

# Moving forward with TRODELVY<sup>®</sup>

(sacituzumab govitecan)

**A guide for patients starting treatment**

All images of persons used in this booklet do not depict actual patients or healthcare professionals.



**TRODELVY<sup>®</sup>**  
sacituzumab govitecan

# Key contacts

Please use this page to write down the contact details of your oncology treating team. This will make it easier for you and/or your carer to access them quickly when needed.

## Oncologist

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Name:

Tel:

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Address:

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Email address:

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## Nurse

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Name:

Tel:

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Address:

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Email address:

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## Day Chemo Centre

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Name:

Tel:

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Address:

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Email address:

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## Pharmacist

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Name:

Tel:

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Address:

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Email address:

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## GP

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Name:

Tel:

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Address:

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Email address:

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# Contents

This booklet is designed to provide you with information to support the discussions you are having with your doctor and your treating team. It is a resource that you can also share with your carer, family and friends so that they can also understand your treatment and what you have discussed with your healthcare team. It aims to answer many of the questions you may have. If you have further questions that are not addressed in this booklet or you would like more information, please ask your oncology treating team or refer to the TRODELVY Consumer Medicine Information.

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# What is TRODELVY?

TRODELVY is a medicine used to treat different types of cancer and contains the active substance sacituzumab govitecan.

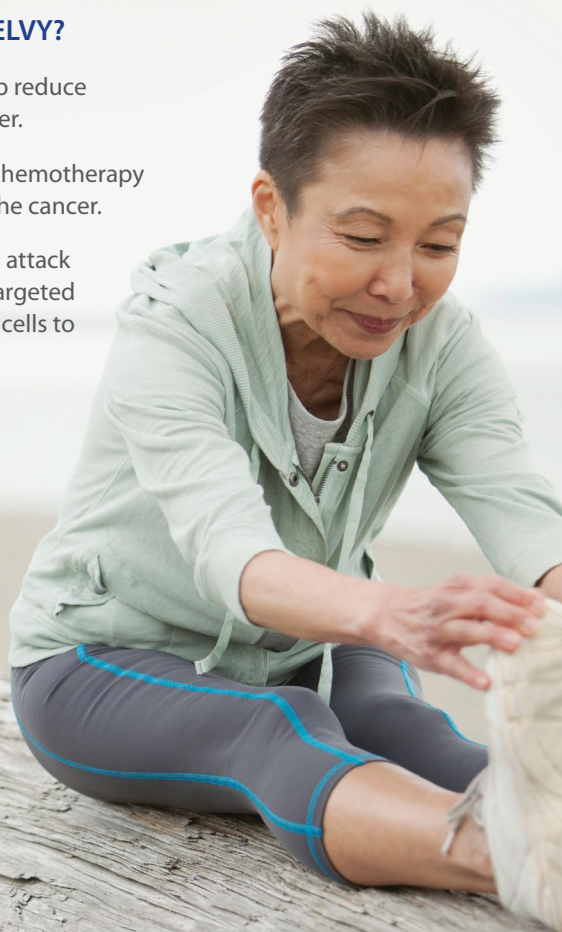
Sacituzumab govitecan seeks out and targets the cancerous cells in your body. It attaches to those cells, and then enters and destroys the cell.

## **Why has my doctor prescribed TRODELVY?**

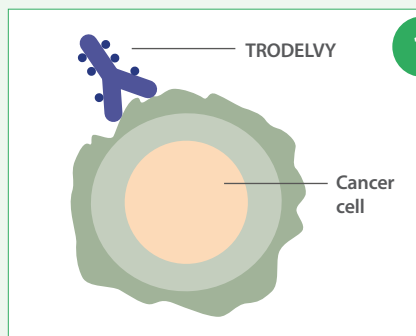
Your doctor has prescribed TRODELVY to help reduce tumour size and slow the growth of the cancer.

TRODELVY is made up of an antibody and a chemotherapy drug that work together to target and treat the cancer.

Unlike other types of chemotherapy that can attack both healthy and cancer cells, TRODELVY is targeted to deliver chemotherapy directly into cancer cells to kill them and neighbouring cancer cells.



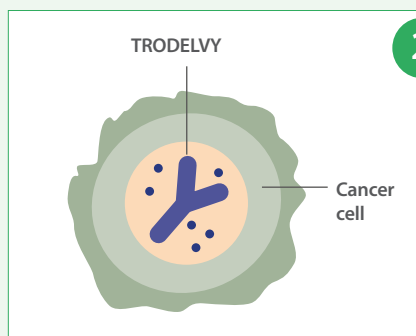
## How does TRODELVY work?



1

### Attaches

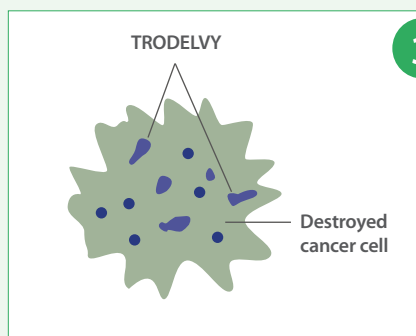
TRODELVY targets and sticks to cancer cells.



2

### Delivers

TRODELVY moves into the cell and releases an anti-cancer drug directly into the cancer cells.



3

### Attacks

TRODELVY attacks cancer cells.

# What will the TRODELVY treatment plan look like?

After you and your treating medical oncologist decide that TRODELVY is the right treatment for you, you will be introduced to the team in the day oncology treatment centre where you will receive your treatment. Your oncology nurse will provide you with your appointments and plan.

TRODELVY is administered over a 21 day 'cycle' which includes a period of treatment followed by a period of rest. This is repeated every 21 days. Your doctor will have checkpoints during your treatment to see how you are responding and feeling. These checkpoints may determine the duration of your treatment.

## How will I receive TRODELVY?



TRODELVY is given as an intravenous (IV) infusion (10 mg/kg)  
(often referred to as a needle in a vein)



Doses are given once a week for 2 weeks each treatment cycle  
(Day 1 and Day 8)



Each treatment cycle is 21 days (3 weeks)


## The TRODELVY treatment cycle



This calendar is an example of a cycle. Your treatment can start on any day of the week, as per your appointment at the infusion clinic.

**Sample 21-day treatment cycle**

Day:

1 DOSE 1	2	3	4	5	6	7
8 DOSE 2	9	10	11	12	13	14
15	16	17	18	19	20	21 

Before starting TRODELVY, tell your doctor about any medicines you are taking. Be sure to include prescription and over-the-counter medicines, vitamins, and herbal supplements. Certain medicines may affect the way this treatment works.

# What can I expect on treatment days?

**At the oncology treatment centre, your healthcare team will help prepare you for your infusion by:**



Checking your weight to ensure you are given the right dose



Taking a blood sample



Checking your blood pressure, pulse, breathing, and temperature



Giving you medicines prior to the infusion to help minimise any symptoms you may experience from TRODELVY



Placing an IV tube (drip) in your arm

Your doctor may also give you medicines to take home that can help you manage the symptoms of this treatment. It is important that you keep track of when and how symptoms occur, and how mild or severe they may be. This helps your doctor understand what support you may need. You can use the symptom diary on page 18 of this booklet to record symptoms and note down any questions you would like to ask your nurse or doctor at your next visit.

## How long will I be at the hospital on infusion days?

As every hospital is different, it is best to check when you book your appointment as to how long your visits will take. However, as a guide, we suggest you allow extra time on top of the infusion time for each visit. This additional time is needed to prepare you for your infusion and allow for the monitoring afterwards. The first infusion appointment will usually take longer than the ones that follow. Therefore, you should allow for the better part of the day at the hospital. As your treatment progresses and the treating team become familiar with your treatment requirements, these times may reduce.



## PRE-TREATMENT

### Before your infusion:

Your doctor may recommend medicines to help prevent any infusion reactions, nausea or vomiting. Your doctor may prescribe these medicines up to 30 minutes prior to your treatment starting, which might delay your infusion start time. Discuss with your nurse or doctor how long you and your carer should plan to be at the hospital.



## DURING TREATMENT

### During your infusion:

The first infusion with TRODELVY should take 3 hours. It is given more slowly so your treating team can see how you respond. Subsequent infusions may take 1 to 2 hours. The healthcare team will monitor you during the infusion.



## POST-TREATMENT

### After each infusion:

Your healthcare team will monitor you for at least 30 minutes after your infusion is complete. If you experience any symptoms while taking TRODELVY, tell your doctor or infusion nurse immediately.

# What potential side effects might I experience?

All medicines, including TRODELVY, can have side effects. If you do experience any side effects, most of them are minor and temporary. However, some side effects may need medical attention. Your healthcare team can provide additional medical help, should you need it or share tips to help you cope.

## **Patients given TRODELVY most commonly experience:**

- Decreased white blood cell count (neutropenia)
- Nausea
- Diarrhoea
- Feeling tired (fatigue)
- Hair loss
- Decreased red blood cell count (anaemia)
- Vomiting
- Constipation
- Decreased appetite
- Rash
- Stomach-area (abdominal) pain or discomfort



## Always let your healthcare team know how you are feeling

Tell your healthcare team as soon as you experience any symptoms while on TRODELVY.



Tell your doctor, pharmacist, or nurse immediately if you notice any of the following serious side effects during or after treatment with TRODELVY:

- **Signs of infection:** Such as fever, chills, cough, shortness of breath or pain when taking a deep breath, burning or pain when you urinate, or an infection of the lungs (pneumonia).
- **Diarrhoea:** If you develop or experience severe diarrhoea, your doctor may withhold or reduce your dose of TRODELVY until your diarrhoea is controlled.
- **Allergic reactions (infusion-related reactions):** This treatment can cause severe and life-threatening allergic reactions during infusion.
- **Nausea and vomiting:** You may experience nausea and/or vomiting. If you feel sick, notify your healthcare team.



Remember to fill in the contact information for your treating medical team in the front of this booklet. This will make it easily accessible for carers or family and friends to access if you need help with side effects.

# How can I manage side effects?

## Diarrhoea

Medicines to help relieve your diarrhoea may be given to you by your doctor. Contact your healthcare team right away if you cannot get your diarrhoea under control within 24 hours, or if you experience symptoms of severe diarrhoea such as black or bloody stools, and symptoms of dehydration such as feeling light-headed, dizzy or faint.

To help control diarrhoea:

- Slowly sip cool, clear liquids throughout the day to stay hydrated
- Eat frequent, small meals that are bland and low fibre, such as bananas, white rice, and toast
- Avoid alcohol, caffeine, greasy or spicy foods, and limit dairy products and raw vegetables

If my anal area (bottom) gets sore what can I do?

- Keep the area clean, use baby wipes to clean the area
- Apply soothing creams. Ask your doctor, nurse or pharmacist which is best
- Have a warm bath and add salt
- Wear loose-fitting clothes and cotton underwear



**Scan the QR code to access eviQ's patient information sheet on managing diarrhoea during cancer treatment.**

The Information by eviQ is provided to assist health professionals, patients, families, and carers in obtaining background information about cancer treatments and their general side effects. The information is prepared by Cancer Institute NSW, a third party organisation unrelated to Gilead Sciences. The information provided is background information only, and is not a substitute for a trained oncology health professional's clinical judgment and advice. Patients should evaluate the information together with their health professional.

## Nausea and vomiting

Your doctor may provide medicines to help prevent nausea and vomiting. Contact your healthcare team right away if you have any nausea or vomiting that stops you from drinking fluids, or if you have symptoms of dehydration such as feeling light-headed, dizzy or faint. These tips may also help to manage nausea and vomiting:

- Eat 5 to 6 small meals or snacks a day rather than 3 large meals
  - Eat bland foods, such as toast and crackers
  - Try eating small amounts of foods that are high in calories
- Slowly sip cool, clear liquids, such as ginger ale, apple juice, broth, or tea throughout the day to stay hydrated
- If you are vomiting, ice chips or frozen juice chips may help you take in fluids more easily

## Low white blood cell count (neutropenia)

TRODELVY may lower your neutrophils, a type of white blood cell. This can put you at higher risk of infection. If you experience low white blood cell counts, your doctor may prescribe medicine to help. If you have a fever (temperature of 38.0°C or greater sustained over a one-hour period), chills, cough, shortness of breath or pain when taking a deep breath, burning or pain when you urinate, or an infection of the lungs (pneumonia), you should seek urgent medical attention.

Ways to reduce the risk of infection:

- Wash your hands often with soap and warm water or use hand sanitiser when you are out
- Avoid large crowds and stay away from people who are sick
- Wear a face mask when you are with a group of people
- Practice food safety like washing all fresh fruit and vegetables, and avoiding buffets or self-serve food stations
- Maintain high standards of personal hygiene

## Feeling tired (fatigue) or weak

Treatment with TRODELVY may cause you to feel tired or weak.

To help manage your fatigue:

- Plan time to relax and rest, and create a schedule that works for you
- Take short naps and try to get 7 to 8 hours of sleep each night
- Try to stay active by going for a walk or doing other exercise recommended by your doctor
- Drink plenty of water and eat well

# How can I manage side effects?

## Will I lose my hair?

Hair loss is common with TRODELVY treatment. Some tips that might help:

- Ask your healthcare team about cold caps - devices that cool the scalp during chemotherapy
- Some people decide to shave their head in advance or when hair loss begins
- Some people choose to wear a wig, scarf, hat or other head covering
- Look Good Feel Better is a program run by the Cancer Patients Foundation offering support and advice to help people manage the appearance-related side effects of cancer treatments ([lgfb.org.au](http://lgfb.org.au))

## How to take care of your emotional wellbeing

The treatment journey with cancer can be emotionally challenging. Here are some suggestions to help you take care of your wellbeing during treatment:

- Talk to others: Patient support groups can put you in contact with others who have gone through treatment and bring comfort and support
- Plan some time to do things you find relaxing, like meditation or listening to music
- Look after yourself by exercising regularly
- Keeping a journal - writing about your experience may help you process your emotions and release stress



Having open discussions with your healthcare team can help you develop a plan to proactively manage potential side effects.





# Caring for someone taking TRODELVY

## Understanding the treatment and routine

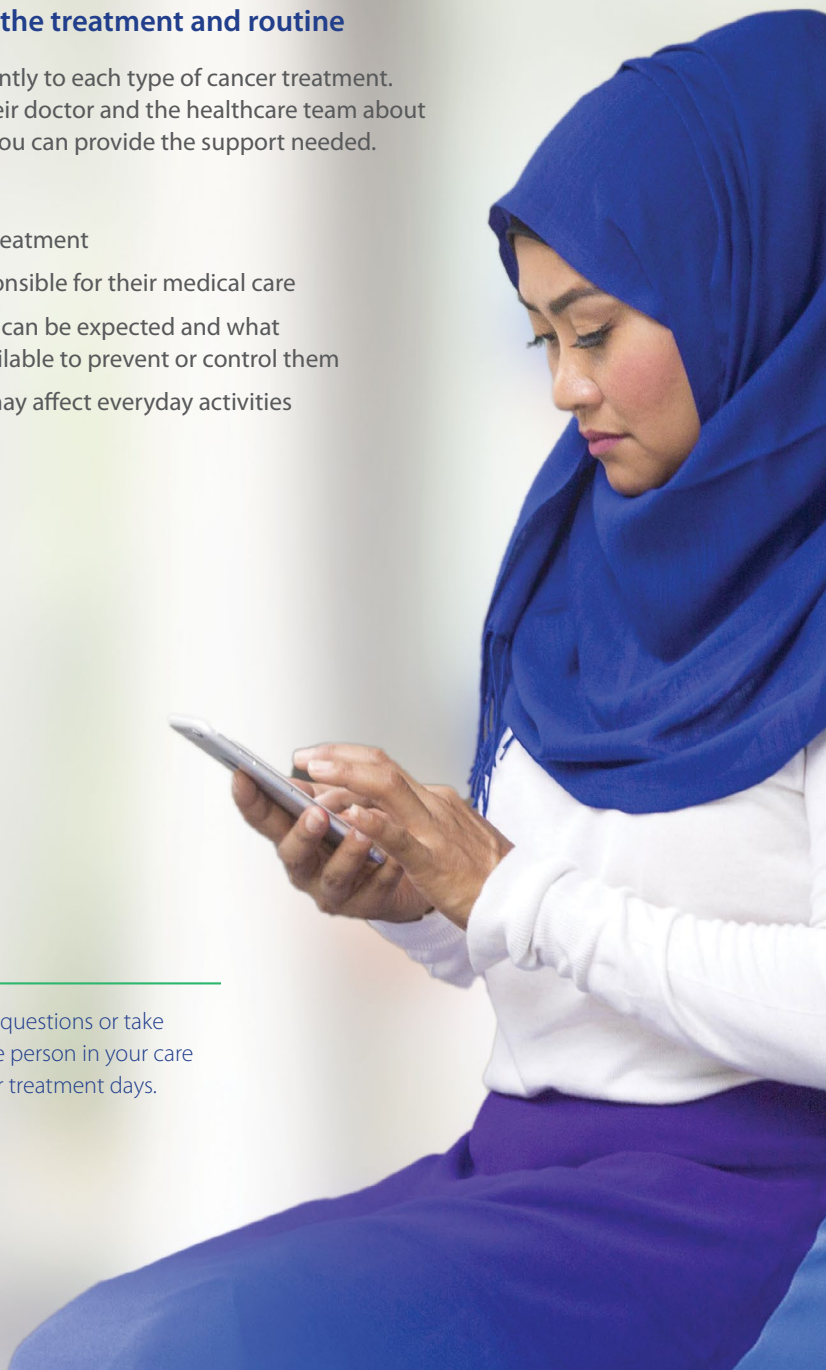
People react differently to each type of cancer treatment. Always talk with their doctor and the healthcare team about what to expect so you can provide the support needed.

Ask about:

- The goal of this treatment
- Who will be responsible for their medical care
- What side effects can be expected and what measures are available to prevent or control them
- How treatment may affect everyday activities



Don't be afraid to ask questions or take notes on behalf of the person in your care during doctor visits or treatment days.





## Vital support you can provide

As a carer there are ways to involve, encourage, and help your family member or friend.

- They may welcome a break from routine. Find activities you can do together like watching a movie or having a picnic
- The person you're caring for may experience a range of emotions throughout their treatment journey. Let them know you're there for them when they want to share their thoughts

## Looking after yourself as a carer

As a carer, you are an essential part of the team looking after the person you care for. It's a rewarding task, but it can also be challenging, both mentally and physically. It's very important that you take good care of your own wellbeing too.

- Make sure you find time to eat well and exercise - even 15 minutes of exercise a day can help you feel and sleep better
- Try to get enough sleep and rest
- Have check-ups with your own doctor, especially if you notice changes in your health
- Ask others for help. You may want to have a meeting with family and friends to see who can help with:
  - Household chores like cooking, shopping, cleaning and laundry
  - Driving and attending appointments with the person you care for

# Symptom diary

This diary section gives you an opportunity to write how you are feeling as well as any other relevant notes that will help you and your doctor manage your treatment.

If you need advice on how to fill it out, please discuss with your oncology treating team.

Circle how you are feeling:

Very Well

Well

Okay


Unwell


Very Unwell











Date/time for onset of symptoms:

/

Date of last treatment:

/

Please describe in more detail how you are feeling including any symptoms you may have:

Circle how you are feeling:

Very Well


Well

Okay

Unwell

Very Unwell











Date/time for onset of symptoms:

/

Date of last treatment:

/

Please describe in more detail how you are feeling including any symptoms you may have:

Circle how you are feeling:


Very Well


Well


Okay


Unwell


Very Unwell











Date/time for onset of symptoms:

/

Date of last treatment:

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Very Well



Well



Okay



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Very Unwell



Date/time for onset of symptoms:

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Date of last treatment:

/

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Well



Okay



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Very Unwell



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/

Date of last treatment:

/

Please describe in more detail how you are feeling including any symptoms you may have:

Circle how you  
are feeling:

Very Well



Well



Okay



Unwell



Very Unwell



Date/time for onset of symptoms:

/

Date of last treatment:

/

Please describe in more detail how you are feeling including any symptoms you may have:

Circle how you  
are feeling:

Very Well



Well



Okay



Unwell



Very Unwell



Date/time for onset of symptoms:

/

Date of last treatment:

/

Please describe in more detail how you are feeling including any symptoms you may have:

# Symptom diary

Circle how you are feeling:

Very Well


Well


Okay


Unwell


Very Unwell











Date/time for onset of symptoms:

/

Date of last treatment:

/

Please describe in more detail how you are feeling including any symptoms you may have:

Circle how you are feeling:


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Very Unwell



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Okay



Unwell



Very Unwell



Date/time for onset of symptoms:

/

Date of last treatment:

/

Please describe in more detail how you are feeling including any symptoms you may have:

Circle how you  
are feeling:

Very Well



Well



Okay



Unwell



Very Unwell



Date/time for onset of symptoms:

/

Date of last treatment:

/

Please describe in more detail how you are feeling including any symptoms you may have:

# Notes for upcoming appointments

**Time and date of next appointment:**

**Questions for my healthcare team:**

**Time and date of next appointment:**

**Questions for my healthcare team:**

# Glossary

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**Anaemia**

A reduction in the levels of red blood cells that can lead to tiredness and shortness of breath

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**Anti-histamine**

A type of medicine used to treat allergic reactions or cold symptoms

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**Corticosteroid**

A type of medicine used to reduce inflammation

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**Cycle**

A cycle of chemotherapy describes a period of treatment and rest days; TRODELVY has a 21-day cycle

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**Intravenous (IV)**

Intravenous infusion is one that is given directly into a vein (an infusion is sometimes called a drip)

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**Metastatic**

Metastatic cancer is a cancer that has spread to other parts of the body

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**Neutropenia**

A reduction in the levels of neutrophils (a type of white blood cell that helps the body fight infection)

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**Sacituzumab govitecan**

The active ingredient in TRODELVY that targets and kills cancer cells

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**Unresectable**

A cancer that cannot be treated effectively by surgery

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**TRODELVY patient booklets are available in English and multiple other languages.**



This information is intended as a resource for patients receiving TRODELVY only and is not intended as a substitute for advice from a qualified medical professional.

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SCAN FOR  
CONSUMER  
MEDICINE  
INFORMATION



**TRODELVY®**  
sacituzumab govitecan