



Provincial Health Services Authority

For the Patient: Trastuzumab deruxtecan

Other names: ENHERTU®

- **Trastuzumab deruxtecan** (tras tooz' ue mab der" ux te' kan) is a medication that is used to treat some types of cancer. It is made up of a monoclonal antibody, a type of protein designed to target cancer cells, and a chemotherapy drug which is intended to kill cancer cells. It 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 deruxtecan, trastuzumab emtansine, or trastuzumab before receiving trastuzumab deruxtecan.
- A **blood test** may be taken before each treatment. The dose and timing of your treatment may be changed based on the test results and/or other side effects.
- The **drinking of alcohol** (in small amounts) does not appear to affect the safety or usefulness of trastuzumab deruxtecan.
- Trastuzumab deruxtecan may affect **fertility**. If you plan to have children, discuss this with your doctor before being treated with trastuzumab deruxtecan.
- Trastuzumab deruxtecan may damage sperm and may harm the baby if used during pregnancy. It is best to use **birth control** while being treated with trastuzumab deruxtecan. Ask your doctor how long you should continue using birth control after your treatment has ended. Tell your doctor right away if you or your partner becomes pregnant. Do not breastfeed during treatment and for at least 7 months after your treatment has ended.
- **Do not donate semen** while you are taking trastuzumab deruxtecan, and for at least 4 months after your treatment has ended.
- **Tell** your doctor, dentist, and other health professionals that you are being treated with trastuzumab deruxtecan 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.</p> <p>This can occur immediately or several hours after receiving trastuzumab deruxtecan and usually only with the first or second dose.</p>	<p>Tell your nurse if this happens while you are receiving trastuzumab deruxtecan or contact your oncologist immediately if this happens after you leave the clinic.</p>
<p>Pain or tenderness may occur where the needle was placed.</p>	<p>Apply cool compresses or soak in cool water for 15-20 minutes several times a day.</p>
<p>Nausea and vomiting may occur after your treatment. If you are vomiting and it is not controlled, you can quickly become dehydrated.</p>	<p>You will be given a prescription for antinausea drug(s) to take before your treatment and 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>Practical Tips to Manage Nausea</i>.* <p>Tell your healthcare team if nausea or vomiting continues or is not controlled with your antinausea drug(s).</p>
<p>Your white blood cells may decrease after your 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. <p>Call your healthcare team immediately at the first sign of an infection such as fever (over 38°C or 100°F by an oral thermometer), chills, cough, or burning when you pass urine.</p>

SIDE EFFECTS	MANAGEMENT
<p>Your platelets may decrease after your 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®) first, to a maximum of 4 g (4000 mg) per day
<p>Minor bleeding, such as nosebleeds, may rarely 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. <p>Get emergency help if a nosebleed lasts longer than 20 minutes.</p>
<p>Headache may sometimes occur.</p>	<ul style="list-style-type: none"> • Take acetaminophen (e.g., TYLENOL®) every 4-6 hours if needed, to a maximum of 4 g (4000 mg) per day.

SIDE EFFECTS	MANAGEMENT
<p>Mouth sores can occur on the tongue, the sides of the mouth, or in the throat. Mouth sores can be painful and may 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 ¼ teaspoon baking soda AND ¼ teaspoon 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>Tell your healthcare team at your next visit as your dose may need to be changed.</p>
<p>Diarrhea may sometimes occur. If you have diarrhea and it is not controlled, you can quickly become dehydrated.</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 Choices to Help Manage Diarrhea</i>.* • Tell your healthcare team if you have diarrhea for more than 24 hours.
<p>Constipation may sometimes occur.</p>	<ul style="list-style-type: none"> • Exercise if you can. • Drink plenty of fluids. • Try the ideas in <i>Food Choices to Manage Constipation</i>.*
<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 healthcare team if the pain interferes with your activity.</p>
<p>Taste alteration may sometimes occur.</p>	<ul style="list-style-type: none"> • Try the ideas in <i>Food Ideas to Cope with Taste and Smell Changes</i>.*
<p>Loss of appetite and weight loss may sometimes occur.</p>	<ul style="list-style-type: none"> • Try the ideas in <i>Food Ideas to Help with Decreased Appetite</i>.*
<p>Tiredness and lack of energy 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>Fatigue/Tiredness – Patient Handout</i>.*

SIDE EFFECTS	MANAGEMENT
Hair loss sometimes occurs with trastuzumab deruxtecan. Hair will grow back once you stop treatment with trastuzumab deruxtecan. Colour and texture may change.	If hair loss is a problem, refer to <i>Resources for Hair Loss and Appearance Changes – Patient Handout</i> .*
Numbness or tingling of the fingers or toes may occur. This will slowly return to normal once your treatments are over. This may take several months.	<ul style="list-style-type: none"> • Be careful when handling items that are sharp, hot, or cold. • Be careful when walking on uneven surfaces or doing activities that need you to balance or be steady. Tell your healthcare team at your next visit if you have trouble with buttons, writing, picking up small objects, walking, or have fallen.
Skin rashes and itching may sometimes occur.	If itching is very irritating, call your healthcare team. Otherwise, be sure to mention it at your next visit.
Your skin may darken in some areas such as your hands, elbows, and knees.	This will slowly return to normal once you stop treatment with trastuzumab deruxtecan.

*Please ask your nurse or pharmacist for a copy.

CHECK WITH YOUR HEALTHCARE TEAM OR GET EMERGENCY HELP IMMEDIATELY IF YOU HAVE:

- Signs of an **infection** such as fever (over 38°C or 100°F 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 or tarry stools, blood in urine, pinpoint red spots on skin, or extensive bruising.
- Signs of an **allergic reaction** (rare) soon after a treatment including dizziness, fast heartbeat, 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.

CHECK WITH YOUR HEALTHCARE TEAM AS SOON AS POSSIBLE (DURING OFFICE HOURS) IF YOU HAVE:

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

