



A Patient's Guide to **Side Effect Management**



This booklet is intended for use by patients who have been prescribed Cabometyx®.

Cabometyx® is a cancer medicine that contains the active substance cabozantinib. It is used to treat advanced stages of a type of kidney cancer called renal cell carcinoma (RCC).

Please ensure you read the patient information leaflet (PIL) that comes in the package with your medication, as this contains all of the important information about your medication.

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed here, or in the patient information leaflet.



Tips to help manage side effects

Each person's reaction to cancer medication is different; some people will have few side effects, while others will experience more.

You shouldn't worry if you don't experience side effects, as that does not mean the medication isn't working. However, if your side effects are serious, your healthcare team may amend your medication by lowering your dose or temporarily interrupting your treatment. Your doctor might also prescribe other medicines to help control your side effects.

Eating healthily and getting enough rest can make coping with side effects a bit easier.

There are also a number of things you can try; take a look at <https://surviveandthrive.ie>, which features resources and information recommended to help patients manage side effects or discomfort during treatment.

Diarrhoea



Diarrhoea is a very common side effect of certain cancer treatments. If it is not managed, diarrhoea can be very serious, so it is important to speak to your doctor or nurse if you have any signs and symptoms, and/or your stools are happening more often than normal.



Call your doctor or nurse right away if you:

- Have 6 or more loose bowel movements a day for 2 days in a row
- Have blood around the anal area or blood in your stool
- Lose 5 or more pounds after the diarrhoea starts
- Have pain in your belly or cramps that last for 2 or more days
- Can't drink liquids or urinate for 12 or more hours
- Get a puffy or swollen belly
- Have a fever of 38°C or higher

Diarrhoea



Tips to help with diarrhoea:

- Drink plenty of clear liquids (water, apple juice, clear broth)
- Try not to drink many caffeinated drinks (such as coffee and soft drinks) or dairy products (such as milk), and avoid alcohol
- Eat small, light meals many times a day (such as bananas, rice, stewed apple, dry toast or mashed potatoes)
- Try not to eat foods that are spicy, greasy, fatty or high in fibre (such as fast food, raw vegetables and nuts), and avoid dairy
- Keep track of how often you have diarrhoea, the amount of fluid you drink and your weight
- After each bowel movement, gently clean your anal area well with a mild soap or baby wipe, and pat dry. Once dry, you may apply petroleum jelly or a nappy rash ointment to the outer rectal area

Talk to your doctor before using any prescription or non-prescription medications to help with your symptoms.

Mouth and oral care



Certain medications used to treat cancer may cause mouth problems such as:

- Gum or mouth pain
- Infections in your mouth or gums
- Burning sensation of the tongue
- Red, swollen or bleeding gums
- Dry mouth
- Change in how things taste;

Talk to your dietitian if you experience a loss of appetite or altered sense of taste as there are ways to help make food more appealing.



Call your doctor or nurse if you have pain in your mouth or throat, OR if your mouth looks or feels different.

Check your mouth twice a day. Use a small flashlight and a padded tongue depressor to:

- Look for small cuts, ulcers or sores in your mouth, on your gums, on your tongue or under your tongue
- See if the inside of your mouth is redder than usual or swollen
- See if there is blood in your mouth
- Take note of numbness or a feeling of heaviness in the jaw, or loosening of a tooth

Mouth care



Tips for mouth care:

- See your dentist before you start treatment and then regularly after
- Brush your teeth gently after each meal
- Use a soft toothbrush and children's toothpaste
- Floss your teeth at least once a day
- If you have dentures that have become ill-fitting, they should be replaced or removed
- Tell your dentist about the treatments you are taking
- If you have mouth sores or dryness, rinse your mouth after you eat and before you go to bed:
Do not use mouthwash with alcohol, use a salt and baking soda mixture; add 1 teaspoon of salt and 1 teaspoon of baking soda to 1 pint of warm water, stir or shake well. Sip the solution, swish it around in your mouth, gently gargle and then spit it out. Don't swallow!

Mouth care



- Use a lip balm to keep your lips moisturised
- If you have mouth pain:
 - Suck on ice chips or ice pops
 - Drink through a straw
 - Talk to your doctor about over-the-counter medications that can be used for the pain
 - Eat soft foods that you can swallow easily
 - Try not to eat hard, crusty, salty, sticky, sugary or spicy foods
 - Try not to eat or drink fruits or juices that are acidic, such as tomatoes, oranges, limes and lemons

Fatigue



Fatigue, or feeling extremely tired, weak or like you don't have any energy, is a very common side effect of certain cancer treatments.



Call your doctor or nurse if you:

- Are too tired to get out of bed and this lasts for 24 or more hours
- Can't think clearly
- Can't sleep at night
- Feel tired (out of breath or heavy/fast heartbeat) after doing small activities



Tips for managing fatigue:

- Get a good night's sleep each night; the right amount varies by person, but is usually around 7 to 8 hours
- Try to keep good sleep habits; go to bed at the same time each night, and wake up at the same time each day
- Try not to eat heavy meals before bedtime

Fatigue



- If you have caffeine, make sure it's 6 to 8 hours before you go to bed. Remember, caffeine may be present in liquids (such as soft drinks and coffee), food (such as chocolate) and some medicines
- Make sure your bedroom is quiet, dark and a comfortable temperature
- Be as active as possible; talk with your doctor about which types of activity may be right for you. It is best to start slowly and only do more when you know that you're able
- Plan ahead; decide which activities are most important to you. Try to schedule important activities throughout the day, if possible, so you can take breaks
- Eat a nutritious and well-balanced diet; make sure you have enough calories and protein to give your body the energy it needs
- Consider meeting with a registered dietitian who specialises in helping people with cancer

Hand-foot skin reaction (HFSR)



Certain medications used to treat cancer may cause HFSR (also called palmar-plantar erythrodysesthesia), which is a side effect that causes symptoms such as painful swelling and redness of your palms or soles.

Prevention, early detection and prompt treatment are very important.



Call your doctor or nurse if you have any of the following problems with your hands or feet:

- Your skin is red or swelling
- You feel tingling/burning, or your skin is sensitive to touch
- You have thick calluses or blisters
- Your skin is cracked, flaking or peeling
- Your skin has blisters, ulcers or sores
- You have a hard time walking or using your hands (especially if it's because of pain)

Hand-foot skin reaction (HFSR)



Tips to help with HFSR:

- If your hands and feet feel hot, use an ice pack to cool them for 15–20 minutes
- Heat may make your symptoms worse or more likely to happen; try not to put your hands or feet in hot water, and try to stay out of direct sunlight or other heat sources
- Take cool showers or baths
- Don't take hot showers
- Try to avoid pressure, friction or rubbing
- Don't use hammers, shovels, knives or other tools
- Wear loose clothing and comfortable, well-fitting footwear
- Gently pat your skin dry after washing your hands or bathing
- Use cotton gloves and socks to help protect your hands and feet
- Using a mild, fragrance-free lotion or moisturising cream many times a day may help with some symptoms of HFSR. Talk to your doctor or pharmacist about which creams will be appropriate for you

Hypertension (high blood pressure)



Hypertension is a very common side effect in people taking certain cancer medicines. There isn't much you can do to prevent this, but your doctor will watch your blood pressure closely throughout your treatment and may prescribe medicines to help regulate it, if necessary.



Call your doctor or nurse if:

- Your blood pressure suddenly goes up
- Your blood pressure is outside the recommended range; talk to your doctor about what a normal range would be for you
- You feel dizzy
- You have shortness of breath
- You have any new or worsening symptoms

Hypertension (high blood pressure)



Tips to help with hypertension:

Have your blood pressure checked regularly. Alongside any medication you may be prescribed, maintaining a healthy lifestyle can also help:

- Eat a balanced diet of whole grains, fruits, vegetables and low-fat dairy products (such as yogurt)
- Don't have too much salt, caffeine or alcohol

Exercising regularly can also help with blood pressure. Talk to your doctor about what types of exercise they may recommend for you.

Nausea and vomiting



You may feel nauseated (queasy) or vomit (throw up) during your cancer treatment.

Call your doctor or nurse right away if you:

- Vomit more than 3 times an hour for more than 3 hours
- See blood in your vomit
- Vomit and it looks like coffee grounds
- Can't have more than 4 cups of liquid or ice chips in a day, or can't keep your medicines down
- Haven't been able to eat for more than 2 days
- Are weak, dizzy or confused
- Lose 2 or more pounds in 2 days
- Have dark-yellow urine

Nausea and vomiting



Tips to help with nausea and vomiting:

For nausea (upset stomach)

- Drink plenty of clear liquids such as ginger ale, apple juice or broth
- Eat bland foods (with little to no taste) such as dry toast, crackers or ginger biscuits. Do not eat heavy, fatty meals or greasy foods
- Try to stay away from strong odours
- Do not lie flat for at least 1 hour after eating; rest by sitting up in a chair or recliner
- Suck on lemon or mint candy to make a bad taste go away
- Do not eat for 2 to 3 hours before you go to bed, and raise the head of your bed for sleeping

Nausea and vomiting



For vomiting

- Keep track of how often you are vomiting, the amount of fluid you drink each day and your weight
- After vomiting stops, try to slowly sip a small amount of cool liquid. You might want to suck on some ice chips or frozen juice chips

Your doctor may also prescribe a medication for nausea and vomiting.

Queasy lozenge or sweet

- There are non-prescription lozenges or sweets found in health food shops or pharmacies that have ingredients that may help relieve nausea and dry mouth

Talk to your doctor before using any prescription or non-prescription medications to help with your symptoms.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

For more information on Cabometyx®,
please speak to your healthcare professional
in the first instance.

Reporting of side effects:

If you get any side effects, talk to your doctor or pharmacist.

This includes any possible side effects not listed in your Patient Information Leaflet. You can also report side effects directly via: **HPRA Pharmacovigilance, Earlsfort Terrace,**

IRL - Dublin 2., Website: www.hpra.ie

e-mail: medsafety@hpra.ie

Adverse events should be reported to Ipsen:

Tel: +353 18098256,

email: pharmacovigilance.uk-ie@ipssen.com.

By reporting side effects, you can help provide more
information on the safety of this medicine.