

Vinorelbine, Trastuzumab, and Pertuzumab

Chemotherapy Teaching

Topics to Discuss

1

Treatment Regimen

Dosing & Schedule

Side Effects

Supportive Care Medications

2

Other Information

Sexuality & Fertility

Supportive Care Resources

3

Frequently Asked Questions

Treatment Day Overview

Exercise & Diet

Supplements & Herbals

4

Treatment Team

Your Treatment Team

When to Call

Important Phone Numbers



Chemotherapy Regimen

1

Treatment Regimen

Dosing & Schedule

Side Effects

Supportive Care Medications

You are going to start on a chemotherapy treatment plan that includes a combination of medications given in a special order to treat your cancer.

- Vinorelbine (Navelbine)
- Trastuzumab (Herceptin)
- Pertuzumab (Perjeta) – *your doctor will tell you if you need this*



Chemotherapy Regimen

Weeks	1	2	3	4	5	6	7	8	9	10	11	12...
	V	V		V	V		V	V		V	V	
	T			T			T			T		
	±			±			±			±		
	P			P			P			P		

V is given IV once weekly for 2 weeks, followed by a 1-week break

T is given IV once every 3 weeks

± P is given IV once every 3 weeks

Your doctor will tell you how long you will be on treatment

HP may also be given as a subcutaneous (under the skin) injection over 5-8 minutes.



Side Effects

Common

- Low blood counts, diarrhea, constipation, reflux or heartburn

Less Common

- Hair loss/thinning, fatigue, numbness/tingling (hands/feet), nausea/vomiting, mouth sores, fever or infection, mild infusion reaction

Rare

- Effect on heart function (an echocardiogram will be done every 3 months)



Managing Side Effects: Nausea and Vomiting

As needed prescriptions

- ZOFRAN (Ondansetron)
 - 1 tablet (8mg) every 8 hours ***as needed*** for nausea
- COMPAZINE (Prochlorperazine)
 - 1 tablet (10mg) every 6 hours ***as needed*** for nausea



Managing Side Effects: Infection

Important steps to prevent infection:

- Practice hand hygiene: wash hands frequently especially before eating, after use of the bathroom and after contact with high touch surfaces under warm water with soap, towel dry
- Wipe down high touch with moist cleaning wipes
- Stay away from large crowds and gatherings
- Do not go near anyone who is sick
- Do not clean up animal droppings, animal cages, and tanks



Managing Side Effects: Over-the-counter Medications

Diarrhea

Imodium (Loperamide)

2 tablets (4 mg) with first loose stool, then 1 tablet (2 mg) with each stool thereafter for diarrhea (do not take more than 16mg/day)

Constipation

Sennakot (Senna)

2 tablets (17.2 mg) daily as needed for constipation
[Other option: Dulcolax (Bisacodyl) 1 tablet (5 mg) daily as needed]

Colace (Docusate)

1 capsule (100 mg) daily as needed for constipation

Miralax (Polyethylene Glycol)

1 capful (17 g) mixed with 1 glass of water daily as needed for constipation



Managing Side Effects: Over-the-counter Medications

Reflux & Heartburn

Tums (Calcium carbonate)	1 to 4 tablets (500-2000mg) as needed when reflux/heartburn symptoms occur
Pepcid (Famotidine)	1 to 2 tablets (10-20mg) twice daily as needed for reflux/heartburn
Prilosec (Omeprazole)	1 tablet (20mg) once daily for 14 days

Aches & Pain

Tylenol (Acetaminophen)	2 tablets (1000mg of <i>Extra Strength</i>) every 8 hours as needed for pain or 2 tablets (650mg of <i>Regular Strength</i>) every 6 hours as needed for pain. Do not exceed 3000mg/day.
Motrin/Advil (Ibuprofen)	1-3 tablets (200-600mg) every 6 hours with food as needed for pain. Do not exceed 2400mg/day. [Alternative: Aleve (Naproxen) 1 tablet (200mg) every 8 hours with food as needed for pain. Do not exceed 600mg/day.]



Fertility

2

Other Information

Sexuality & Fertility

Supportive Care Resources

- Your treatment can affect fertility in women and men.
- Infertility means you cannot become pregnant or make someone pregnant. Infertility related to chemotherapy can be temporary or permanent.
- Before starting treatment, talk with your healthcare team about preserving your fertility and what you can do.
 - Egg harvesting for women and sperm banking for men may be options before starting chemotherapy.



Sexuality and Birth Control

- It is fine to be sexually active while receiving chemotherapy; however, you should not get pregnant or get someone pregnant during this time.
- Women may notice a change in their menstrual periods during chemotherapy treatment. Bleeding may lessen, become spotty, or stop completely.
- Women can still get pregnant even if their menstrual period changes or stops. Always use a reliable form of birth control.
- Tell your healthcare team right away if you have unprotected sex or if you think that birth control has failed.



Supportive Care Resources

- Yoga
- Acupuncture / Acupressure
- Massage
- Support groups
- Survivorship programs
- Workshops
- Music therapy

To learn more about all our Supportive Care offerings log onto: massgeneral.org/cancer/supportive-care



Frequently Asked Questions

3

Frequently Asked Questions

Treatment Day Overview

Exercise & Diet

Supplements & Herbs

- **Q: What will my day look like?**
 - Lab Appointment (~15 mins)
 - Provider Appointment (~30 mins)
 - Pre-medications/Hydration (~30 mins)
 - Infusion (~1.5-3 hours)
 - Times will vary for each patient, but your doctor can help provide an estimate during your first appointment.



Frequently Asked Questions

Q: **Who do I call for cold caps?**

- You may be eligible for cold caps, a device to reduce hair loss. Please talk to your care team for more information.

Q: **Can I exercise?**

- Yes, exercise is generally safe for cancer patients. Your ability to exercise may depend on the type of cancer and treatments being used. Please talk to your care team to discuss which exercises are appropriate for you.



Frequently Asked Questions

Q: Should I take my nausea medications when I'm not nauseous?

- If you are not nauseous, you do not need to take your *as needed* medications

Q: Can I take herbal supplements and vitamins?

- Many herbal supplements may interact with medications. Please let your team know if you are currently or are planning to take any herbal products.



Frequently Asked Questions: What Can I Eat?

If you feel well:

Aim to eat a variety of foods high in nutrients including plenty of fruits, vegetables, whole grains and protein every 3-4 hours. These foods help your body rebuild tissues and keep your immune system strong. Stay well hydrated. Most people need between 2-3 liters, or 66-99oz per day, non-caffeinated fluids.

High protein food examples:

Meat, poultry, fish, eggs, seafood, lentils, beans, nuts, seeds, & unsweetened yogurts.



Frequently Asked Questions: What Can I Eat?

The day of chemo:

- 1) Come in well hydrated.
- 2) Eat a light meal:
 - Yogurt + fruit
 - Nut butter or an egg + toast
 - Oatmeal + nuts, fruit

If you are experiencing side effects including nausea, diarrhea/constipation, taste changes, mouth sores:

- See [massgeneral.org/cancer/nutrition](https://www.massgeneral.org/cancer/nutrition) for tips and recipes.
- Ask your care team to refer you to our Registered Dietitians.



Your Breast Cancer Team

- Oncologist
- Nurse Practitioner
- Pharmacist
- Oncology Social Worker
- Practice Nurse
- Infusion Nurse



When to call?

If experiencing:

- Fever of 100.4F (38C) or higher
- Chills
- Bleeding/unusual bruising
- Sore throat or trouble swallowing
- Dizziness
- Problems with urination
- Uncontrolled nausea, vomiting
- Uncontrolled diarrhea
- Flu-like symptoms
- Extreme fatigue or weakness
- Cough or shortness of breath
- Confusion or agitation
- Rapid heartbeat
- New swelling in arms/legs, face
- Uncontrolled pain or new pain
- COVID-19 or other infectious disease exposures



Contact Information

- For urgent matters, please call. For all other non-urgent matters, please use the patient portal
- Phone Numbers
 - Boston: 617-726-6500
 - Waltham: 781-487-6100
 - Danvers: 978-882-6060
- Patient Portal:
 - patientgateway.org





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