

# Sacituzumab govitecan-hziy (Trodelvy®)

Chemotherapy Teaching

# Topics to Discuss

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



# Chemotherapy Regimen

Sacituzumab govitecan (Trodelvy®) is used to treat metastatic triple-negative breast cancer

- This medication is given into a vein intravenously (IV) on days 1 and 8 of a 21-day cycle
- The first infusion will be given over 3 hours. Later infusions are given over 1 to 2 hours if the first dose is well-tolerated

We will talk with you about how long you will need to take this therapy



# Side Effects of Sacituzumab govitecan

- Very common
  - Diarrhea, nausea, vomiting, fatigue, low blood counts (white blood cells, red blood cells, and platelets)
- Common
  - Hair loss, abdominal pain, decreased appetite, rash, allergic reaction
- Less common
  - Constipation, fever, joint pain, headache, neuropathy, dizziness
- Rare
  - Severe diarrhea, infection, severe allergic reaction



# Managing Side Effects: Diarrhea

## *In clinic* medications

If you have diarrhea while you are in the clinic receiving treatment, we may give you an injection of Atropine.

## *At home* medications

If you have diarrhea at home after you leave the clinic, you can take:

### 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.



# Managing Side Effects: Nausea and Vomiting

*In clinic* medications

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



# Managing Side Effects: Nausea and Vomiting

## *At home* prescriptions

- ZOFRAN (Ondansetron)
  - 1 tablet (8mg) every 8 hours ***as needed*** starting on day 4 after chemotherapy
- COMPAZINE (Prochlorperazine)
  - 1 tablet (10mg) every 6 hours ***as needed***
- ATIVAN (Lorazepam)
  - 1 tablet (1mg) every 6 hours ***as needed***



# Managing Side Effects: Allergic Reaction

*In clinic* medications to prevent allergic reactions

- TYLENOL (Acetaminophen)
- BENADRYL (Diphenhydramine)
- PEPCID (Famotidine)
- Additional ***as needed*** medications available if you experience an allergic reaction in clinic

No *at home* medications needed





# Managing Side Effects: Rash

Let your treatment team know if you develop a rash. We may want to evaluate it before you start additional medications.

*Over-the-Counter* Medications to use after evaluation:

CORTIZONE (Hydrocortisone 1% cream)

- Apply to the affected area three times per day ***as needed*** for rash

ALLEGRA (Fexofenadine)

- 1 tablet (180mg) twice daily ***as needed*** for rash



# 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***



# 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 (~2-4 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. Although this does not have data to support prevention of hair loss with sacituzumab, please talk to your care team for more information if you are interested.

## 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.



# 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**