

# INTRAVENOUS CANCER TREATMENT EDUCATION



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## ADO-TRASTUZUMAB EMTANSINE

### Name of the regimen and cancer drugs

Ado-trastuzumab emtansine (A doh tras TOO zoo mab em TAN seen): Kadcyla®

### Common uses

Ado-trastuzumab emtansine is used to treat patients with the following:

- Patients with human epidermal growth factor receptor 2 (HER2)-positive breast cancer that cannot be removed by surgery or that has spread to other parts of the body who previously received trastuzumab and a taxane, separately or in combination.
- Patients with (HER2)-positive early breast cancer who have cancer remaining in the tissue removed during surgery. These patients received treatment including trastuzumab and a taxane prior to surgery.

Ado-trastuzumab emtansine may also be used for other treatments.

### Treatment schedule

Your treatment will be given into your vein through an intravenous (IV) line. This may be into a short, flexible temporary catheter in your arm, or through a central venous catheter. A central venous catheter, or central line is a long, flexible IV tube that empties into a very large vein next to the heart. Talk with your care team to see which will be best for you and your treatment.

Each ado-trastuzumab emtansine treatment is repeated every 21 days (3 weeks). This is known as one cycle. Your treatment may be given for a set number of cycles, or it will keep going until the drug stops working or you have side effects which stop you from continuing treatment.

- Ado-trastuzumab emtansine IV is given on Day 1.

| Drug                       | Cycle 1 | Day 1 | 2 | 3 | 4 | 5 | 6 | 7 | ... | 21 | Cycle 2 Day 1 |
|----------------------------|---------|-------|---|---|---|---|---|---|-----|----|---------------|
| Ado- trastuzumab emtansine |         |       |   |   |   |   |   |   |     |    |               |

### Other medications

Other medications may be ordered for you to prevent or treat certain side effects. These include:

|  | Instructions:  |
|--|--|
| <b>Medications to prevent side effects</b> | <p>You may receive medications to prevent side effects just before your cancer treatment. You may also get prescriptions for other medications to take at home as below:</p> <hr/> <hr/> <hr/> <hr/> <hr/> |

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### Possible drug interactions

- Ado-trastuzumab emtansine may interact with other drugs you are taking. Please inform your care providers of all prescription medicine, over-the-counter medications, vitamins, and herbal products that you take.
- Talk with your care provider or pharmacist before taking new medications, supplements, or receiving any vaccines.

### Common Side Effects

Common side effects that have been known to happen in patients receiving ado-trastuzumab emtansine are listed in the left side of this table. In some instances, the side effects may be reported less often but are still important to discuss. This table does not list all the known side effects for this therapy, only the ones that are experienced most often. Not every patient experiences every known side effect of a drug; even if you are taking the same drug as another patient, you may experience different side effects. Options to help manage any side effects that do occur are included on the right side of this table. These should be discussed with your care provider. If you experience any side effect you cannot manage or that is not listed here, contact your care provider.

| Possible Side Effect   | Management   |
|--|--|
| <p><b>Decreased platelet count and increased risk for bleeding</b></p> | <p>Your platelets should be monitored by a simple blood test. When they are low, you may bruise or bleed more easily than usual.</p> <ul style="list-style-type: none"> <li>• Use caution to avoid bruises, cuts, or burns.</li> <li>• Blow your nose gently and do not pick your nose</li> <li>• Brush your teeth gently with a soft toothbrush and maintain good oral hygiene</li> <li>• When shaving use an electric razor instead of razor blades</li> <li>• Use a nail file instead of a nail clippers</li> </ul> <p>Call your care team if you have bleeding that won't stop. Examples include:</p> <ul style="list-style-type: none"> <li>• A bloody nose that bleeds for more than 5 minutes despite pressure</li> <li>• A cut that continues to ooze despite pressure</li> <li>• Gums that bleed a lot when you floss or brush</li> </ul> <p>Seek medical help right away if you have any severe headaches, blood in your urine or stool, coughing up blood, or bleeding that you cannot stop or lasts a long time.</p> <p><b>You may need to take a break or “hold” your medication for medical or dental procedures.</b></p> <p><b>Talk to your care team or dentist before any scheduled procedures.</b></p> |
| <p><b>Changes in liver function</b></p>                                | <p>Your liver function will be checked every so often by a simple blood test. Contact your care team if you notice any of the following.</p> <ul style="list-style-type: none"> <li>• Yellowing of the skin or whites of your eyes</li> <li>• Dark or brown urine</li> <li>• Bleeding or bruising</li> </ul>   |
| <p><i>Continued on the next page</i></p>                               |  |

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## ADO-TRASTUZUMAB EMTANSINE

| Possible Side Effect                                 | Management  |
|--|---|
| <p><b>Constipation</b></p>                           | <p>Keep track of how many bowel movements you have each day.</p> <ul style="list-style-type: none"> <li>• Drink 8-10 (8-ounce) glasses of water or fluid each day unless your care team has asked you to limit your fluid intake</li> <li>• Stay active and exercise, if possible</li> <li>• Eat foods high in fiber like raw fruits and vegetables</li> </ul> <p>Contact your care team if you have not had a bowel movement in 3 or more days</p> <p>Your care team may recommend over-the-counter medications to help with constipation. A daily stool softener such as docusate (Colace®) and/or laxative such as senna (Senakot®) may be helpful. If these do not help within 48 hours, tell your care team.</p>   |
| <p><b>Nausea</b></p>                                 | <ul style="list-style-type: none"> <li>• Take all medications as prescribed to help prevent and lessen symptoms of nausea and vomiting</li> <li>• Eat and drink slowly</li> <li>• Drink 8-10 (8-ounce) glasses of water and/or fluid (soup or broth) each day unless your care team has instructed you to limit your fluid intake</li> <li>• Eat small, frequent meals throughout the day rather than a few large meals</li> <li>• Eat bland foods; avoid spicy, fried, and greasy foods</li> <li>• Avoid intense exercise immediately after eating</li> <li>• Don't lay down right away after eating</li> <li>• Wear loose fitting clothing for comfort</li> <li>• Avoid strong odors. Consider getting fresh air and try deep breathing.</li> </ul> <p>Let your care team know if you have nausea or vomiting. Your care team may prescribe medication to help with the symptoms.</p>   |
| <p><b>Numbness of tingling in hands and feet</b></p> | <p>Report changes in your sense of touch, such as a burning feeling, pain on the skin or weakness.</p>  |
| <p><b>Fatigue</b></p>                                | <ul style="list-style-type: none"> <li>• You may be more tired than usual or have less energy.</li> <li>• Stay as active as possible, but know it is okay to rest as needed.</li> <li>• Try to do some type of moderate activity every day.</li> <li>• Conserve your energy. Plan your activities and do them at a time of day when you feel a bit more energetic.</li> <li>• Follow a healthy diet and stay hydrated.</li> <li>• Accept help from family and friends</li> <li>• Find healthy ways to manage stress, such as meditation, journaling, yoga, and guided imagery</li> <li>• Develop good sleeping habits, limit napping during the day to help you sleep better at night.</li> <li>• Avoid operating heavy machinery if you feel too tired.</li> <li>• Contact your care team if you experience extreme fatigue that prevents you from doing your normal daily activities. may be helpful. If these do not help within 48 hours, tell your care team.</li> </ul> |

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| Possible Side Effect        | Management   |
|-----------------------------|--|
| <b>Muscle or Joint Pain</b> | <ul style="list-style-type: none"> <li>• Keep a diary of your pain, including when and where the pain happens, what it feels like, and how long it lasts</li> <li>• Stay as active as possible, but know that it is okay to rest as needed, too</li> <li>• Tell your care team if pain limits what you can do</li> </ul> <p>If the pain or weakness bothers you, ask your provider what you may use to help with this discomfort. Take only pain medication that has been prescribed or recommended by your care team.</p>   |
| <b>Headache</b>             | <p>Ask your provider what you may use to help with this discomfort. If your headache is mild, try resting in a dark, quiet room and apply a cool cloth to your forehead.</p> <p>Contact your care team right away if your headache:</p> <ul style="list-style-type: none"> <li>• Follows a head injury</li> <li>• Is severe, or starts suddenly</li> <li>• Does not go away after 3 days</li> <li>• Is associated with vomiting, visual disturbance, neck stiffness, drowsiness, confusion, made worse by coughing or lowering the head, rash, weakness in an arm or leg, or numbness</li> </ul> |

### Rare but serious side effects

- Ado-trastuzumab emtansine may affect your heart's ability to pump blood. Tell your healthcare provider right away if you experience new or worsening shortness of breath, chest pain, irregular heartbeat, or swelling of your ankles or legs.
- Ado-trastuzumab emtansine may cause harm to your lungs. Inform your care team of any new or worse difficulty breathing, cough, shortness of breath, chest pain or fever. Your provider may stop your treatment if your lungs are affected.
- Ado-trastuzumab emtansine can rarely cause an infusion reaction. During your treatment, let your nurse know right away if any of these symptoms occur: chills, or shaking, dizziness, or light headedness, or heart palpitations.
- Ado-trastuzumab emtansine may cause inflammation to your liver. Be sure to seek medical attention if you are experiencing jaundice (yellowing of the skin or eyes), severe nausea or vomiting, or easy bruising/bleeding. Dependent on liver function tests and severity of symptoms, your provider may have to discontinue the medication.

If you experience ANY new, worsening, or uncontrolled side effects, call your care team immediately.

(INSTITUTIONAL CONTACT INFO)

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### Handling body fluids and waste

Some of the drugs you receive may be present in urine, stool, sweat, or vomit for many days after treatment. Many cancer drugs are toxic, your bodily waste may also be toxic and can be dangerous to come into contact with. Once you have started ado-trastuzumab emtansine, follow the instructions below for at least two days after your treatment. This is to keep you, your loved ones, and the environment as safe as possible.

- Pregnant women should avoid touching anything that may be soiled with body fluids from the patient.
- Toilet and septic systems
  - You may use the same toilet, septic tank, and/or sewer that you usually use. If you have a low-flow toilet, close the lid and flush twice to ensure that all waste has been discarded.
- If the toilet or toilet seat becomes soiled with urine, stool, or vomit, clean the surface after every use before other people use the toilet.
- Wash hands with soap and water after using the toilet for at least 20 seconds.
- If you need a bedpan, be sure your caregiver knows to wear gloves to assist with cleanup and to wash the bedpan with soap and water every day.
- If you do not have good control of bladder or bowels, use a disposable pad with a plastic back, a diaper, or a sheet to absorb body waste.
- Wash any skin that has been exposed to body waste with soap and water.
- Linens or clothing that are soiled with body fluids or body waste should be washed separately from other linens and clothing. If you do not have a washer, place the soiled linens in a plastic bag until they can be washed.
- Wash hands with soap and water after touching linens or clothing that may be soiled with body fluids.

### Intimacy, sexual activity, contraception, and fertility

This treatment may cause changes that can affect intimacy and sexuality, including desire and body image. Maintaining physical closeness and/or intimacy with loved ones can be continued during treatment. Holding hands, hugging, and kissing can be done safely. It is recommended that you talk to your care team about any restrictions or questions you may have.

Some treatments can influence the ability to have children, also known as fertility. If you're interested in preserving fertility, talk to your care team before treatment. Ask your healthcare provider to determine when it is safe to become pregnant after your treatment. Patients of reproductive ability should not become pregnant or get their partners pregnant while receiving ado-trastuzumab emtansine. Some of the drugs you receive may be present in semen and vaginal secretion for many days after treatment. You should use barrier devices, such as condoms, during sexual activity to limit exposure to body fluids.

- Talk to your care team about birth control. Not all options may be right for your treatment or cancer. Effective contraception could include one or more of the following: barrier methods (e.g. condoms), hormone methods (e.g. birth control pills), or surgery.
- Tell your care team if you become pregnant or plan to breastfeed.

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### Additional resources

**Product website:** [www.kadcyla.com](http://www.kadcyla.com)

**Prescribing information link:** [https://www.gene.com/download/pdf/kadcyla\\_prescribing.pdf](https://www.gene.com/download/pdf/kadcyla_prescribing.pdf)

**Product resources:** <https://www.kadcyla.com/patient/support-resources/herconnection.html>

### Additional instructions

**Updated – December 15, 2021**

**Important notice:** The Association of Community Cancer Centers (ACCC), Hematology/Oncology Pharmacy Association (HOPA), National Community Oncology Dispensing Association, Inc. (NCODA), and Oncology Nursing Society (ONS) have collaborated in gathering information for and developing this patient education guide. This guide represents a brief summary of the therapy derived from information provided by the drug manufacturer and other resources. This guide does not cover all existing information related to the possible uses, directions, doses, precautions, warnings, interactions, adverse effects, or risks associated with this therapy and should not substitute for the advice of a qualified healthcare professional. Provision of this guide is for informational purposes only and does not constitute or imply endorsement, recommendation, or favoring of this therapy by ACCC, HOPA, NCODA, or ONS, who assume no liability for and cannot ensure the accuracy of the information presented. The collaborators are not making any representations with respect to the medications whatsoever, and any and all decisions, with respect to such medications, are at the sole risk of the individual receiving therapy. All decisions related to receiving this therapy should be made with the guidance and under the direction of a qualified healthcare professional.

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