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Canadian **U**rological Association

The Voice of Urologic Oncology *in Canada*

# Advanced Renal Cell Carcinoma

Patient Guide and Diary

**Cabozantinib** and **Nivolumab**

Includes treatment diary



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# Patient Guide and Diary

## Cabozantinib and Nivolumab

### Introduction

- This info booklet deals with advanced renal cell carcinoma (RCC)
- It includes information on an immune checkpoint inhibitor (ICI) combination
  - This combination, cabozantinib + nivolumab, is an ICI + tyrosine kinase inhibitor (TKI)
- You and your healthcare team have decided this is the best treatment option for you at this time
- This booklet is to **provide you with information** on the side effects to watch for, **to help you to monitor and track** your symptoms between clinic visits and **to help you inform** your cancer care team about important information

### The sections of the booklet are:

- **Treatment**
- **Monitoring**
- **Communication**
- Your cancer care team will **also** provide you with separate detailed information sheets on your specific treatment
- There are other treatments for RCC that are not included in this booklet

RCC, renal cell carcinoma; TKI, tyrosine kinase inhibitor



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## Cabozantinib and Nivolumab

### Treatment

### Immune Checkpoint Inhibitor (ICI)

#### What is immune checkpoint inhibitor\* (ICI) therapy?

\* You may also see the term immuno-oncology (IO) used when referring to ICI.

- Cancer cells are **abnormal**. Our **immune system** is supposed to kill abnormal cells. Cancer cells can **disguise** themselves as healthy cells. When they do, our immune system is **tricked** and can confuse cancer cells for normal cells.
- Our immune system has “**on**” and “**off**” switches. When cancer cells disguise themselves as normal cells, the immune system is switched “**off**”.
- ICI treatment turns the immune system back “**on**” so the immune system can hopefully identify and kill the cancer cells.

#### Why this treatment?

- You and your doctor have reviewed the various treatment options for your type of cancer
- Part of your treatment includes an **infusion into the vein** with an **immune checkpoint inhibitor (ICI)**
- ICI therapy has been shown in studies to reduce tumour size, reduce cancer symptoms, and extend life in some patients with advanced renal cell carcinoma
- Examples of ICI include ipilimumab, nivolumab, and pembrolizumab



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## Cabozantinib and Nivolumab

### Treatment

### Immune Checkpoint Inhibitor (ICI)

#### What immune-related side effects can I expect from ICI?

ICI treatment may cause the immune system to attack healthy cells – not just cancer cells. This may result in **immune-related side effects**.

- ICI is given to help limit growth of cancer cells. It may also affect some of the healthy cells in the body. This may result in side effects.
- It is important that you tell your doctor (or cancer care nurse or pharmacist) of any side effects that you experience during your treatment. Your cancer care team has many ways to manage these side effects.
- You can help your doctor to help you by keeping track of the side effects you experience in the diary section of this booklet.

**Immune-related side effects should be reported to your cancer care team without delay.**  
**See *Monitoring* for more information on immune-related side effects**



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## Cabozantinib and Nivolumab

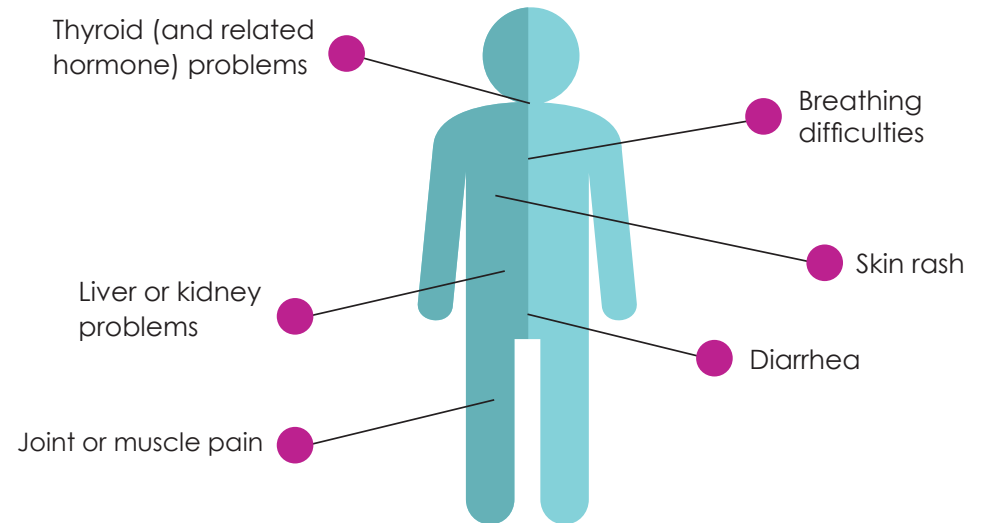
### Treatment

### Immune Checkpoint Inhibitor (ICI)

#### What can I expect from this treatment?

##### ICI – **Common** side effects\*

- Tiredness
- Diarrhea or abdominal pain
- Itching or skin rash
- Shortness of breath or cough
- Joint or muscle pain



Inflammation can occur in any site in the body, not just cancer cells. This may cause **immune-related side effects**. Changes can occur in blood work. Blood work includes blood cell counts and blood tests for your liver, kidney, and thyroid gland.

**Immune-related side effects should be reported to your cancer care team without delay.**

**See *Monitoring* for more information on immune-related side effects**

\*Please consult the medication monograph sheet provided for complete list of side effects.

ICI, immune checkpoint inhibitor



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## Cabozantinib and Nivolumab

### Treatment

### TKI Therapy

#### What is TKI therapy?

- Cancer cells rely on various growth signals to survive and spread. Cancer cells use multiple pathways, or “communication channels,” to grow and divide rapidly.
- Medications that block cellular growth pathways can help stop cancer cells from growing and spreading.

#### Why this treatment?

- You and your doctor have reviewed the various treatment options for your type of cancer
- TKI therapy (**as a pill**) is part of your treatment
- TKI therapy has been shown in studies to reduce tumour size, reduce cancer symptoms, and extend life in some patients with advanced renal cell carcinoma
- Examples of TKI medications include lenvatinib and cabozantinib

#### What side effects can I expect from TKI therapy?

- TKI therapy is given to help to limit the growth of cancer cells. It will also affect some of the healthy cells in the body. This may result in side effects.
- It is important that you tell your cancer care team about any side effects that you experience during your treatment. Your cancer care team has many ways to manage these side effects.
- You can help your doctor to help you by keeping track of the side effects you experience in the diary section in this booklet.

TKI, tyrosine kinase inhibitor



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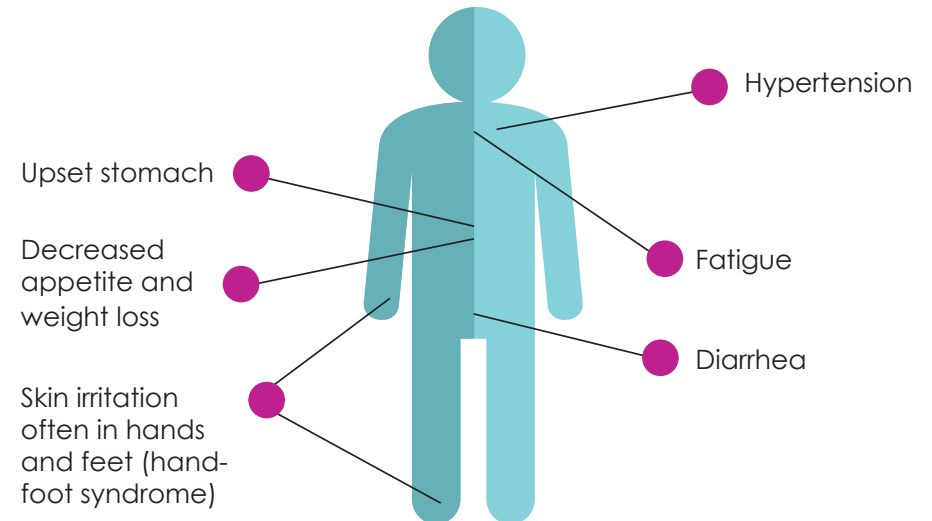
### Treatment

### TKI Therapy

#### What can I expect from this treatment?

#### TKI therapy – **Common** side effects\*

- Hypertension
- Diarrhea
- Upset stomach (nausea or heartburn)
- Decreased appetite and weight loss
- Fatigue
- Skin irritation often in hands and feet (hand-foot syndrome)



Your doctor may also notice changes in your blood work. Blood work includes blood cell counts and blood tests for your liver, kidney, and thyroid gland.

\*Please consult the medication monograph sheet provided for complete list of side effects

TKI, tyrosine kinase inhibitor



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## Cabozantinib and Nivolumab

Monitoring

ICI + TKI Therapy

### What can I do to help my cancer care team help me?

#### Remember the ABC's of Cancer Treatment



##### A Awareness

- **Know** what side effects to look out for.



##### B Be alert and monitor closely for symptoms

- **Keep track** of changes in symptoms.
- Early detection of side effects is important.



##### C Communication

- **Report** any changes to your cancer care team. Don't wait until your next appointment.
- If you go to the Emergency Department **show your wallet card and/or letter from the Cancer Centre to the doctor in the Emergency Department**
- After your visit to the Emergency Department **make sure your cancer care team is aware of your visit to the Emergency Department**

Adapted from: Horizons Health Network





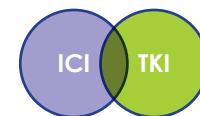
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# Patient Guide and Diary

## Cabozantinib and Nivolumab

### Monitoring

### ICI + TKI Therapy



### What do I watch for? Immune-related side effects from ICI and side effects from TKI therapy.

Side effects can happen to any part of the body. Report any symptom you think could be a side effect.

Some side effects that you should be **particularly aware of** include:



#### 1 Hypertension

- High blood pressure is a frequent side effect. Regular monitoring is essential.
- Report any instances of hypertension to your cancer care team



#### 2 Diarrhea and/or Bowel Changes

- Report any new diarrhea, cramping in the belly, and/or blood in the stool to your cancer care team
- Talk to your cancer care team before taking anti-diarrhea medications (ie. Imodium™)

(See page 13 in COMMUNICATIONS section for guidance if after hours)



#### 3 Skin

- Skin-related side effects can include rash, itching and/or sores
- Report any redness, itching or peeling of the skin on the palms of hands or soles of feet
- Report any new itching or rash anywhere on the body to your cancer care team



#### 4 Nausea, Decreased Appetite (Weight Loss), Taste Disturbances

- TKI therapy often causes nausea, decreased appetite, and weight loss

Side effects may be due to the ICI component, the TKI component, or both which means that the list of side effects is longer but there is less overlap than dual ICI.

### How are side effects treated?

- **Immune-related side effects** and side effects due to TKI treatment are always treated based on the individual patient. **Report all side effects to your cancer care team.**
- **DO NOT** manage side effects at home without speaking with your cancer care team.
- The earlier an **immune-related side effect** is recognized, the better it can be managed.
- Serious immune-related side effects (e.g. symptoms that affect daily activities) are usually treated with steroids to suppress the immune system.
  - Steroids act as “water on the fire” and slow down the “hyper” immune system.
  - More serious side effects may require a long duration of treatment with steroids (4-8 weeks).
  - In some cases, one of the medications (either ICI- or TKI-targeted) may need to be held.
- Minor symptoms (e.g., symptoms that are noticeable but do not affect daily activities) may be managed more easily with advice from your cancer care team.



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### Monitoring

### Self-Care

### What can I do at home to help manage my care?

- It is important for you to monitor certain things at home (see patient diary) and report any side effects to your cancer care team.
- **DO NOT** manage side effects at home without speaking with your cancer care team.
- However, there are some self-management tips you **can** do at home:
  - Monitor your blood pressure as per your cancer care team guidance (and note it in the diary)
  - Get adequate rest. Short (less than one hour) daytime naps may be needed
  - Participate in exercise (if your doctor has authorized it)
  - Stay well hydrated
  - Use moisturizing cream on your skin
  - Protect yourself from the sun and use sunscreen
  - Eat a balanced diet
  - Clean your teeth after every meal and at bedtime using a soft-bristle toothbrush and a non-abrasive toothpaste
  - Be sure to inform other health care providers (family doctor, dentist, surgeon, etc) what treatment you have been prescribed
  - Be sure to inform your cancer care team of all medication changes

### Summary



- You are a partner in your care with your cancer care team.
- You can help your cancer care team to care for you by monitoring for specific side effects and reporting to your cancer care team.
- With your help, side effects may be recognized early and managed more easily.



- With ICI + TKI therapy, the side effect profiles partially overlap. While the list of side effects is relatively long, immune-related side effects may be less severe.



- It may be challenging for your cancer care team to determine if a side effect is caused by ICI or TKI therapy. Knowing the **onset** and **description** of the side effect may help them to know which medication is causing the side effect. If the side effect requires an interruption in treatment, this information may help your team know which medication should be temporarily held and which can be continued.



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## Cabozantinib and Nivolumab

### Monitoring

### Cabozantinib + Nivolumab Treatment Diary

**IMPORTANT:** Please record and report **even minor symptoms**. All side effects must be reported to your cancer care team.

**You are being treated with cabozantinib + nivolumab.**

**Please use this treatment diary and please bring it to your next appointment**

**Date of nivolumab infusion – Cycle 1 (Day 1):** \_\_\_\_\_

Cabozantinib: Take \_\_\_\_\_mg once per day at the same time. Do **NOT** take if you have eaten within the last two hours.  
Do not take a missed dose within 12 hours of your next dose. Swallow whole. Do not eat grapefruit or drink grapefruit juice.

For the duration of your treatment, please watch for the following side effects and take notes in the “comments” column of the table below:

**Skin:** rash, burning, itching, blistering and peeling (palms and soles)

**Diarrhea or changes in bowel habits:** new diarrhea, pain or cramping in belly, blood in the stool, fever with diarrhea

**Hypertension:** high blood pressure, trouble breathing

**Other:** change in urine colour, nausea, fatigue, headache, dizziness, loss of appetite, changes in taste, vision changes.

Also take note of **anything new** you are concerned about.

**IMPORTANT:** Please record and report **even minor symptoms**. All side effects must be reported to your cancer care team.Cycle 

Date of nivolumab infusion: \_\_\_\_\_

Day	Date	Time of cabozantinib dose	Blood pressure (mmHg)		Comments
			Time	Reading	
Example	Sept 10	8am	7am	135/88	3 loose stools today, feeling a bit tired, noticed some dry skin on hands
1					
2					
3					
4					
5					
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28					

Date of my next appointment is: \_\_\_\_\_ Date of my next appointment for blood work is: \_\_\_\_\_

Date of next infusion is: \_\_\_\_\_

Before my next appointment, I need to do: \_\_\_\_\_

My questions for my cancer care team are: \_\_\_\_\_



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### Communication

#### Who do I contact?

1. Oncology clinic during regular hours (Monday–Friday)

Medical oncologist is: \_\_\_\_\_

Oncology Nurse is: \_\_\_\_\_

Oncology Pharmacist is: \_\_\_\_\_

Hours: \_\_\_\_\_ Phone no: ( \_\_\_\_\_ ) \_\_\_\_\_

2. Go to the Emergency Department (after hours, weekend or holidays), especially if symptoms are new and more severe.

- If you are experiencing an **immune-related side effect** after hours or on a weekend, do not wait until the Cancer Clinic opens.
- If you go to the Emergency Department, be sure to call the Cancer Clinic as soon as they are open.

#### Online Resources

- Kidney Cancer Canada  
<https://www.kidneycancercanada.ca/>
- Exercise guide for kidney cancer survivors - Kidney Cancer Canada  
<https://www.kidneycancercanada.ca/resources-for-patients-and-healthcare-professionals/resources-for-patients-and-caregivers/>
- American Society of Clinical Oncologists. **ASCO Answers: Kidney Cancer.**  
Printable version available at: [www.kidneycan.org/wp-content/uploads/2022/03/asco\\_answers\\_kidney-cancer.pdf](http://www.kidneycan.org/wp-content/uploads/2022/03/asco_answers_kidney-cancer.pdf)
- CancerCare. **Treatment Update: Kidney Cancer.**  
Printable version available at: [https://media.cancercare.org/publications/original/195-ccc\\_renal\\_cell.pdf](https://media.cancercare.org/publications/original/195-ccc_renal_cell.pdf)
- National Cancer Institute. **Renal Cell Cancer Treatment (PDQ®)–Patient Version.**  
<https://www.cancer.gov/types/kidney/patient/kidney-treatment-pdq>







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