

## Durvalumab (Imfinzi®) (lung)

This leaflet is offered as a guide to you and your family. Durvalumab (Imfinzi®) has been approved as a treatment to be offered to patients with non small cell lung cancer who have completed chemotherapy and radiotherapy together, and who have shown to have responded to the treatment on a scan done at the end of that treatment. The possible benefits of this treatment vary: for some people this treatment may reduce the risk of the cancer coming back, for others it may control the cancer and its symptoms. Your treatment will be fully explained by your doctor or nurse who will be happy to answer any questions.

### Your treatment

Your doctor or nurse clinician has prescribed for you an immune therapy called Durvalumab (Imfinzi®). This treatment is usually given every 4 weeks for as long as you are getting a benefit and tolerating the treatment, up to a maximum of 1 year. Durvalumab (Imfinzi®) is given via an infusion (drip) 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 or treatment.

After Cycle 2 of treatment, if clinically possible you will have your treatment at a location closer to home. The Christie is committed to providing treatment closer to home as part of the Outreach and Christie at Home service.

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 doctor if you are taking medicine for any other condition. Some medicines can react or interfere with Durvalumab (Imfinzi®), so always tell your doctor about any other medicines or tablets you are taking.

Make sure your doctor knows if you

- have any auto immune disease
- have had any inflammation of the lungs (pneumonitis), HIV or hepatitis.

### Infusion related reactions

Occasionally 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 nurse straightaway. However, your progress will be monitored regularly.

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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 resolve 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.

## Flu vaccinations

**Is it alright for me to have a flu jab during the time I'm having chemotherapy?** It's safe to have a flu jab, but depending on the sort of chemotherapy you have had, it may not give quite as much protection against infection as usual. Some patients may need two vaccinations. However, if you're thinking of having any other vaccinations, do check with your Christie doctor first, because some vaccines should be avoided.

## Possible side effects

Many patients do not get any side effects with Durvalumab (Imfinzi®). The most common side effects 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.

## Infection

**If you feel unwell, you have symptoms of an infection or your temperature is 37.5°C or above, or below 36°C contact The Christie Hotline straight away.**

## Common side effects (more than 1 in 10)

### • Nausea and vomiting (sickness)

The severity of this varies from person to person. Anti-sickness medication may be given if you experience symptoms. If you continue to feel or be sick, contact your GP or The Christie Hotline.

### • Fatigue

Durvalumab (Imfinzi®) 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. **IF YOU EXPERIENCE PROFOUND TIREDNESS**, when you do not feel able to get out of bed, or feel dizzy or faint, contact The Christie Hotline number without delay. This may be related to inflammation of the hormone-producing glands (see page 3).

### • Musculoskeletal pain

With Durvalumab (Imfinzi®) you may experience generalised aches and pains. If this becomes severe, please contact your GP or medical team.

### • Decreased appetite

Durvalumab (Imfinzi®) may reduce your appetite, however, it is important to maintain a moderate diet during treatment. If you are struggling to maintain this, please contact your GP or medical team for advice.

- **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 for advice. You should also contact The Christie Hotline if you have any blood or mucus in your stools, if they become darker in colour, or if you develop any tenderness or pain in your abdomen.

- **Constipation**

If you develop constipation, try to eat plenty of fluids and eat foods high in fibre. Tell your doctor who may prescribe a suitable laxative.

- **Skin rash**

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

## **Rare but potentially serious side effects (less than 1 in 100)**

- **Inflammation of the lungs**

Rarely this treatment can cause inflammation of the lungs which is potentially serious. Call the Hotline if you have any increased shortness of breath or a cough. If however you develop severe shortness of breath or acute chest pain, please contact the Hotline without delay or phone 999.

- **Inflammation of the liver**

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

- **Inflammation of the hormone-producing glands**

Sometimes Durvalumab (Imfinzi®) may cause inflammation of the glands that produce vital hormones (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**

Contact the hospital 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 Durvalumab (Imfinzi®) can cause the eyes to become inflamed. Contact this hospital if you develop any redness or pain in your eye or you develop any problems with your vision.

- **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, any abdominal pain or blood or mucous in the stools, contact the Christie Hotline immediately.

- **Immune-related kidney problems**

This is caused when the kidneys become inflamed and can stop working properly. We will be monitoring your kidney function carefully but contact The Hotline if you find that you are very tired or if you notice that you are passing less urine than usual.

## • Bruising or bleeding

Occasionally this treatment can affect platelets which help the blood clot. Tell your doctor if you have any unexplained bruising or bleeding, such as nosebleeds, blood-spots or rashes on the skin, and bleeding gums.

## Serious and potentially life-threatening side effects

In a very small number of patients, immunotherapy can cause very severe side effects which may rarely result in permanent disability or death. Should you wish to discuss this further, ask the team caring for you.

Not all side effects are listed above and there may be some rare and unusual side effects that we are unaware of. Please contact your medical team if you experience any unusual symptoms.

## Sex, contraception and fertility

It is important that you do not get pregnant or father a child whilst on immunotherapy. There is evidence that these drugs can affect the unborn child. It is important that you use effective contraception for as long as you are on the treatment and for at least 3 months after the treatment has finished. Women should stop breastfeeding whilst being treated with Durvalumab (Imfinzi®) since it is unknown if the medication is excreted through breast milk.

We do not know if Durvalumab (Imfinzi®) affects fertility.

## Contacts

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

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

- Administration enquiries **0161 918 7606/7653**
- Chemotherapy nurse **0161 918 7171**
- Clinical trials unit **0161 918 7663**
- Lung clinical nurse specialist **0161 918 2595**

Your consultant is: .....

Your hospital number is: .....

Your key worker is: .....

Notes:

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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.

The Christie is committed to producing high quality, evidence based information for patients. Our patient information adheres to the principles and quality statements of the Information Standard. If you would like to have details about the sources used please contact **the-christie.patient.information@nhs.net**

For information and advice visit the cancer information centres at Withington, Oldham or Salford. Opening times can vary, please check before making a special journey.



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