



For the Patient: Trastuzumab emtansine
Other names: **KADCYLA®**

- **Trastuzumab emtansine** (tras tooz' ue mab em tan' seen) is a drug that is used to treat some types of cancer. Trastuzumab emtansine is a clear liquid that is injected into a vein.
- Tell your doctor if you have ever had an unusual or **allergic reaction** to trastuzumab or trastuzumab emtansine before receiving trastuzumab emtansine.
- A **blood test** may be taken before each treatment. The dose and timing of your chemotherapy may be changed based on the test results and/or other side effects.
- Other drugs may **interact** with trastuzumab emtansine. Check with your doctor or pharmacist before you start or stop taking any other drugs.
- The **drinking of alcohol** (in small amounts) does not appear to affect the safety or usefulness of trastuzumab emtansine.
- Trastuzumab emtansine may cause **sterility** in men and women. If you plan to have children, discuss this with your doctor before being treated with trastuzumab emtansine.
- Trastuzumab emtansine may damage sperm and may harm the baby if used during pregnancy. It is best to use **birth control** while being treated with trastuzumab emtansine. Tell your doctor right away if you or your partner becomes pregnant. Do not breastfeed during treatment.
- **Tell** doctors, dentists, and other health professionals that you are being treated with trastuzumab emtansine before you receive any treatment from them.

Side effects are listed in the following table in the order in which they may occur. Tips to help manage the side effects are included.

SIDE EFFECTS	MANAGEMENT
<p>Allergic reactions may rarely occur. Signs of an allergic reaction may include flushing, rash, itching, dizziness, swelling or breathing problems. This can occur immediately or several hours after receiving trastuzumab emtansine.</p>	<p>Tell your nurse if this happens while you are receiving trastuzumab emtansine or contact your oncologist immediately if this happens after you leave the clinic.</p>

SIDE EFFECTS	MANAGEMENT
Trastuzumab emtansine burns if it leaks under the skin.	Tell your nurse or doctor immediately if you feel burning, stinging, or any other change while the drug is being given.
Pain or tenderness may occur where the needle was placed.	Apply cool compresses or soak in cool water for 15-20 minutes several times a day.
Nausea and vomiting may occur after your treatment. Most people have little or no nausea.	You may be given a prescription for antinausea 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. <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>.*
Skin rashes may sometimes occur.	If itching is very irritating, call your doctor. Otherwise, be sure to mention it at your next visit.
Fever and chills may sometimes occur shortly after treatment with trastuzumab emtansine.	<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. • Fever (over 100°F or 38°C by an oral thermometer) which occurs more than a few days after treatment may be a sign of an infection. Report this to your doctor immediately.
Diarrhea may sometimes occur.	If diarrhea is a problem: <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 Manage Diarrhea</i>.*
Constipation may sometimes occur.	<ul style="list-style-type: none"> • Exercise if you can. • Drink plenty of fluids. • Try ideas in <i>Suggestions for Dealing with Constipation</i>.*

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. • Avoid crowds and people who are sick. • 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>Your platelets may decrease after your treatment. They usually return to normal after your last treatment. Platelets help to make your blood clot when you hurt 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. • Brush your teeth gently with a soft toothbrush as your gums may bleed more easily. Maintain good oral hygiene. <p>Some medications such as ASA (e.g., ASPIRIN®) or ibuprofen (e.g., ADVIL®) may increase your risk of bleeding.</p> <ul style="list-style-type: none"> • Do not stop taking any medication that has been prescribed by your doctor (e.g., ASA for your heart). • For minor pain, try acetaminophen (e.g., TYLENOL®), to a maximum of 4 g (4000 mg) per day.
<p>Minor bleeding, such as nosebleeds, may sometimes occur.</p>	<ul style="list-style-type: none"> • Sit up straight and tip your head slightly forward. Tilting your head back may cause blood to run down your throat. • Pinch your nostrils shut between your thumb and forefinger or apply firm pressure against the bleeding nostril for 10 full minutes. • After 10 minutes, check to see if your nose is still bleeding. If it is, hold it for 10 more minutes. • Stay quiet for a few hours and do not blow your nose for at least 12 hours after the bleeding has stopped. • Get emergency help if a nosebleed lasts longer than 20 minutes.

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 to Try with a Sore Mouth</i>.*
<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>
<p>Muscle or joint pain may sometimes occur.</p>	<p>You may take acetaminophen (e.g., TYLENOL®) every 4-6 hours to a maximum of 4 g (4000 mg) per day for mild to moderate pain. Tell your doctor if the pain interferes with your activity.</p>
<p>You may sometimes have trouble sleeping.</p>	<ul style="list-style-type: none"> • Talk to your doctor if you continue to have trouble sleeping.
<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 <i>Your Bank to Energy Savings: Helping People with Cancer Handle Fatigue</i>.*
<p>Hair loss is rare with trastuzumab emtansine. If you lose hair, it will grow back once you stop treatment with trastuzumab emtansine. Colour and texture may change.</p>	<p>If hair loss is a problem, refer to <i>For the Patient: Hair Loss Due to Chemotherapy</i>.*</p>
<p>Numbness or tingling of the fingers or toes may sometimes occur. This will 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.

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

SEE YOUR DOCTOR OR GET EMERGENCY HELP IMMEDIATELY IF YOU HAVE:

- Signs of an **infection** such as fever (over 100°F or 38°C by an oral thermometer), shaking chills; severe sore throat, productive cough (coughing up thick or green sputum); cloudy or foul smelling urine; painful, tender, or swollen red skin wounds or sores.
- Signs of **bleeding problems** such as black, tarry stools; blood in urine; pinpoint red spots on skin; extensive bruising.
- Signs of an **allergic reaction** (rare) soon after a treatment including dizziness, fast heart beat, face swelling, or breathing problems.
- Signs of **heart or lung problems** such as fast or uneven heartbeat, chest pain, chest pressure, shortness of breath or difficulty in breathing, swelling of feet or lower legs, or fainting.

SEE YOUR DOCTOR AS SOON AS POSSIBLE (DURING OFFICE HOURS) IF YOU HAVE:

- Signs of **anemia** such as unusual tiredness or weakness.
- Signs of **liver problems** such as yellow eyes or skin, white or clay-coloured stools.

CHECK WITH YOUR DOCTOR IF ANY OF THE FOLLOWING CONTINUE OR BOTHER YOU:

- Uncontrolled nausea, vomiting, or diarrhea.
- Headache not controlled with acetaminophen (e.g., **TYLENOL**®).
- Easy bruising or minor bleeding.
- Redness, swelling, pain, or sores where the needle was placed.
- Skin rash or itching or red, sore, swollen hands or feet.
- Blurred vision or dry, sore, red, or watery eyes.
- Cough.
- Abdominal pain or tenderness or upset stomach.
- Dizziness.
- Dry mouth or taste changes.

REPORT ADDITIONAL PROBLEMS TO YOUR DOCTOR
