



Ipilimumab and Nivolumab

This leaflet is offered as a guide to you and your family. Ipilimumab and Nivolumab are anti-cancer treatments called immune therapy. The possible benefits of treatment vary; for some people this treatment may control the cancer and its symptoms. Your doctor or nurse will be happy to answer any questions you have about your treatment.

Your treatment

Your doctor or nurse clinician has prescribed for you an immune therapy called Ipilimumab and Nivolumab. These given together every 3 weeks for a total of 4 treatments. You will then receive Nivolumab every 2 weeks as a maintenance treatment.

Ipilimumab is given via an infusion (drip) over 90 minutes.
Nivolumab is given via an infusion over 60 minutes

You will usually be seen by a doctor or nurse clinician and have a routine blood test before the start of each cycle of treatment.

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.

If you are taking any other medicines

It is important to tell the hospital doctor if you are taking medicine for any other condition. Some medicines can react with Ipilimumab and Nivolumab, so always tell your doctor about any other medicines or tablets you are taking.

Infusion related reactions

Sometimes side effects can occur while you are having the infusion. These may include chills, fever and shivering. If you have any of these side effects please tell your medical team straightaway, however, your progress will be monitored regularly.

Rarely, you may also develop a skin rash, headache, sore throat or sickness. If this happens or you notice any swelling around the eyes and face, feel dizzy or faint, or have any shortness of breath during the treatment, please tell the nurse or doctor immediately. This may be an allergic reaction and the drip may need to be slowed down or stopped. You may feel tired or have a headache. These symptoms are related to your treatment and usually go when the infusion has finished.

If you do have any reactions to your treatment, we may be able to give you medication to prevent this on your next infusion.

Possible side effects

The most common side effects to Ipilimumab and Nivolumab are related to the way that the drug treats the cancer by boosting the immune system. They are generally different from the side effects which occur following chemotherapy. Some are more likely to occur than others. We are all different, so we may get different side effects with varying severity.

Most side effects are usually temporary, but in some rare cases they can be permanent and sometimes 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 (more than 1 in 10)

- **Diarrhoea**

If diarrhoea occurs you should take loperamide. Take 2 tablets as soon as the first liquid stool occurs. Then take one capsule with each liquid stool up to a maximum of 8 in 24 hours. If you continue to have more than 3 liquid stools a day, if you are having diarrhoea at night or if the diarrhoea continues for more than 3 days contact The Christie Hotline number on **0161 446 3658** for advice. You should also contact the Hotline if you have any blood or mucus in your stools, or if they become a darker colour.

If you develop any tenderness or pain in your abdomen, please telephone The Christie Hotline.

- **Fatigue**

Ipilimumab and Nivolumab may make you 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.

- **Skin rash**

This can vary from mild to severe. Contact the Christie Hotline if the rash covers more than half of your body, or if it is very itchy or painful, or if you develop blisters, peeling skin or if you have sores in your mouth.

- **Inflammation of the liver**

We will be checking your liver blood test results before each infusion but contact The Christie Hotline if you develop yellowing of the skin or eyes (jaundice), or if you have very dark urine or pain on the right side of your tummy.

- **Inflammation of the hormone-producing (endocrine) glands**

Sometimes the drugs may cause inflammation of these glands (especially the pituitary, adrenal and thyroid glands) which in turn can affect the way they work. Contact the hospital if you develop any of the following: headaches, blurred or double vision, profound tiredness, decreased sexual drive or if you become irritable or forgetful.

- **Inflammation of the nerves**

The hospital should be contacted if you develop muscle weakness, numbness or tingling in your hands or feet or any dizziness or loss of consciousness.

- **Inflammation of the eyes**

Sometimes immunotherapy drugs can cause the eyes to become inflamed. Contact the hospital if you develop any redness or pain in your eyes or if you develop any problems with your vision.

Rare side effects (less than 1 in 100)

- **Inflammation of the bowel leading to bowel perforation**

Rarely the bowel can become very inflamed and this can lead to a small hole developing in the wall of the bowel (perforation). You will be closely monitored for this but if you develop diarrhoea as described above, or experience any abdominal pain or blood or mucus in the stools, contact The Christie Hotline immediately.

Serious and potentially life-threatening side effects

In a small proportion of patients immunotherapy can result in very severe side effects which may rarely result in death. 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 adequate contraception during sexual intercourse while you are having the immunotherapy. The effect of immunotherapy in pregnancy is unknown but these drugs may be dangerous to unborn babies. 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 may have discussed this with you. If not, please ask them before you start treatment.

Late side effects

Long term possible side effects of treatment with Ipilimumab and Nivolumab are not yet known. Speak with your doctor if you wish to discuss this further.

Contacts

If you have any general questions or concerns about your treatment, please ring:

- Jackie Hodgetts on 0161 446 3868
- General enquiries on 0161 446 3000

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.

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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