

Enhertu

Chemotherapy Teaching

Topics to Discuss

- Chemotherapy Regimen
- Side Effects & Management
- Breast Cancer Team
- Frequently Asked Questions
- When to Call
- Important Phone Numbers



Chemotherapy Regimen

- You are going to start on a chemotherapy treatment plan called Enhertu® (Brand Name) also known as Fam-trastuzumab deruxtecan (Generic Name) or “T-DXd”
- This medication is given into a vein intravenously (IV) every 3 weeks
 - The first infusion will be given over 90 minutes.
 - Later infusions are given over 30 minutes if the first dose is well-tolerated.
- We will talk with you about how long you will need to take this treatment



Side Effects

Common

- Fatigue, nausea, constipation, low blood counts, headache, liver enzyme changes, hair loss

Less Common

- Diarrhea, vomiting, fever, infection, cough and lung problems

Rare

- May affect how well your heart can function. A heart test (echo) will be done as needed.
- Infusion reactions



Managing Side Effects: Nausea/Vomiting

In clinic medications

Your infusion nurse will give you these medications 30-60 minutes before your infusion starts.

- DECADRON (Dexamethasone)
- ALOXI (Palonosetron)
- CINVANTI (Aprepitant)



Managing Side Effects: Nausea/Vomiting

At home prescriptions

- DECADRON (Dexamethasone)
 - 2 tablets (8mg) with food in the morning for days 2-4 after chemotherapy
- ZOFRAN (Ondansetron)
 - 1 tablet (8mg) every 8 hours ***as needed*** for nausea starting on day 4 after chemotherapy
- COMPAZINE (Prochlorperazine)
 - 1 tablet (10mg) every 6 hours ***as needed*** for nausea
- ATIVAN (Lorazepam)
 - 1 tablet (1mg) every 6 hours ***as needed*** for nausea



Managing Side Effects: Constipation

Over-the-Counter Medications:

- SENAKOT (Senna)
 - 2 tablets (17.2mg) daily ***as needed***
 - Other options: DULCOLAX (Bisacodyl) 1 tablet (5mg) daily as needed
- COLACE (Docusate)
 - 1 capsule (100mg) daily ***as needed***
- MIRALAX (Polyethylene Glycol)
 - 1 capful (17g) mixed with 1 glass of water daily as needed



Managing Side Effects: Diarrhea

Over-the-Counter Medications:

- IMODIUM (Loperamide)
2 tablets (4mg) with first loose stool, then 1 tablet (2mg) with each stool thereafter for diarrhea.
Do not take more than 8 tablets a day.



Managing Side Effects: Infection

Important steps to prevent infection:

- Practice hand hygiene: wash hands frequently especially before eating, after using 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



Supportive Care Resources

- Yoga
- Acupuncture / Acupressure
- Massage
- Support groups
- Survivorship programs
- Workshops
- Music therapy
- To learn more about all our of Supportive Care offerings log onto:
massgeneral.org/cancer/supportive-care



Your Breast Cancer Team

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



Frequently Asked Questions

- **Q: What will my day look like?**
 - Lab Appointment (~15 mins)
 - Provider Appointment (~30 mins)
 - Pre-medications/Hydration (~30 mins)
 - Infusion (~30-90 minutes)
 - Times will vary for each patient, but your doctor can help provide an estimate during your first appointment.



Frequently Asked Questions

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.

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 care 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 experiencing side effects including nausea, diarrhea/constipation, taste changes, mouth sores,
 - See [massgeneral.org/cancer/nutrition](https://www.massgeneral.org/cancer/nutrition) for tips.
 - Ask care team to refer you to our Registered Dietitians



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
- Exposure to infectious diseases (COVID-19)



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





Mass General Brigham