

Regional Cancer Center – Patient Information Sheet

DATE: August 24, 2023

MEDICATION: ALECTINIB (Brand Name: Alecensa®) 600 mg twice daily

Dear Ms. Cho,

It was good speaking with you today! We are very pleased you are feeling well and continue to have an excellent response to Alectinib for your ALK-positive lung cancer, which initially involved the lining of your lung (pleura). Here are some key points and reminders based on our discussion:

Your Current Status:

- **Diagnosis:** Stage IV ALK-positive Lung Adenocarcinoma (since May 2022). PD-L1 0%
- **Treatment:** Alectinib 600 mg twice daily (started May 26, 2022).
- **Response:** Your recent scans (July 2023) show the cancer remains stable and well-controlled. You are feeling well with minimal side effects (mild constipation).

Important Instructions for Taking Alectinib:

1. **Dose:** Take ONE 600 mg dose (usually four 150 mg capsules) **TWICE** a day, about 12 hours apart.
2. **Take WITH FOOD:** Swallow the capsules whole with food. This helps your body absorb the medicine correctly. Do not crush or chew the capsules.
3. **Consistency:** Try to take your doses at roughly the same times each morning and evening.
4. **Missed Dose:** If you miss a dose, take it as soon as you remember *unless* your next scheduled dose is less than 6 hours away. If it's close to the next dose time, just skip the missed dose and take the next one at the regular time. **Do NOT take two doses at once.**
5. **Vomiting:** If you vomit after taking a dose, do not take an extra dose. Just wait and take your next dose at the regular time.

Common Side Effects & Management (Things to Watch For):

- **Constipation:** (You are managing this well!) Continue using Miralax or other stool softeners/laxatives as needed to keep bowel movements regular (aim for soft stool every 1-3 days). Drink plenty of fluids.
- **Muscle Aches (Myalgia):** Report any new or worsening muscle pain, tenderness, or weakness, especially if severe. We monitor muscle enzyme levels (CPK) in your blood tests.
- **Sun Sensitivity (Photosensitivity):** Your skin may be more sensitive to sunlight. Use sunscreen (SPF 30+), wear protective clothing (hats, long sleeves), and limit direct sun exposure, especially during peak hours.

- **Slow Heart Rate (Bradycardia):** Report any dizziness, lightheadedness, or fainting spells. We monitor your heart rate.
- **Liver Problems:** We monitor your liver function with regular blood tests. Report any yellowing of skin/eyes, dark urine, severe nausea/vomiting, or abdominal pain.
- **Lung Problems (ILD/Pneumonitis - RARE):** Report any new or worsening cough, shortness of breath, or fever immediately.
- **Vision Changes:** Report any changes in your vision.

Monitoring Plan:

- **Labs:** Blood tests (CBC, CMP including liver tests, CPK) every 3 months currently. Ordered for completion locally before next visit.
- **Scans:** CT scans of Chest/Abdomen/Pelvis approximately every 3 months. Next scheduled for late October 2023.
- **Brain MRI:** Continue surveillance every 6 months. Next scheduled for approx. January 2024.
- **Clinic Visits:** Follow-up visit scheduled for late October 2023 after your scans.

When to Call Us:

Please call the clinic immediately if you experience:

- Fever > 100.4°F (38°C)
- Severe muscle pain or weakness
- New or worsening shortness of breath or cough
- Yellowing of skin or eyes
- Severe dizziness or fainting
- Severe diarrhea or vomiting
- Any other new or concerning symptoms

Clinic Phone: [Insert Clinic Phone Number Here]

After Hours/Urgent: [Insert After Hours Number/Instructions Here]

We are encouraged by your continued progress! Please don't hesitate to reach out with any questions.

Provider: Benjamin Carter, MD

PATIENT: Cho, Kim **MRN:** SYN074 **DOB:** 10/15/1966