

Patient Resource

Nivolumab and Ipilimumab

Includes treatment diary

Patient Resource: Nivolumab and Ipilimumab

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You have been prescribed nivolumab and ipilimumab to treat your renal cell (kidney) cancer. Before you start your treatment with nivolumab and ipilimumab, please discuss any health conditions you may have and any plans to have surgery with your oncology healthcare professional.

Nivolumab and ipilimumab are both monoclonal antibodies which enhance the body's immune system to target cancer cells and prevent their growth. Both medications are given intravenously (into your vein).

Most Common Side Effects of Nivolumab and Ipilimumab in Adults

- Tiredness and/or weight gain, which may be symptoms of decreased thyroid gland activity (hypothyroidism)
- Rapid heart rate, sweating, and/or weight loss which may be symptoms of increased thyroid gland activity (hyperthyroidism).
- Decreased appetite
- Headache
- Shortness of breath, called dyspnea
- Skin rash, which may present with blisters or itchiness
- Pain in the joints (called arthralgia), or pain in the muscles and bones
- Feeling tired, weak, or feverish

If you experience any of the above side effects while being treated with nivolumab and ipilimumab, report them to your oncology healthcare team and discuss the best way to manage them. DO NOT try to manage these side effects on your own. See the next section for serious side effects that may require your doctor's attention right away.

If you notice any symptoms or side effects not listed on this card that concern you, please don't hesitate to contact your oncology care team.

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The below are serious side effects that may require extra support to manage and should be reported to your oncology healthcare team immediately. Do not try to manage these side effects on your own, always speak with your healthcare professional, oncology healthcare team or pharmacist if you have any concerns or questions about your health.

Very common	Very common Common		Rare	CAUTION		
Talk to your healthcare professional if severe (e.g., impacting your ability to care for yourself, work, etc.)						
Talk to your healthcare professional in all cases						
Stop taking nivolumab and ipilimumab and get immediate medical help						



Uncommon	Rare
Fever (Contact a healthcare professional immediately to rule out febrile neutropenia)	Chest pain Irregular heartbeat or palpitations
Reactions to infusion: rapid or weak heartbeat	Swollen lymph nodes
Reaction to infusion: feeling unusually warm	



Common

Skin problems, such as severe rash, itching, skin blistering or peeling, ulcers in mouth or other mucous membranes, or skin nodules

Uncommon

Reactions to infusion: itching or hives



GASTROINTESTINAL

Common

- Diarrhea or more frequent bowel movements
- Intestinal inflammation
- Blood in stools or unusually dark, tar-like, or sticky stool
- Stomach or abdominal pain or tenderness
- Upper abdominal pain

Rare

- Constipation
- Nausea or vomiting
- Indigestion or heartburn

Uncommon

- Increased hunger or thirst—possibly with weight loss despite a heightened appetite—along with symptoms such as frequent urination, fatigue or drowsiness, weakness, mood changes like depression or irritability, or a general sense of feeling unwell
- Reactions to infusions: swelling of the throat, tongue or face
 - Reactions to infusions: throat tightness, trouble swallowing, or hoarse voice



HEPATIC

Common

Yellowing of skin or eyes (jaundice), accompanied by dark urine, pain on right side of abdomen, unusually easy bruising, unusual tiredness, nausea or vomiting, or loss of appetite



ommon	
Unusual or persistent headache Unusual tiredness Blurry or double vision Behavioural or weight changes	
ncommon	
Memory problems or confusion Seizures, hallucinations, or stiffness in the Weakness of extremities or loss of reflex Numbness or tingling in the hands or fet Muscle weakness, difficulty walking and lifting objects, raising arms Drooping eyelids Problems chewing or swallowing Eye problems, such as blurry, double or temporary loss of vision, or eye pain or the Reactions to infusion: dizziness or fainting	es et d climbing stairs, cloudy vision, redness
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Severe tiredness Muscle pain, weakness, or stiffness Pain, numbness, tingling, or weakness ir or torso Tingling or swelling of hands or feet	-
	Unusual tiredness Blurry or double vision Behavioural or weight changes ncommon Memory problems or confusion Seizures, hallucinations, or stiffness in the Weakness of extremities or loss of reflex Numbness or tingling in the hands or fee Muscle weakness, difficulty walking and lifting objects, raising arms Drooping eyelids Problems chewing or swallowing Eye problems, such as blurry, double or temporary loss of vision, or eye pain or temporary loss of vision, or eye pain or Reactions to infusion: dizziness or fainting are Severe tiredness Muscle pain, weakness, or stiffness Pain, numbness, tingling, or weakness in or torso

 Neck stiffness or headache, ear ringing, difficulty hearing or dizziness, flu-like discomfort, skin discoloration or hair loss



Uncommon
Inflammation of lungs (pneumonitis), characterized by trouble breathing or shortness of breath, cough (with or without mucous), or fever
Reactions to infusion: shortness of breath or trouble breathing
Reaction to infusion: cough
Reactions to infusion: chest tightness
D
Rare
Shortness of breath
RENAL/UROLOGIC
Uncommon
Inflammation of the kidneys (nephritis), which can cause decreased urine output or dark urine, blood in urine, swelling of ankles, or loss of appetite
Rare
Unusually frequent urination Urinary incontinence or difficulty urinating

Blood Pressure Information and Log

When taking nivolumab and ipilimumab, it is important to monitor your blood pressure. This should be done 1 week after first treatment, then every 2 weeks for the first 2 months, and then at least monthly thereafter during treatment. This can be done using an at-home blood pressure monitor or the blood pressure monitors available at many local pharmacies and community health centres. If you are purchasing a monitor for at-home, look for a statement of recommendation from Hypertension Canada on the package.

Please list any blood pressure medications you are currently taking below:	
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Prior to taking your blood pressure, please ensure you do the following:

- Try to rest or relax for at least 30 minutes before you check your blood pressure
- Do not smoke
- Do not have any drinks with caffeine, such as pop, coffee or tea
- Take your blood pressure at approximately the same time of day

While taking your blood pressure, please ensure you do the following:

- Remove any tight clothing from your arm or wrist
- Check your blood pressure in a quiet room
- Sit down and stretch out your arm on a table and keep your arm at about the level of your heart
- Let your arm relax
- Make sure that your legs are not crossed
- Follow the directions that accompany the machine you are using

Please see the next page for a blood pressure log to use during your treatment.

PLEASE USE THIS TREATMENT DIARY TO RECORD YOUR BLOOD PRESSURE INFORMATION FOR EACH CYCLE.

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Date of nivolumab	(±ipilimumak) infusion:	:
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IMPORTANT: Please record and report even minor symptoms. All side effects must be reported to your cancer care team.

Blood pressure (after the first week of treatment, then every 2 weeks for 2 months, then monthly)

If your blood pressure is greater than 170 mmHg (systolic) and 95 mmHg (diastolic) please call your cancer care team.

Date	AM	PM	Time of Day	BP Reading (mmHg) Systolic/Diastolic (e.g., 120/80)	Comments (e.g., right or left arm)
Date of my next appointme	nt is:			Date of my next appointment for blood wo	rk is:

