



Mass General Brigham  
Mass General Cancer Center

# Ado-trastuzumab Emtansine (T-DM1)

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 KADCYLA® (Brand Name) also known as Ado-trastuzumab emtansine (Generic Name) or more commonly called “T-DM1”
  - 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 therapy



# Side Effects

## Side effects of **T-DM1**

- Common
  - Fatigue, nausea, constipation, low platelet counts (including nose bleeds or easy bleeding/bruising), muscle/joint aches, numbness/tingling (hands/feet), headache, liver enzyme changes
- Less Common
  - Diarrhea, vomiting, fever, infection
- Rare
  - Effects on heart function (will monitor with an echocardiogram, an ultrasound of the heart, every 3-6 months), infusion reaction



# Managing Side Effects: Nausea/Vomiting

*In clinic* medications

- ZOFRAN (Ondansetron)
- COMPAZINE (Prochlorperazine)



# Managing Side Effects: Nausea/Vomiting

*As needed* prescriptions

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



# Managing Side Effects: Constipation

## *Over-the-Counter Medications:*

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



# 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 (do not take more than 8 tablets a day) for diarrhea





# 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: Peripheral Neuropathy

- Peripheral Neuropathy is numbness, tingling, loss of sensation, or weakness in your hands or feet.
- There is no one way to prevent chemotherapy-induced peripheral neuropathy.
- Tell your treatment team if you are experiencing these symptoms. We can prescribe medicine to help you.

## *To help:*

- Protect your hands and feet from extreme heat or cold
- Wear comfortable non-slip shoes
- Don't wear clothing or shoes that are too tight



# 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](https://www.massgeneral.org/cancer/supportive-care)



# Your Breast Cancer Team

- Oncologist
- Nurse Practitioner
- Pharmacist
- Oncology 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 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
- 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](http://patientgateway.org)





**Mass General Brigham**