

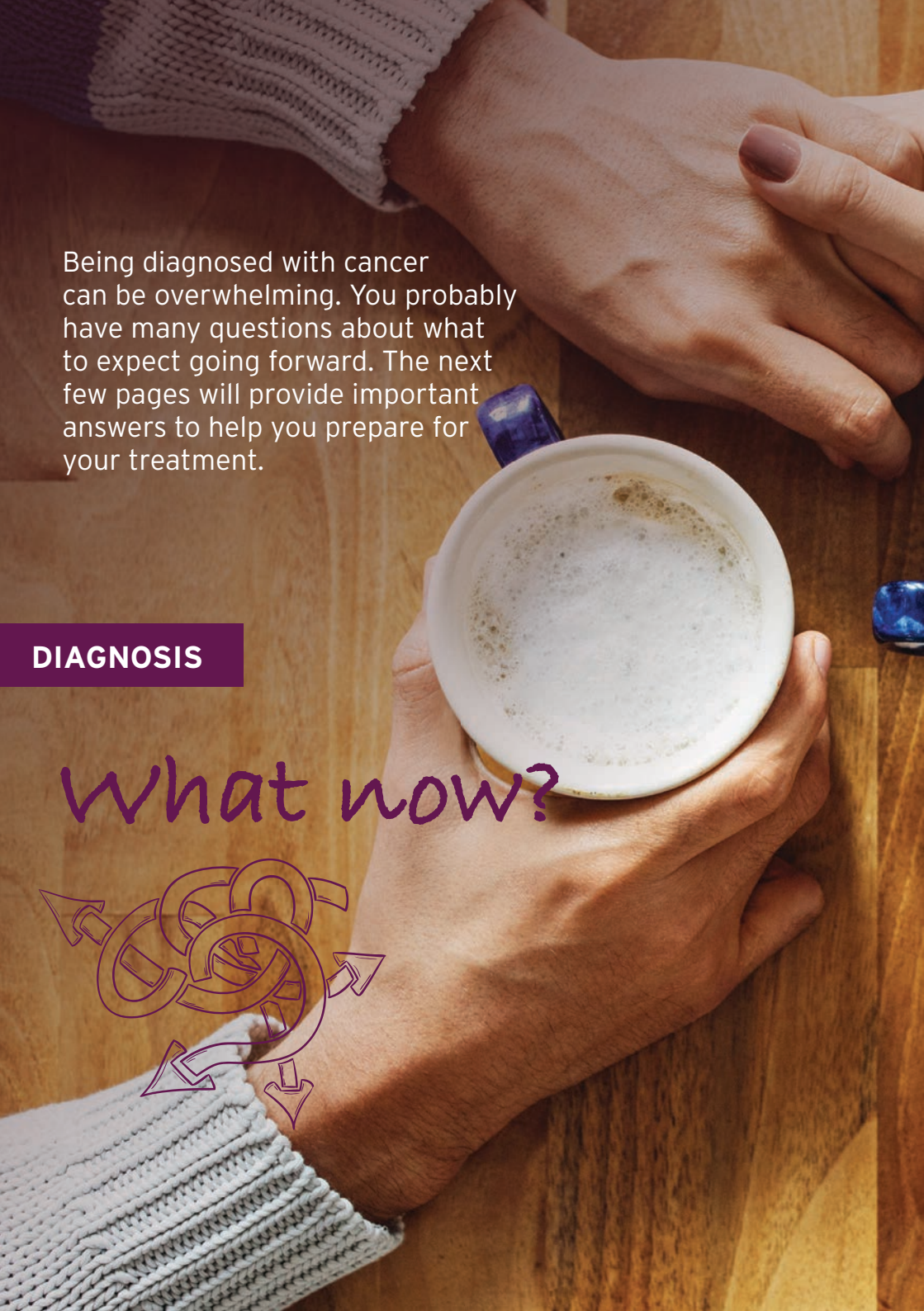


Your  
questions  
answered.

**TECENTRIQ<sup>®</sup>**  
PATIENT INFORMATION

This resource, developed by Roche Products (New Zealand) Ltd, is intended as an educational support item for patients prescribed **TECENTRIQ** for the treatment of non-small cell lung cancer, small cell lung cancer, triple-negative breast cancer, urothelial carcinoma or hepatocellular carcinoma.





Being diagnosed with cancer can be overwhelming. You probably have many questions about what to expect going forward. The next few pages will provide important answers to help you prepare for your treatment.

## DIAGNOSIS

# What now?



You are receiving this booklet because your healthcare professional has prescribed you a medicine called **TECENTRIQ®**, also known as atezolizumab. TECENTRIQ is a treatment that harnesses the power of your body's own immune system to fight cancer.

**This is called CANCER IMMUNOTHERAPY.**



## **TECENTRIQ is used to treat a number of cancers including:**



Non-small cell lung cancer (NSCLC)



Small cell lung cancer (SCLC)



Triple-negative breast cancer (TNBC)



Urothelial carcinoma (UC)



Hepatocellular carcinoma (HCC)

This booklet is an educational resource to help you and your whanau learn more about what to expect from treatment with **TECENTRIQ**. It does not take the place of individual advice from your healthcare professional. More information about **TECENTRIQ** is available in the Consumer Medicine Information at [Medsafe.govt.nz](https://www.medsafe.govt.nz)

## TREATMENT

I have been  
prescribed a cancer  
immunotherapy.

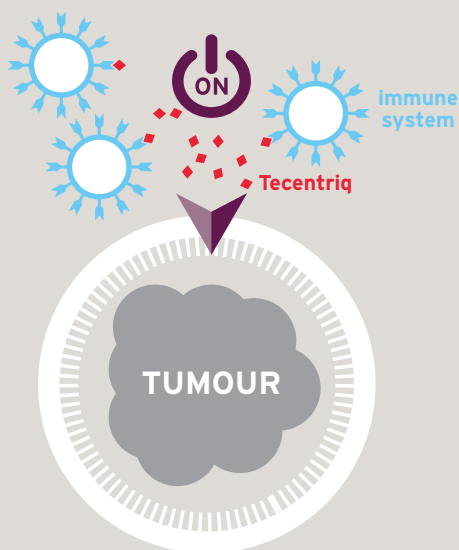
How does it work?



**The role of immunotherapy is to help your immune system detect and destroy cancer cells.**

**TECENTRIQ®  
IMMUNOTHERAPY**

activates your immune system to recognise, attack and destroy cancer cells by blocking PD-L1. PD-L1 is a protein that enables cancer cells to hide from the immune system.



You can find more information about **TECENTRIQ** and your particular cancer at [www.cancertreatments.co.nz](http://www.cancertreatments.co.nz)



What can I  
realistically  
expect from  
my treatment?

GOALS



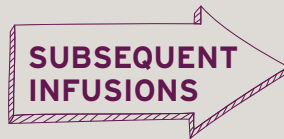
## A CHANCE TO LIVE WELL FOR LONGER

TECENTRIQ® can help control cancer to allow you to live longer with a good quality of life. Keep in mind that everyone is different, and the response and benefit you may experience cannot be predicted. Ask your doctor about the clinical evidence for TECENTRIQ. You can also find more information about TECENTRIQ and your particular cancer at [www.cancertreatments.co.nz](http://www.cancertreatments.co.nz)

## TREATMENT PLAN



This will take  
up to 1 hour



These will take  
about 30 minutes

Your treatment with TECENTRIQ is individualised depending on your type of cancer. You will take TECENTRIQ either on its own or in combination with chemotherapy and/or bevacizumab. If you are taking TECENTRIQ in combination, more time will be needed to receive the other medications. Ask your doctor or nurse how long the entire process will take.



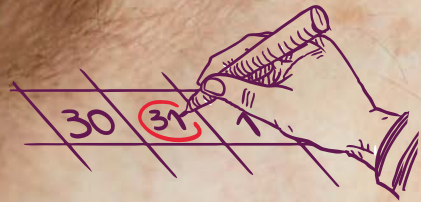
You will be monitored throughout your treatment to identify and control any side effects quickly.

Typically, you will continue receiving TECENTRIQ as long as your cancer remains under control and you tolerate the treatment.

Your doctor will provide you with more information on your specific care plan.

How can I  
prepare for  
infusion  
day?

## PLANNING



### **MARK YOUR APPOINTMENT DATES ON YOUR CALENDAR!**

Write down your questions  
for your doctor or nurse  
and be sure to bring them  
to your appointment.



## **ARRIVE WELL RESTED AND FED**

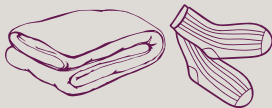
Unless your doctor or nurse has instructed otherwise, you might wish to eat a light meal beforehand in case you experience nausea during treatment.



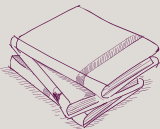
### **BRING**

#### **Fluids & Snacks**

Drinking water or juice will keep you hydrated. You may also get hungry during treatment so bring some of your preferred snacks.



**Jumper/blanket & warm socks**  
to put on in case you get cold.

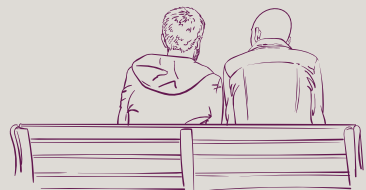


#### **Entertainment**

Books, newspapers or magazines  
Laptop / tablet with charger  
Puzzles and games  
Knitting etc.

## **WEAR COMFORTABLE CLOTHES**

A short-sleeve or V-neck shirt might make it easier to administer your treatment.



### **IT'S BEST NOT TO GO ALONE**

especially to the first infusion. Be sure to ask if it's permitted to bring a companion for support.

### **PLAN A RIDE HOME**

You may find that the medications make you drowsy or cause other side effects that make travelling on your own difficult.

## **REST AFTER INFUSION**

You may feel quite tired or unwell for 2-3 days after infusion, so plan for some immediate rest and make arrangements for work, children, pets or other commitments.

What does  
a typical  
infusion day  
look like?

Your doctor or  
nurse will administer  
TECENTRIQ® into  
your vein through  
an intravenous line.

## INFUSION DAY

## PATIENT ALERT CARD

You will receive a Patient Alert Card at  
or before your first infusion. Be sure to  
keep it with you at all times and show it  
to any and all healthcare professionals  
who may treat you.



## 1 CONSULTATION

with your doctor or nurse who will make sure you are fit for treatment. Be sure to ask any questions you have.

## 2 PRE-MEDICATION

You may be given medication before treatment to reduce the risk of allergic reactions and side-effects.

3

## Treatment

3a

### 1ST INFUSION



~1 hour  
in an infusion chair

3b

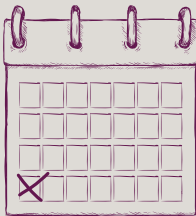
### SUBSEQUENT INFUSIONS



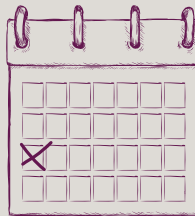
~30 minutes  
in an infusion chair

Three flexible & convenient fixed dosing options for as long as your cancer is under control.

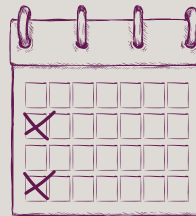
#### 4-week interval



#### 3-week interval



#### 2-week interval



4

## MONITORING FOR AN ALLERGIC REACTION

Your nurse will check you for signs of a reaction which can include:

rash

feeling itchy, flushed or short of breath

swelling of your face or lips

feeling dizzy


pain in the stomach, back or chest

feeling unwell

**Tell your nurse immediately if you have any of these symptoms during or any time after the infusion.**

It can happen that you may feel pain along the vein. Inform the nurse and he/she will slow the drip to ease your pain.

Ask your doctor or nurse if you have any questions about your treatment with TECENTRIQ.

An elderly couple is shown in a warm, intimate embrace in a kitchen. The woman, with short white hair, is wearing a light-colored sweater and has her eyes closed in a smile. The man, balding with some grey hair, is wearing a maroon polo shirt and is smiling broadly at her. In the background, a wooden shelf holds various glassware and a white pitcher. The lighting is soft and warm, suggesting a home environment.

How will  
I feel once  
I'm at  
home?

## SIDE EFFECTS

People treated with TECENTRIQ® usually tolerate the treatment well and are able to continue performing their everyday activities.

As with any other medicine, TECENTRIQ can affect the normal functioning of your organs and tissues. We call these problems side effects. They can sometimes become serious or life-threatening.

Be sure to inform your doctor or nurse of any side effects, so he/she can help you manage and treat them.

# How can I best take care of myself during treatment?



## ACCEPT SUPPORT

Establish a network of caregivers - family and friends whom you can lean on for physical, emotional and mental support.

## KEEP A HEALTH JOURNAL

Note your questions for your doctor or nurse and describe your symptoms, if you have any.



## EAT A BALANCED, HEALTHY DIET

Your body needs to get enough protein and calories to heal tissues and fight infections during treatment.

Because treatment side effects may affect your appetite and make eating difficult, try to eat five or six small healthy meals throughout the day, instead of three larger meals. Also, don't forget to stay hydrated.




## GET SOME EXERCISE AND FRESH AIR

Gentle exercise can help reduce stress and fatigue, and even help you feel like eating. Outdoor, daytime activity can also help you get better nighttime sleep. It's important not to push yourself too hard, however. Speak with your doctor about how much is good for you.



## REST

You may feel more tired than usual during treatment. Try to get as much sleep at night as you feel you need to get you going during the day. During the day, try to stay as physically active as possible, but do take short breaks if you feel too tired.



When should  
I call my  
doctor  
or nurse?

**SAFETY INFORMATION**

**CALL RIGHT AWAY**

if your side effects  
become worse, or you  
develop new side effects.

**DO NOT** try to treat  
symptoms yourself!

# POSSIBLE SIDE EFFECTS

You may experience one or several of the side effects listed below.

The most common side effects are in bold.

Always be alert for any new symptoms, particularly in the first 2-3 days after treatment. Be sure to get instructions from your doctor or nurse regarding the specific symptoms you should look out for and immediately report them to the emergency contact the hospital provides. Getting medical treatment right away may help keep these problems from becoming more serious.

## EYES

- My eyesight has changed
- I have double vision
- My eyes have become more sensitive to light
- The whites of my eyes have become more yellow

## HEAD, FACE AND MOUTH

- I am more thirsty than usual
- I have a dry mouth
- I feel faint, dizzy and/or light-headed
- I have headaches that will not go away or are unusual for me
- My neck is stiffer than usual
- I have paralysis of my facial muscles

## STOMACH AND BOWELS

- **I feel less or more hungry than usual**
- **I've been nauseated and vomiting**
- **I'm constipated**
- **I have diarrhoea**
- My stools are black, tarry, sticky or have blood or mucus
- I have stomach pain
- I have problems with my bowels

## GENERAL

- **I have a fever**
- **I have developed ulcers in the mouth, nose, throat, or genital area**
- I feel tired or confused
- I feel colder than normal
- I've lost or gained weight
- I or others have noticed a change in my behavior
- I'm feeling generally unwell
- I am finding exercise more difficult than usual

## SKIN AND HAIR

- **I have a rash or my skin feels itchy**
- My skin has become more yellowish
- My skin has lost some of its colour
- I am bleeding or bruising more than usual
- I'm sweating more than normal
- I am losing my hair
- My skin is blistering or peeling
- I am more sensitive to hot and cold than I used to be
- My skin is flushing
- My skin feels clammy

## THROAT, CHEST & HEART

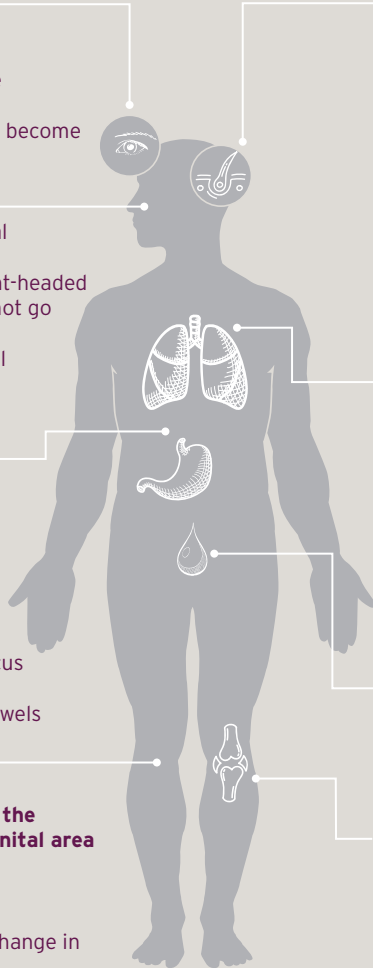
- **I have swollen lymph nodes**
- **I have developed a new or worse cough**
- **I have difficulty breathing**
- My voice is getting deeper
- I feel more short of breath
- I have chest pain
- I've noticed a pounding, rapid or irregular heartbeat
- Breathing feels difficult or painful

## BLADDER AND URINE

- The amount and colour of my urine has changed
- My urine is dark
- I have problems with my bladder

## MUSCLES, NERVES, JOINTS & LEGS

- **My muscles ache**
- **I have numbness, prickling or tingling in my hands and feet**
- I have muscle weakness in my legs and arms
- There is a swelling in my legs or abdomen
- I have problems with my mobility



Because many of these side effects can also occur from other causes that would require different treatments, make sure all your nurses and doctors know - including your family doctor - that you are or were on immunotherapy. **Always show your Patient Alert Card.**

# Where can I find more information and support?

## **TECENTRIQ® PRODUCT INFORMATION**

[www.cancertreatments.co.nz](http://www.cancertreatments.co.nz)

[www.medsafe.govt.nz](http://www.medsafe.govt.nz)

## **CANCER INFORMATION**

Ministry of Health Manatū Hauora  
[www.health.govt.nz](http://www.health.govt.nz)

Health Navigator New Zealand  
[www.healthnavigator.org.nz](http://www.healthnavigator.org.nz)

## **PATIENT SUPPORT**

[www.cancernz.org.nz](http://www.cancernz.org.nz)

## **OTHER LINKS**

Lung Foundation  
New Zealand (LFNZ)  
[www.lungfoundation.org.nz](http://www.lungfoundation.org.nz)

Sweet Louise  
[www.sweetlouise.co.nz](http://www.sweetlouise.co.nz)

Breast Cancer Foundation  
New Zealand (BCFNZ)  
[www.nzbcf.org.nz](http://www.nzbcf.org.nz)

Breast Cancer  
Aotearoa Coalition (BCAC)  
[www.breastcancer.org.nz](http://www.breastcancer.org.nz)

Gut Cancer Foundation  
[www.gutcancer.org.nz](http://www.gutcancer.org.nz)



## Important Contacts

Your doctor or nurse will highlight the most important numbers for you to call.

Doctor

Nurse

Oncology ward

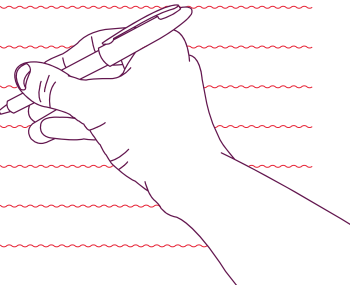
Acute oncology service

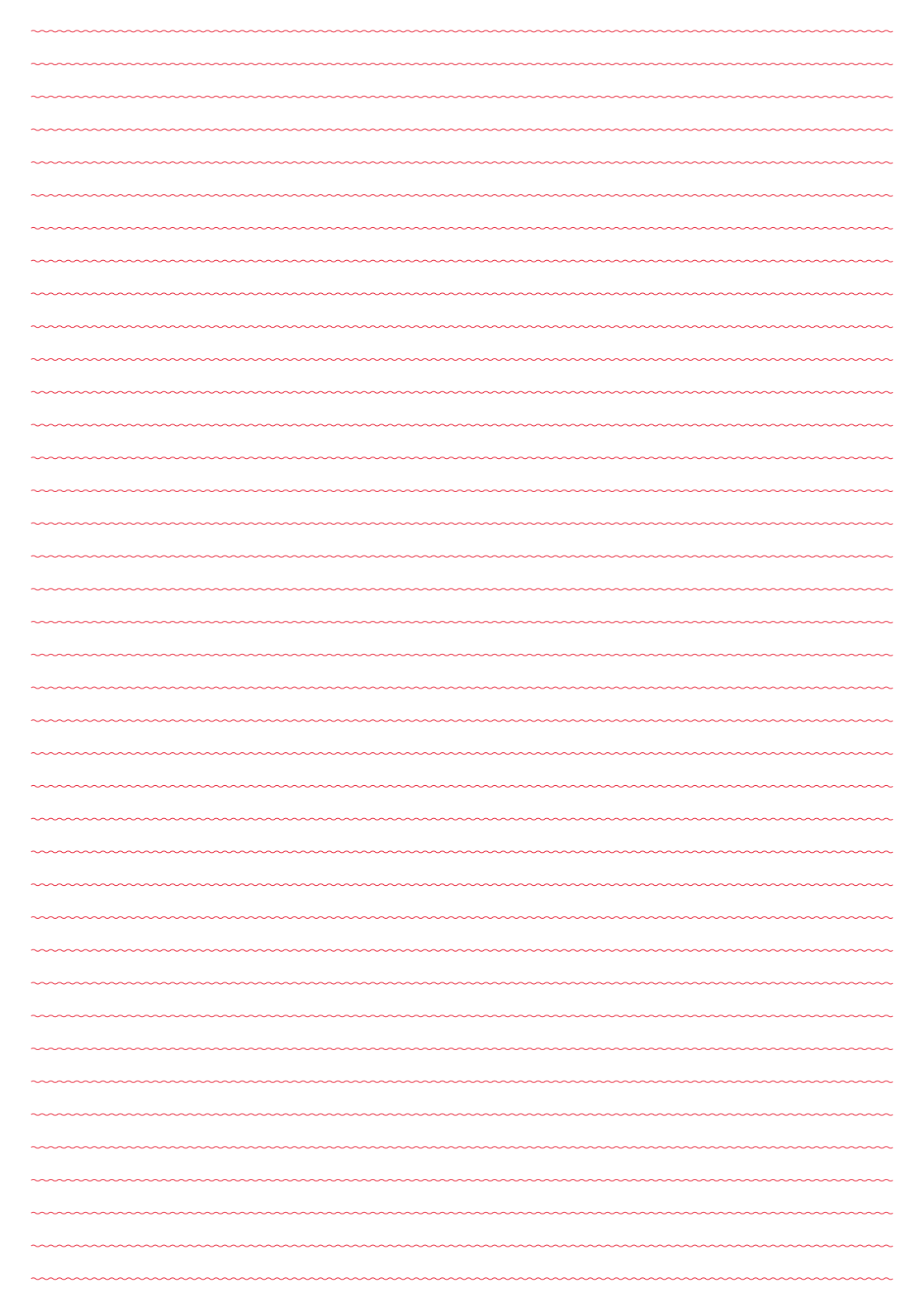
After-hours contact number

Accident & Emergency number

Patient support line

notes





For any questions about this booklet or **TECENTRIQ**  
(atezolizumab), contact Roche Medical Information on  
**0800 276 243** or via [medinfo.roche.com](https://www.medinfo.roche.com)



**Tecentriq®** (atezolizumab) 1200mg/20mL and 840mg/14ml is a **Prescription Medicine** used for early (has not spread to other parts of the body) and advanced or metastatic (has spread to other parts of the body) non-small cell lung cancer, extensive stage small-cell lung cancer, advanced or metastatic urothelial (bladder and urinary system) cancer, advanced or metastatic triple negative breast cancer and unresectable hepatocellular carcinoma.

**Tell your doctor if:** you have immune system problems such as Crohn's disease, ulcerative colitis, or lupus; you have inflammation of the lungs (pneumonitis); you have liver problems, such as hepatitis; you have thyroid problems; you are taking other medicines; you have allergies to any other medicines, foods, preservatives or dyes; you are pregnant or breastfeeding or plan to become pregnant or breastfeed. Tell your doctor right away if you become pregnant during treatment with Tecentriq.

**Tell your doctor immediately if you notice any of the following signs and symptoms:** inflammation of the lungs (new or worsening cough, shortness of breath and chest pain); inflammation of the liver (yellowing of skin or eyes, nausea, vomiting, bleeding or bruising, dark urine, and stomach pain); inflammation of the intestines (diarrhoea, blood in stools, and stomach pain); inflammation of the thyroid, pituitary and adrenal glands (tiredness, weight loss, weight gain, changes in mood or behaviour, visual disturbances, increased sensitivity to cold or heat, slow or rapid heart rate, hair loss, constipation, headache, and dizziness); type 1 diabetes mellitus (feeling more hungry or thirsty than usual, need to urinate more often, weight loss, and feeling tired); inflammation of the brain or spinal cord (neck stiffness, headache, fever, chills, vomiting, eye sensitivity to light, confusion and sleepiness); inflammation of the nerves (muscle weakness, numbness or tingling in hands and feet); inflammation of the pancreas (abdominal pain, nausea and vomiting); inflammation of the heart muscle (shortness of breath, feeling tired, irregular heart beat or chest pain); inflammation of the sac surrounding the heart (chest pain, difficulty and/or painful breathing, pounding/racing heart beat, fainting and/or light-headedness, swelling of legs or abdomen, pale and/or clammy skin); inflammation of the kidneys (dark and/or frothy urine, high blood pressure, swelling to face, feet, legs and hands); inflammation of muscles (muscle pain or stiffness or skin rash); infusion reactions (fever, chills, shortness of breath and flushing), excessive activation of the immune system (fever, swollen lymph nodes, skin rash, yellowing of skin and eyes, coughing, difficulty breathing, vomiting, diarrhea headache, changes in vision, weakness), paralysis of the facial muscles, inflammation of the spinal cord (muscle weakness in the legs and arms, numbness, problems with mobility, the bladder and bowel) or any inflammation of the skin.

**Possible common side effects may also include:** loss of appetite; diarrhoea; shortness of breath; itching of the skin; dry skin; rash; nausea; fever; chills; vomiting; difficulty swallowing; flu-like symptoms; nasal congestion; stomach, back, muscle, bone, joint or throat pain; cough; sore throat; tiredness; common cold; headaches; being short of breath when exercising; urinary tract infection; lung infection; dizziness, light-headedness, looking pale, fainting; bleeding or bruising; mouth ulcers and/or cold sores; constipation; numbness or weakness of the arms and legs; high blood pressure; hair loss; a change in the way things taste. Tecentriq has risks and benefits. Ask your doctor if Tecentriq is right for you. Use strictly as directed. If symptoms continue or you have side effects, see your healthcare professional. For further information on Tecentriq, please talk to your health professional or visit [www.medsafe.govt.nz](http://www.medsafe.govt.nz) for Tecentriq Consumer Medicine Information.

**Tecentriq is PHARMAC funded for patients with locally advanced or metastatic NSCLC that have previously received chemotherapy. A prescription charge and normal oncologist fees may apply.**

**Tecentriq is not PHARMAC funded for urothelial cancer, breast cancer, hepatocellular carcinoma and other lung cancer indications. You will need to pay the full cost of this medicine. A prescription charge and normal oncologist fees may apply.**