a vein or injected under the skin (subcutaneously or SC). Polatuzumab vedotin and bendamustine are both given by injection into a vein.
- You will also be given a prescription for anti-nausea pills to help prevent nausea and vomiting. Please also buy acetaminophen 325 mg and diphenhydramine 25 mg; you will need these prior to rituximab.
- You will also be given a prescription for filgrastim (also known as G-CSF, granulocyte colony stimulating factor) to improve your white blood cell count. It is given as an injection under the skin (subcutaneous, SC) daily for 5 days starting on day 7 (Day 1= first day of treatment) each cycle. Your nurse will teach you and/or a family member how to give a SC injection. The filgrastim prescription is filled at your community pharmacy and, since it is not commonly available, your pharmacy may need 1-2 days to obtain the drug.
- You will also be given a prescription for an antiviral and antibiotic to take while you are on chemotherapy and for 6 months after treatment to prevent infections.
- You may experience infusion reactions during your chemo. Your nurse will monitor and stop the infusion if needed. During the polatuzumab vedotin infusion, the nurse may monitor your heart rate, breathing and blood pressure at frequent intervals as well as after the infusion. Your nurse will also observe you for reaction after the infusion.
- A blood test will be taken prior to each cycle of treatment (every 3 weeks). The timing or the dose of chemotherapy may be changed based on your blood tests and/or other side effects.

Instructions:

- Bring your anti-nausea drugs and the acetaminophen and diphenhydramine with you to take before each IV treatment. The nurse will instruct you when to take your pills. You may also need to take anti-nausea pills at home after the chemotherapy. It is easier to prevent nausea than treat it once it has occurred, so follow directions closely.
- Call your cancer doctor immediately (day or night) at the first sign of any infection but especially if you have a fever over 38°C or 100°F.
- **We may ask you to skip your blood pressure medication 12 hours before and during Rituximab treatment.**
- You may drink small amounts of alcohol, as it will not affect the safety or effectiveness of your treatment.
- Tell other doctors or dentists that you are being treated with LYPOLABR chemotherapy before you receive any treatment from them.
- **Tell** doctors, nurses, and pharmacists that you are being treated with rituximab subcutaneous injection before you receive other subcutaneous injections. Other medications should not be injected into the same injection site as rituximab if possible.

- Use effective contraception (birth control) if you could become pregnant or if your partner could become pregnant. Becoming pregnant while on chemotherapy will likely harm the baby. Do not breast feed.

Serious Side Effects:

Unexpected and unlikely side effects can occur with any drug treatment. The ones listed below are particularly important as they are directly related to the common actions of the drugs in your treatment plan.

- **Infection:** The number of white blood cells that help fight infections will be lowered by the treatment. Your blood count is expected to return to normal by Day 1 of the next cycle. 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 or go to the nearest Hospital Emergency and tell them that you are on chemotherapy. It is recommended you have a working thermometer at home.**
- **Allergic Reaction:** Rituximab, polatuzumab vedotin and bendamustine can cause allergic type reactions during or hours after your treatment. Report any lightheadedness or dizziness, difficulty breathing, cough, rash, skin flushing, itchy skin, tickle in throat, or chest tightness to your nurse immediately.
- **Bleeding Problems:** If you develop black tarry stools, blood in your urine, pinpoint red spots on the skin, or prolonged nose bleeds report them immediately to your doctor or nurse.

Common Side Effects and Management:

SIDE EFFECTS	MANAGEMENT
<p>Allergic reactions commonly occur with rituximab and may occur with polatuzumab vedotin and bendamustine. Signs of an allergic reaction may include flushing, rash, hives, itching, dizziness, swelling or breathing problems. These reactions can occur immediately after receiving the infusions or several hours after. Reactions usually only occur with the first or second treatment.</p>	<ul style="list-style-type: none"> • You will take acetaminophen (eg, TYLENOL®) and diphenhydramine (eg, BENADRYL®) before your rituximab treatment. Tell your nurse immediately if you have a reaction during treatment or contact your oncologist immediately if this happens after you leave the clinic.

SIDE EFFECTS	MANAGEMENT
<p>Your white blood cells may decrease after your treatment. They usually return to normal after your last treatment. White blood cells protect your body by fighting bacteria (germs) that cause infection. When they are low, you are at greater risk of having an infection.</p>	<p>To help prevent infection:</p> <ul style="list-style-type: none"> • Wash your hands often and always after using the bathroom. • Take care of your skin and mouth by gently washing regularly. • Avoid crowds and people who are sick. <p>Call your doctor immediately at the first sign of an infection such as fever (over 100°F or 38°C by an oral thermometer), chills, cough or burning when you pass urine.</p>
<p>Your platelets may decrease after your treatment. They will return to normal with time. Platelets help your blood clot if you cut yourself. You may bruise or bleed more easily than usual.</p>	<p>To help prevent bleeding problems:</p> <ul style="list-style-type: none"> • Try not to bruise, cut or burn yourself. • Clean your nose by blowing gently; do not pick your nose. • Avoid constipation • Avoid ASA (eg, ASPIRIN®) unless recommended by your doctor. • For minor pain use acetaminophen (TYLENOL®). Take your temperature prior to taking acetaminophen-containing products. • Do not take common painkillers such as ibuprofen (eg, ADVIL®, MOTRIN®)
<p>Numbness or tingling of the fingers or toes commonly occurs. This should slowly return to normal once your treatments are over. This may take several months.</p>	<ul style="list-style-type: none"> • Be careful when handling items that are sharp, hot, or cold. • Tell your doctor at your next visit, especially if you have trouble with buttons, writing, or picking up small objects
<p>Redness, swelling, pain, or tenderness commonly occurs where the needle was placed when rituximab is injected under the skin.</p> <p>These reactions typically occur within 1-2 days and usually disappear on their own. Reactions are less common with later treatments even if you have a reaction with the first treatment.</p>	<ul style="list-style-type: none"> • Apply cool compresses for 15-20 minutes several times a day after the injection. • Tell your doctor or your nurse at the next visit if these reactions are very painful or last longer than 2 days.

SIDE EFFECTS	MANAGEMENT
<p>Skin rashes may sometimes occur with bendamustine and rarely may be severe.</p>	<ul style="list-style-type: none"> • If rash is accompanied by signs of an allergic reaction such as flushing, dizziness, swelling, or breathing problems, call your doctor immediately. • If rash gets worse or itching is very irritating, call your doctor. Otherwise, be sure to mention it at your next visit.
<p>Nausea and vomiting can occur with this treatment and you will need to take anti-nausea medications before and after your chemotherapy.</p>	<p>You will 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 to treat it once it has happened, so follow directions closely.</p> <ul style="list-style-type: none"> • Drink plenty of liquids. • Eat and drink often in small amounts. • Try the ideas in <i>“Practical Tips to Manage Nausea”</i>. • Be sure to let your doctor know if you have nausea or vomiting later than 24 hours after your treatment.
<p>Diarrhea or constipation may occur.</p>	<p>To help diarrhea:</p> <ul style="list-style-type: none"> • Drink plenty of liquids. • 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>To help constipation:</p> <ul style="list-style-type: none"> • Exercise if you can. • Drink plenty of liquids (8 cups a day). • Try ideas in <i>“Suggestions for Dealing with Constipation”</i>.

SIDE EFFECTS	MANAGEMENT
<p>Sore mouth may 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 soft, bland foods like puddings, milkshakes and cream soups. • Avoid spicy, crunchy or acidic food, and very hot or cold foods. • Call your doctor if you are having difficulty eating or drinking due to pain.
<p>Tiredness and lack of energy may sometimes 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 Your Bank to Energy Savings: Helping People with Cancer Handle Fatigue.*
<p>Hair loss is rare. If you lose hair, it will grow back once you stop treatment with rituximab. Colour and texture may change</p>	<ul style="list-style-type: none"> • Use a gentle shampoo and soft brush • If hair loss is a problem, refer to Resources for Hair Loss and Appearance Changes – Patient Handout.*

*Please ask your pharmacist or nurse for a copy.

The pharmacists at BC Cancer and the pharmacists at your oncology clinic are also available to answer your drug-related questions.

Medication Interactions

Some Natural Health Products may interact with this treatment. Tell your doctor if you are taking any Natural Health Products. Check with your doctor or pharmacist before you start taking any Natural Health Products.

If you experience symptoms or changes in your body that have not been described above but worry you, tell your doctor about them at the time of your next visit. If you have symptoms that are severe, contact:

_____ at telephone number _____

If you have symptoms that are severe or need emergency services, go to your local hospital's Emergency Department.