trastuzumab (trass-TOO-zoo-mab)

This document provides general information about your medication. It does not replace the advice of your health care professional. Always discuss your therapy with your health care professional and refer to the package insert for more details.

Other Name: Herceptin®

Appearance: Clear, colourless solution mixed into larger bags of fluids

What is this medication for?

- For treating certain types of breast, stomach, or esophagus cancer (where the cancer is HER2 positive)

What should I do before I have this medication?

- Tell your doctor and pharmacist if you have or had significant medical condition(s), especially if you have or had:
  - heart or lung problems,
  - breathing problems at rest or
  - any allergies.

- People with cancer have a higher risk of getting other cancers or developing blood clots. Some cancer medications may increase these risks, especially if used for a long period of time. Discuss any concerns about this medication with your health care team.

How will this medication affect sex, pregnancy and breastfeeding?

- The use of this medication in men or women may cause harm to the unborn baby if pregnancy occurs. Let your health care team know if you or your partner is pregnant, becomes pregnant during treatment, or if you are breastfeeding.

- If there is ANY chance that you or your partner may become pregnant, you and your partner together must:
  - Use 2 effective forms of birth control at the same time while receiving this drug. Do not take birth control pills if you have breast cancer. Keep using birth control until at least 7 months after the last dose. Discuss with your healthcare team.

- Tell your doctor right away if you or your partner becomes pregnant.

- Do not breastfeed while taking this drug and for 7 months after treatment ends.

*The most updated version and more symptom control information can be found on: http://www.cancercare.on.ca/druginfo
Prepared with input from the Cancer Care Ontario-Medication Information Sheets Working Group.
October 2016
• It is not known how this medication affects fertility (ability to get pregnant).

How is this medication given?

• This drug is given by injection into a vein.

• The first infusion will be given over a longer period of time; if it is well tolerated, the next infusions will be shorter.

• You may be given drug(s) (for example, Benadryl®) before trastuzumab to prevent a reaction.

What else do I need to know while on this medication?

• Although it is unlikely that other medications can affect your treatment, make sure your health care team knows about all of your medicines (prescription or over-the-counter medications, herbals and supplements). Check with your health care team before starting or stopping any of them.

• Drinking alcohol and smoking during your treatment may increase some side effects and make your medication less effective. Speak to your health care team about smoking and drinking alcohol while on treatment.

What are the side effects of this medication?

Some of the side effects listed below may be caused by other drugs you have taken or are taking for your breast cancer, and will usually improve when you stop those drugs.

<table>
<thead>
<tr>
<th>Side effects and what to do</th>
<th>When to contact doctor?</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Less Common Side Effects (10-24 out of 100 patients)</strong></td>
<td></td>
</tr>
<tr>
<td>Headache; mild joint, muscle pain or cramps</td>
<td></td>
</tr>
<tr>
<td>• Take your pain medication as prescribed by your doctor.</td>
<td>Contact your health care team if no improvement or if severe</td>
</tr>
<tr>
<td>• You can take acetaminophen (Tylenol®) tablets as needed for mild aches and pains. Ask your doctor or pharmacist about the right dose for you.</td>
<td></td>
</tr>
<tr>
<td>• Talk to your doctor or pharmacist first before taking ibuprofen (Advil®, Motrin®), naproxen (Aleve®) or aspirin. These medication may increase bleeding risk.</td>
<td></td>
</tr>
<tr>
<td>• Rest often and try light exercise as it may help.</td>
<td></td>
</tr>
</tbody>
</table>
### Side effects and what to do

<table>
<thead>
<tr>
<th>Fatigue (tiredness)</th>
<th>When to contact doctor?</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Be active and aim to get 30 minutes of moderate exercise (you are able to</td>
<td>Contact your health care team if no improvement or if severe</td>
</tr>
<tr>
<td>talk comfortably while exercising) on most days. Check with your health care</td>
<td></td>
</tr>
<tr>
<td>team before starting any new exercise.</td>
<td></td>
</tr>
<tr>
<td>- Pace yourself, do not rush. Put off less important activities. Rest when you</td>
<td></td>
</tr>
<tr>
<td>need to.</td>
<td></td>
</tr>
<tr>
<td>- Eat well and stay hydrated by drinking at least 6 to 8 glasses of water or</td>
<td></td>
</tr>
<tr>
<td>other liquids every day (unless your doctor told you to drink more or less).</td>
<td></td>
</tr>
<tr>
<td>- Avoid driving or using machinery if you are feeling tired.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Hot flashes, feeling or wave of warmth

You may sweat more or have trouble sleeping because of this.

**To help prevent hot flashes:**

- Avoid triggers such as spicy food, alcohol and caffeine (tea, coffee, and soft drinks),
- Exercise regularly. Ask your health care team what exercises are appropriate for you before you start any new exercise.
- Quitting smoking may also help.

**If you have hot flashes:**

- Keep cool; dress lightly or in layers that you can easily remove and drink plenty of liquids unless you have been told otherwise.
- Hot flashes may improve over time. Talk to your health care team if this is bothersome for you.

---

Other rare, but serious side effects are possible.

If you experience ANY of the following, speak to your cancer health care provider or get emergency medical help right away:

- Irregular heartbeat, shortness of breath, chest pain, fainting, swelling in your legs, ankles and belly
- Symptoms of an allergic reaction (during or soon after the medication is given): flushing, fever, itchiness, rash, swollen lips, face or tongue, wheezing, throat and/or chest tightness
- Difficulty breathing, painful cough, coughing up blood
- Swelling and pain or difficulty moving arms or legs
- Confusion, sudden vision changes, difficulty speaking
- Black stools, blood in your urine, bleeding that won’t stop, easy bruising
- New belly pain that may extend to your back
- Fever, chills, signs of infection

---

*The most updated version and more symptom control information can be found on: [http://www.cancercare.on.ca/druginfo](http://www.cancercare.on.ca/druginfo)*

Prepared with input from the Cancer Care Ontario-Medication Information Sheets Working Group.

October 2016
For more links on how to manage your symptoms go to www.cancercare.on.ca/symptoms.

The information set out in the medication information sheets, regimen information sheets, and symptom management information (for patients) contained in the Drug Formulary (the "Formulary") is intended to be used by health professionals and patients for informational purposes only. The information is not intended to cover all possible uses, directions, precautions, drug interactions or side effects of a certain drug, nor should it be used to indicate that use of a particular drug is safe, appropriate or effective for a given condition.

A patient should always consult a healthcare provider if he/she has any questions regarding the information set out in the Formulary. The information in the Formulary is not intended to act as or replace medical advice and should not be relied upon in any such regard. All uses of the Formulary are subject to clinical judgment and actual prescribing patterns may not follow the information provided in the Formulary.

*The most updated version and more symptom control information can be found on: http://www.cancercare.on.ca/druginfo
Prepared with input from the Cancer Care Ontario-Medication Information Sheets Working Group.
October 2016