



Osimertinib (Tagrisso®)

This leaflet is offered as a guide to you and your family. Osimertinib (Tagrisso®), is a type of anti-cancer treatment called a targeted therapy. The aim of this treatment is to control the cancer and its symptoms. Your doctor or nurse will be happy to answer any questions you may have about your treatment.

Your treatment

Your doctor has prescribed you an anti-cancer treatment called osimertinib (Tagrisso®), which is a tablet and is taken by mouth.

The usual dose is 80 milligrams (one tablet) taken once a day at about the same time each day, with or without food. The tablet should be swallowed whole with water, do not crush, split or chew the tablet. If you miss a dose by more than 12 hours **do not take that dose** and continue the medication as prescribed the following day. The medical team may reduce this dose if you experience severe side effects.

Osimertinib should not be taken with grapefruit juice. Please tell your doctor or nurse about any other medication you are taking as some other medications such as St John's Wort can reduce the effectiveness of osimertinib.

While you are taking osimertinib we will review you in clinic on a regular basis. This will be every four weeks, at the beginning of a new cycle of treatment. An extra visit after two weeks may be required during the first cycle. You will also have a routine blood test before the start of each cycle of treatment. A chest X-ray and other tests such as CT scans will also be performed at regular intervals.

We strongly advise current smokers **to stop smoking while taking this treatment**. This is because smoking may reduce the effectiveness of treatment. If you would like help with stopping smoking please let your doctor or nurse know and they can arrange support for you.

This treatment can have serious or possibly life-threatening side effects. It is very important that you report side effects straight away. Don't delay, if you feel unwell, please ring The Christie Hotline on 0161 446 3658. The lines are open 24 hours a day.

Possible side effects

This treatment can cause many different side effects. Some are more likely to occur than others. Everyone is different and not everyone gets all the side effects. Most side effects are usually temporary, but in some rare cases they can be life-threatening. It is important to tell your hospital doctor or nurse about any side effects so they can be monitored and, where possible, treated.

Common side effects (may affect 1 or more in 10 people)

- **Shortness of breath**

This treatment can cause inflammation of the tissue in your lungs (interstitial pneumonitis). Symptoms of this include a cough that will not settle, fever or breathing difficulties. Another possible complication is a blood clot in your lungs (thromboembolism), which may also cause breathing difficulties, usually with a quicker onset. **If you develop severe shortness of breath it is important to contact this hospital straight away as this may be serious. Don't delay!**

- **Lethargy**

You may feel tired and lacking in energy. It can be frustrating when you feel unable to cope with routine tasks. If you do feel tired, take rest and get help with household chores. If necessary, take time off work. Gentle exercise such as walking can be beneficial.

- **Decreased appetite**

You may lose your appetite and find eating large meals more difficult. It is best to try to eat smaller portions but to carry on trying to eat something even if you do not feel very hungry. Ask your nurse or doctor for advice on what to eat if this is causing you problems or you have unexpected weight loss.

- **Stomatitis (sore mouth)**

Your mouth and/or lips may become painful and more red than usual. It is usually mild and manageable by avoiding alcohol, hot and acidic beverages/food. If it becomes a problem you may use pain relief medication and contact your GP or this hospital.

- **Diarrhoea**

It is usually mild and if this becomes a problem while you are having treatment, anti-diarrhoea tablets can be bought from a pharmacy or prescribed by your GP for a temporary period until this is resolved. **If you develop severe diarrhoea it is important to contact this hospital straightaway, as this may also be a sign of a serious infection. Don't delay!**

- **Constipation**

This occasionally occurs in the long-term. Try to drink plenty of fluids and eat foods high in fibre. Tell your doctor who may prescribe a suitable laxative. Ask the staff for a copy of 'Eating: Help Yourself' which has useful ideas about diet when you are having treatment.

- **Skin rash, dryness and itchiness**

You may develop a skin rash or dry skin. It is most common on the face, neck, chest, and back. This is usually mild and easily treated but it may also become painful and itchy. If it becomes a problem please call this hospital. It is usually managed with creams. Sometimes the treatment dose may need to be reduced or delayed. If you develop any signs of infection then the medical team will start a course of antibiotics.

- **Nail defects (paronychia)**

You may experience an often tender infection of the skin around your fingernails and/or toenails. It usually evolves slowly but we may need to treat the infection to prevent changes in the nail shape, colour, texture or even nail loss.

- **Low blood counts**

While having this treatment there may be a reduction of your blood cell counts. If your red cell count drops you may become anaemic and therefore feel tired. If your white cell count drops you have an increased risk of infections. If your platelet count drops you have an increased risk for bleeding and bruising. Your blood counts will be checked regularly and any abnormality should be detected before you develop any symptoms. Nonetheless you should let your doctor or nurse know if these symptoms occur.

- **Electrolyte imbalance**

We may also detect in your routine blood tests a decrease in your sodium or magnesium level. It is unlikely you'll experience any symptoms with a mild decrease. If needed, we may start you on replacement tablets for a period of time.

Uncommon side effects (may affect less than 1 in 10 people)

- **Cardiac abnormalities**

Sometimes osimertinib can cause changes in the usual electrical activity of the heart as seen on an ECG (electrocardiogram). If you experience chest pain, dizziness, fainting, or any loss of consciousness you must inform your medical team or nurse. It is important not to drive or operate machinery if these symptoms occur.

Serious and potentially life threatening side effects

In a small proportion of patients this treatment can result in very severe side effects, which may cause life-threatening complications. The team caring for you will discuss the risk of these side effects with you.

Sex, contraception & fertility

Protecting your partner and contraception

We recommend that you or your partner use a condom during sexual intercourse, while you are on this treatment. Women should also use effective contraception for two months after finishing treatment, and men for four months. This treatment is dangerous to unborn babies and this will also protect you and your partner from any drugs that may be present in semen and in the vagina. If you suspect that you may be pregnant please tell your doctor immediately.

Fertility

This treatment may affect your ability to have children. Your doctor or nurse should have discussed this with you. If not, please ask them before you start treatment. **You should not take osimertinib if you are pregnant.**

Late side effects

Some side effects may become evident only after a number of years. In reaching any decision with you about treatment, the potential benefit you receive from treatment will be weighed against the risks of serious long-term side effects to the heart, lungs, kidneys and bone marrow. With some drugs there is also a small but definite risk of developing another cancer. If any of these problems specifically applies to you, the doctor will discuss these with you and note this on your consent form.

Contacts

If you have any general questions or concerns about your treatment, please ring the area where you are having treatment:

- Administration enquiries 0161 918 7606/7610
- Chemotherapy nurse: 0161 918 7171
- Clinical trials unit 0161 918 7663
- Emma Halkyard, 0161 918 7473
nurse clinician, lung team

- Your doctor's secretary0161 446.....

For urgent advice ring The Christie Hotline on 0161 446 3658 (24 hours)

Your consultant is:

Your hospital number is:

Your key worker is:

If you need information in a different format, such as easy read, large print, BSL, braille, email, SMS text or other communication support, please tell your ward or clinic nurse.

Contact The Christie Hotline for urgent support and specialist advice

**The Christie Hotline:
0161 446 3658**

Open 24 hours a day, 7 days a week

We try to ensure that all our information given to patients is accurate, balanced and based on the most up-to-date scientific evidence. If you would like to have details about the sources used please contact **patient.information@christie.nhs.uk**

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For more information about The Christie and our services, please visit **www.christie.nhs.uk** or visit the cancer information centre at Withington, Oldham or Salford.

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The Christie Patient Information Service
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