

Ribociclib

This leaflet is offered as a guide to you and your family. The possible benefits of treatment vary; for some people treatment may reduce the risk of the cancer coming back, for others it may control the cancer and its symptoms. Your doctor will explain to you whether you will receive chemotherapy or another type of treatment, or a combination of both. Your doctor or nurse will be happy to answer any questions you have about your treatment. You will find it useful to refer to the booklet 'Chemotherapy - a guide' which gives general information about chemotherapy and side effects.

Your treatment

Your doctor or nurse clinician has prescribed for you a treatment called Ribociclib. The treatment is given every four weeks. Each cycle consists of:

Ribociclib 600mg capsule daily for 21 days then a 7 day break.

You will have routine blood tests and ECG when you come into outpatients for your capsules. These tests will be taken as follows:

Cycle 1 and 2: Day 1 and Day 14 blood test and ECG

Cycle 2: Day 1 ECG test

Cycle 3 onwards: Day 1 blood test

Occasionally we may not be able to go ahead with your treatment until your blood counts are back to a safe level. If this happens, your chemotherapy may be delayed a week or the dose reduced.

You must never take your capsules unless you have had your blood checked and been given the go ahead by your doctor or nurse clinician.

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.

Chemotherapy and cancer treatments 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.



Increased risk of serious infection

You are vulnerable to infection while you are having chemotherapy. Minor infections can become life-threatening in a matter of hours if left untreated. Symptoms of infection include fever, shivering, sweats, sore throat, diarrhoea, discomfort when you pass urine, cough or breathlessness. We recommend that you use a digital thermometer so you can check your temperature. You can buy one from your local chemist.

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)

- **Anaemia (low number of red blood cells)**

While having this treatment you may become anaemic. This may make you feel tired and breathless. Let your doctor know if these symptoms are a problem. You may need a blood transfusion.

- **Neutropenia (low number of white blood cells)**

While having this treatment you may become neutropenic. You may not be aware of this or feel any different but you can be more susceptible to infections. You may need to defer your treatment or reduce your dose.

- **Bruising or bleeding**

This treatment can reduce the production of platelets which help the blood to clot. Let your doctor know if you have any unexplained bruising or bleeding such as nosebleeds, bloodspots or rashes on the skin, and bleeding gums. You may need a platelet transfusion.

- **Loss of appetite**

If you experience a loss of appetite, please be sure to tell your doctor or nurse at your next hospital visit.

- **Sore eyes**

You may get a dry, gritty feeling in your eyes following treatment. If this happens, using Hypromellose eye drops will help to ease the discomfort. If the problem persists contact this hospital. Your eyes may also water. This will improve in time and needs no specific treatment.

- **Heart changes**

You will need a routine ECG with this treatment on Cycle 1 and 2. This will check that you have no ECG changes on this treatment. Your doctor will check your ECG and make any changes to your treatment if necessary.

- **Nausea and vomiting (sickness)**

The severity of this varies from person to person. Anti-sickness medication may be given along with your treatment to prevent this. You will also be given anti-sickness tablets to take at home. If you continue to feel or be sick, contact your GP or this hospital, because your anti-sickness medication may need to be changed or increased.

- **Diarrhoea**

If this becomes a problem at any point during your treatment, please contact The Christie Hotline on **0161 446 3658** for advice. **If you develop severe diarrhoea, it is important to contact The Christie straightaway as this may be the sign of a serious infection. Don't delay!**

- **Breathlessness**

This treatment can make you feel breathless. Tell your doctor if this develops whilst you are having this treatment.

- **Sore mouth**

Your mouth may become sore or dry, or you may notice small mouth ulcers during this treatment. Drinking plenty of fluids and cleaning your teeth regularly and gently with a soft toothbrush can help to reduce the risk of this happening. We can prescribe a mouthwash for you to use during treatment. You can dilute this with water if your mouth is sore. Ask your doctor or nurse for further advice. There is also general mouth care advice in the chemotherapy booklet. If you continue to have a sore mouth contact The Christie Hotline.

- **Constipation**

It is very common to become constipated. Try to drink plenty of fluids and eat foods which are high in fibre. Tell your doctor who may prescribe a suitable laxative. Ask the staff for a copy of the booklet 'Eating - help yourself' which has useful ideas about diet when you are having treatment. Please contact The Christie Hotline if your constipation lasts more than 3 days or you experience abdominal discomfort.

- **Heartburn**

This treatment can cause discomfort and indigestion. If you experience this please contact The Christie Hotline. Heartburn can be treated with medication from your GP.

- **Hair thinning**

Some hair loss may occur during treatment, including body and facial hair. It is advisable to avoid perms, colours, use of hot brushes and vigorous frequent washing that could increase hair loss. Please remember that this is a temporary side effect and your hair will grow back when your treatment is completed. Very rarely, hair loss can be permanent. If you would like an appointment with the wig service, this can be arranged for you by visiting the cancer information centre. It is a good idea to get your wig before you lose a lot of hair so that you can match it to your natural colour. Ask the staff for a copy of the leaflet 'The wig fitting service at The Christie'.

The Maggie's Centre runs a 'Talking Heads' hair loss support workshop for anyone who is anticipating or experiencing hair loss (both men and women). These sessions cover the practicalities of hair loss as well as offering support with its emotional impact. Contact Maggie's on 0161 641 4848 or email Manchester@maggies.org

- **Skin rash**

You may develop a skin rash. This is usually mild and easily treated. Please tell your doctor on your next visit.

- **Liver problems**

This treatment can occasionally cause abnormal liver blood tests. This is rarely very severe, but your liver function will be monitored every time you come to the clinic for your treatment.

- **Lethargy**

Some treatment may make you feel tired and lacking in energy. It can be frustrating when you feel unable to cope with routine tasks. You may benefit from additional support during your treatment. Complementary therapies may be helpful. Speak to your nurse or doctor for further information. If necessary, take time off work. Gentle exercise, such as walking, can be beneficial.

- **Insomnia**

Some treatment can affect your ability to sleep. If this problem persists, tell your doctor.

- **Headache**

You may experience headaches from this treatment. If this problem persists, tell your doctor.

- **Low blood pressure**

You may feel faint whilst taking this medication. If you feel lightheaded or faint, tell your doctor immediately.

- **Back pain**

This treatment can occasionally cause back pain. If this symptom persists tell your doctor.

- **Peripheral oedema**

This treatment can occasionally cause fluid collection, such as in your ankles. You must tell your doctor if this problem persists.

Serious and potentially life threatening side effects

In a small proportion of patients this treatment 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 and fertility

Protecting your partner and contraception. We recommend that you or your partner use a condom during sexual intercourse while you are having this course of chemotherapy. Chemotherapy is dangerous to unborn babies and this will also protect you and your partner from any chemotherapy 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 chemotherapy 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.

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**

For 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

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.

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urgent support and specialist advice
The Christie Hotline: 0161 446 3658
Open 24 hours a day, 7 days a week

