

Tucatinib (Tukysa) Capecitabine (Xeloda) Trastuzumab (Herceptin)

Chemotherapy Teaching

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What are Tucatinib, Capecitabine, and Trastuzumab?

- They are three separate medications that are used together as a treatment regimen, called HER2CLIMB.
- You may hear them referred to by their brand names:
 - Tucatinib (Tukysa)
 - Capecitabine (Xeloda)
 - Trastuzumab (Herceptin)
- **Trastuzumab** will be given in clinic intravenously (through the vein) or subcutaneously (under the skin)
- **Tucatinib** and **capecitabine** are taken by mouth at home



Tucatinib (Tukysa)

- Tucatinib belongs to a class of medications called tyrosine kinase inhibitors and are used for HER2+ breast cancer
- It works by blocking the HER2 receptor, causing cancer cells to stop growing and die
- How to take tucatinib:
 - Take the tablets by mouth twice daily
 - Separate your doses by 12 hours and take at the same time each day, with water. Do not break, chew, or crush the tablet
 - Swallow the tablets whole with water. Do not break, chew, or crush the tablets.
 - If you miss a dose, *do not* take 2 doses at the same time to make up for the missed dose. Resume your schedule and take the next dose at the normal time.
 - You can take this medication at the same time as capecitabine



Capecitabine (Xeloda)

- In the body, capecitabine gets broken down into substances that interfere with the production of DNA, RNA, and proteins. This stops cancer cells from growing and dividing.
- How to take capecitabine:
 - Take the prescribed dose (will depend on your weight) by mouth twice daily for 14 days, followed by a 7-day break to complete a 21-day cycle
 - Separate your doses by 12 hours and take at the same time each day, with water. Do not break, chew, or crush the tablet.
 - Take your dose within 30 minutes of a meal
 - If you miss a dose, do not take 2 doses at the same time to make up for the missed dose. Resume your schedule and take the next dose at the normal time.
 - For more info: <https://www.massgeneral.org/assets/mgh/pdf/cancer-center/breast-cancer/chemotherapy-regimen-capecitabine.pdf>



Trastuzumab (Herceptin)

- Trastuzumab binds to the HER2 receptor on cancer cells and will cause cancer cells to stop growing and die
- This medication works with tucatinib to have an even greater effect on stopping growth of cancer cells
- This medication will be given to you in clinic– you do not need a prescription for this medication
- Trastuzumab will be given intravenously (through the vein) or subcutaneously (under the skin) once every 3 weeks



How to Keep Track of Your Oral Chemotherapy Schedule

- Create a medicine calendar either on paper or in your tablet or phone to keep track of your doses.
- Share the calendar with your cancer treatment team at visits.
- Pill boxes can be used to keep track of your oral chemotherapy doses. Do not mix other pills in the box you use for your oral chemotherapy.
- Visit the following link for a calendar to track your tucatinib, capecitabine, and trastuzumab:
https://seagendocs.com/TUKYSA_Treatment_Tracker.pdf



Common Side Effects

- Diarrhea
- Rash
- Fatigue or tiredness
- Nausea, vomiting
- Decreased appetite
- Mouth sores
- Headache
- Hand and foot skin changes (redness, dryness, peeling)
- Hair thinning or hair loss
- Low blood counts
 - Decrease in white blood cells that fight infection
 - Decrease in red blood cells that deliver oxygen throughout the body
 - Decrease in platelets that help blood to clot

Rare Side Effects

- Severe diarrhea – More than 4 loose bowel movements in a day or diarrhea with weakness, dizziness, or fever
- Liver problems – Dark urine, yellow skin or eyes
- Severe skin reaction
- Call your treatment team if you have: signs of an allergic reaction (wheezing, chest tightness, shortness of breath, swelling of face/lips/tongue)



Drug Interactions

- Use caution when taking some drugs or supplements together with tucatinib and capecitabine because they may cause more side effects or cause the drug to not work well. This is called a drug interaction.
- Talk with your treatment team first if you are taking these or other medications:
 - Oxycodone (Oxycontin®)
 - Dexamethasone (Decadron®)
 - Trazodone
 - Proton pump inhibitors (such as omeprazole or Prilosec®)
 - Folic acid supplements
- Tell your treatment team of all prescription and over-the-counter medications (this includes vitamins and herbal products).
- Talk with your treatment team or pharmacist before starting any new medications or supplements.



Managing Diarrhea

Diet:

- Eat a bland diet that is easy to digest until diarrhea resolves
- BRAT diet: bananas, rice, applesauce, toast
- Do not eat high fiber foods (raw vegetables/fruits, whole grains, nuts, seeds, beans)
- Do not have dairy, alcohol, caffeine, spicy and fried foods

Stay Hydrated:

- Drink 8-10 glasses (64-80 ounces) of non-caffeinated, non-carbonated beverages daily
- Gatorade, Pedialyte, or other beverages with electrolytes may be recommended with severe diarrhea

Medication for Management of Diarrhea

- Imodium (loperamide) is the medication of choice for diarrhea during cancer treatment. It is available over the counter.
- **Instructions for use:**
 - **Take 2 tablets (4mg) with your first loose/watery stool**
 - **Then take 1 tablet (2mg) every 2-4 hours thereafter**
 - **Do not take more than 8 tablets (16mg) in 24 hours without contacting your doctor**
- Contact your care team if you continue to experience diarrhea after taking Imodium for 24 hours
- Refer to <https://www.massgeneral.org/assets/mgh/pdf/cancer-center/breast-cancer/bowel-management.pdf> for more information.

Managing Mouth Sores

- Perform good mouth care
- Brush your teeth gently with a soft toothbrush after meals and before bed
- Floss gently daily
- Rinse your mouth every 2-3 hours, after meals and before bed (do not use mouthwash that contains alcohol)
- Recipes for homemade salt or baking soda rinses
 - 1/2 teaspoon salt in 8 ounces of water
 - 1 teaspoon baking soda in 8 ounces of water
 - 1 teaspoon salt plus 1 teaspoon baking soda in 32 ounces of water to use throughout the day (make fresh daily)

Managing Mouth Sores (cont.)

- Keep your mouth moist
- Drink water (at least 8 glasses per day) or spray your mouth with water throughout the day
- Suck on sugar-free candy or chew sugar-free gum
- Moisten lips with plain, non-medicated lip balm (avoid menthol)
- Medication management
 - If your mouth sore pain is severe or interferes with eating, drinking, or swallowing, we may prescribe a numbing mouth rinse or oral pain medication
 - Refer to <https://www.massgeneral.org/assets/mgh/pdf/cancer-center/breast-cancer/mouth-care.pdf> for more information

Managing Nausea

- Take anti-nausea medications as prescribed
- If your appetite is decreased, try eating smaller but more frequent meals (every 2-3 hours) throughout the day
- Avoid fried, overly spicy or fatty foods
- Avoid strong smells
- Try acupuncture or acupressure
- Tell your care team if you are unable to eat or drink or are vomiting

Managing Hand and Foot Skin Changes

- Apply a thick cream (such as Eucerin, Aveeno, Udderly Smooth, or Lubriderm) to palms and soles of feet at least twice daily
- Apply 2 grams of over-the-counter 1% diclofenac gel (Voltaren gel) to the palms of your hands and soles of your feet twice daily (measurement indicator included with the product)
- Do not wear tight-fitting shoes or socks
- Do not take hot showers or baths, which can dry out your skin
- Check your palms and soles for any cracks, blisters, or peeling skin
- Call your treatment team if you have peeling, painful cracks, or blisters

How to Prevent Infections

- Wash your hands with soap and warm water for 20 seconds after touching high-touch surfaces and dry your hands thoroughly afterwards
- Use a hand sanitizer if you cannot readily wash your hands
- Avoid having contact with other people who are sick
- Avoid crowds of people

Supportive Care Resources

- Yoga
- Acupuncture / Acupressure
- Massage
- Support groups
- Survivorship programs
- Workshops
- Music therapy, Art therapy
- To learn more about all our Supportive Care offerings log onto cancercenterpx.org

Storage and Handling

- Keep tucatinib and capecitabine in their original bottle or in a separate pill box for your chemotherapy— do not mix other medicines into the same pill box.
- Store at room temperature in a dry location away from direct light.
- Keep out of reach from children and pets.
- Wash your hands before and after handling.
- If someone else will be handling your tucatinib and capecitabine, have them wear gloves so they do not come into direct contact with the medicine.



Disposal

- If you have tucatinib or capecitabine, do not throw it in the trash and do not flush it down the sink/toilet
- You may dispose of this medicine by:
 - Calling your city or county's trash and recycling service for information on hazardous drug take-back programs in your community.
 - Bringing unused tucatinib or capecitabine to MGH and disposing in the blue drug take-back receptacles. One receptacle is located outside of the Main Lobby Yawkey elevators and another is near the retail pharmacy in the Wang building.
 - Asking your treatment team or pharmacist for more information.



Sexuality and Birth Control

- It is fine to be sexually active while receiving capecitabine and tucatinib.
- **Tucatinib and capecitabine can harm a developing baby.** You should not get pregnant or get someone pregnant while take either of these medications.
- 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.
- Use a reliable barrier contraceptive method (e.g., condoms) during treatment and for **at least 1 week after the last dose of tucatinib and at least 6 months after the last dose of capecitabine**
- Tell your healthcare team right away if you have unprotected sex or if you think that birth control has failed.



Fertility

- Your treatment can affect fertility.
- 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.



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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