A GUIDE FOR CAREGIVERS AND LOVED ONES OF PEOPLE TAKING

PrIMFINZI®

PROVIDING CARE AND SUPPORT



NSCLC

IMFINZI is used to treat a type of lung cancer called non-small cell lung cancer. It is used when:

- A person's cancer has grown within the lung and cannot be removed by surgery, and
- That person's cancer has responded or stabilized after treatment with chemotherapy and radiation therapy.

ES-SCLC

IMFINZI is also used to treat adults with a type of lung cancer called extensive-stage small cell lung cancer (ES-SCLC). It is used when:

- A person's cancer has spread within the lungs (or to other parts of the body), and
- That person has not received previous treatment.

IMFINZI is given in combination with chemotherapy for ES-SCLC. It is important to also read the package insert for the specific chemotherapy your loved one may be receiving.

PrIMFINZI®
durvalumab



You're reading this because someone you love has been prescribed IMFINZI to treat a type of lung cancer called either non-small cell lung cancer (NSCLC) or extensive-stage small cell lung cancer (ES-SCLC). The term *extensive-stage (ES)* is another way of saying *Stage IV*, meaning that the lung cancer has either grown or spread beyond the ability to try radiation treatment.

If you're thinking about taking on the role of caregiver for your loved one, the information in this booklet may help you understand what's involved in this responsibility and how you can take on this role to best support your loved one.

The term caregiver describes someone who provides physical and emotional support to a person with cancer. A caregiver can be a partner, parent, adult child or close friend of the patient. It will involve many responsibilities, but can be a rewarding way to provide support during a difficult time.

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JOINING THE TEAM

For someone with cancer, a caregiver becomes a key part of the healthcare team. You may become responsible for helping your loved one stay organized with things like:

- Attending doctor appointments
- Monitoring and reporting side effects
- Remembering to take medications
- Keeping track of test results

Remember that you don't have to be a team of one. Caregiving is teamwork! Other friends and family members, as well as your loved one's doctors and nurses, make up your team and can share the effort. Organize regular caregiver team meetings to ensure that everyone is on the same page.

It's important that information pass smoothly between you, your loved one and the healthcare team. To ensure that you are always on the same page, you may attend doctor appointments with your loved one. Some of the ways you can help include:

- Keeping a journal to write down any questions or concerns you would like to bring up at the next appointment
- Keeping a folder of your loved one's health information, including a list of medications
- Keeping a contact sheet with the names and numbers of the rest of the healthcare team – doctors, nurses and other caregivers
- Taking notes during doctor appointments

WHEN YOU'RE NEEDED MOST

Caregivers provide comfort and emotional support for their loved ones. Knowing that someone is in their corner can have a positive effect on your loved one's ability to cope. Some ways to provide support include:

- Keeping them involved in the decision-making
- Encouraging them to continue their normal day-to-day activities, when possible
- Having open and honest communication
- Keeping them company when they want it, and providing space when they need it
- Being their friend – watching movies, playing cards, cooking together
- Organizing activities with other friends and family

Pain can be a symptom caused by the lung cancer itself – aside from hurting the patient physically, pain can also take a toll on their mental well-being.

Do your best to discuss any symptoms (physical or mental) plainly and honestly with your loved one to keep the line of communication open.

TAKING CARE OF YOURSELF

It's important not to lose track of yourself while caring for your loved one. Staying strong and keeping your own spirits up are important ways to stay focused on the task at hand.

- Make sure to eat healthy and regularly, even if you feel too busy
- Stay on top of your own health – exercise and keep regular doctor appointments
- Try to get enough rest
- Take time to relax and do the things you enjoy
- Talk about how you're doing
- Join a support group

Don't feel guilty if you need to ask for help. You can't do everything, and being a caregiver can be overwhelming. Caregivers who take care of their own needs are better able to take care of their loved ones.

Consider asking your loved one's healthcare provider for any additional resources to support you as you help care for them during treatment.

INFORMATION ABOUT IMFINZI

How is IMFINZI taken?

As a caregiver, it's important to know how IMFINZI is taken. IMFINZI will be given to your loved one in a hospital or clinic under the supervision of an experienced healthcare professional. It will be given through an IV (intravenous infusion into their vein) for about 60 minutes.

The doctor will decide how many treatments are needed for both NSCLC and ES-SCLC patients.



If your loved one has NSCLC, the recommended dose is 10 mg of durvalumab per kilogram of body weight every 2 weeks or 1500 mg every 4 weeks. IMFINZI is given on its own.



If your loved one has ES-SCLC, the recommended dose is 1500 mg every 3 weeks for a total of 4 doses in combination with chemotherapy. After that, IMFINZI is given on its own, and the recommended dose of IMFINZI is 1500 mg every 4 weeks.

Encourage your loved one to keep taking IMFINZI for as long as the doctor recommends.

How does IMFINZI work?

IMFINZI works by helping your loved one's immune system fight their cancer. It can help slow or stop their cancer from growing. It can also help shrink the tumour.

Side effects

You may wish to keep track of your loved one's side effects, so that you can bring them up with their doctor, nurse or pharmacist.

The following side effects have been reported in clinical trials with IMFINZI, alone and in combination with chemotherapy:

People who get IMFINZI either alone or in combination with chemotherapy can have some serious side effects. If your loved one has any of the following, have them call or see their healthcare professional right away.

Very common side effects (≥10%):

- Nausea
- Hair loss
- Decreased appetite
- Feeling tired or weak
- Constipation
- Vomiting
- Cough
- Diarrhea
- Stomach pain
- Skin rash or itchiness
- Fever
- Swelling of the legs
- Upper respiratory tract infection
- Abnormal liver tests (aspartate aminotransferase increased, alanine aminotransferase increased)

Serious side effects:

- Leukopenia or neutropenia (low white blood cells, low neutrophils): fever or infection, fatigue, flu-like symptoms
- Anemia (low red blood cells): being short of breath, feeling very tired, having pale skin, fast heartbeat, loss of energy, or weakness
- Skin or mouth problems: rash, itching, skin blistering; ulcers in mouth or other mucous membranes when in combination with chemotherapy
- Hormone gland problems (especially the thyroid, adrenals, pituitary and pancreas): headaches that will not go away or unusual headaches, extreme tiredness, weight gain or weight loss, dizziness or fainting, feeling more hungry or thirsty than usual, hair loss, feeling cold, constipation, changes to voice, urinating more often than usual, nausea or vomiting, stomach area (abdomen) pain, changes in mood or behaviour, such as decreased sex drive, irritability, or forgetfulness, fast and deep breathing, confusion, a sweet smell to breath, a sweet or metallic taste in mouth, a different odour to urine or sweat, increased frequency of urination (peeing) or feeling unusually thirsty
- Pneumonia (infection in the lungs): cough with or without mucus, fever, chills, shortness of breath, chest pain including difficult and painful breathing
- Febrile neutropenia (low number of white blood cells with signs of fever): fever or infection, fatigue, flu-like symptoms
- Lung inflammation (pneumonitis): new or worsening cough, shortness of breath, chest pain
- Pancytopenia (low numbers of red blood cells, white blood cells and platelets), leukopenia or neutropenia (see previous column), anemia (see previous column) and thrombocytopenia (low number of platelets): bruising or bleeding for longer than usual if you hurt yourself, fatigue and weakness
- Severe infusion reactions: chills or shaking, itching or rash, flushing, shortness of breath or wheezing, dizziness, fever, feeling like passing out, back or neck pain, facial swelling

Your loved one's healthcare professional may give them other medicines in order to prevent more severe complications and reduce their symptoms. Their healthcare professional may withhold the next dose of IMFINZI or stop treatment with IMFINZI.

Serious side effects (continued):

- Intestinal problems (colitis) that can lead to tears or holes in intestine: diarrhea or more bowel movements than usual, stools that are black, tarry, sticky, or have blood or mucus, severe stomach area (abdomen) pain or tenderness
- Liver problems (hepatitis): yellowing of skin or the whites of eyes, severe nausea or vomiting, pain on the right side of stomach area (abdomen), drowsiness, dark urine (tea-coloured), bleeding or bruising more easily than normal, feeling less hungry than usual
- Kidney problems, including inflammation (nephritis) and kidney failure: decrease in the amount of urine, blood in your urine, swelling in your ankles, loss of appetite
- Muscle problems: muscle weakness, tiredness and/or pain, rapid fatigue of the muscles in one or more areas of the body
- Problems in other organs: changes in eyesight, severe or persistent muscle or joint pains, chest pain, shortness of breath, irregular heartbeat (myocarditis)
- Inflammation of the joints (Arthritis): joint pain, swelling, and/or stiffness
- Thrombocytopenia (low blood platelets): bruising or bleeding (e.g., nose or gums) more easily than normal
- Inflammation of the brain (encephalitis): seizures, headache, fever, chills, vomiting, confusion, sleepiness
- Inflammation of the eye (Uveitis): eye redness, eye pain, light sensitivity, and/or changes in vision
- Inflammation of the nerves (Guillain-Barré syndrome): pain, weakness and paralysis in the hands, feet or arms

For more information, consult "A Guide to Your Treatment with PrIMFINZI®". If your loved one has a troublesome symptom or side effect that is not listed here or becomes bad enough to interfere with their daily activities, tell their healthcare professional.

Find the full product monograph that is prepared for healthcare professionals and includes this Patient Medication Information by visiting the Health Canada website (https://www.canada.ca/en/health-canada/services/drugs-health-products/drug-products/drug-product-database.html) or the manufacturer's website (www.astrazeneca.ca), or by calling 1-800-668-6000.

This Patient Medication Information is current at the time of printing. The most up-to-date version can be found at www.astrazeneca.ca.

Products Inquiries & Adverse Event Reporting

Phone: 1-800-668-6000 (English) | 1-800-461-3787 (French)
By email: medinfo.Canada@astrazeneca.com
Online: https://contactazmedical.astrazeneca.com

CAREGIVER RESOURCES

These are some places you can go for additional information and support:

Available for download on imfinzi.ca
In collaboration with nurses across Canada, we have developed a set of practical tools containing important information to support patients during their treatment with IMFINZI.
Use code 5864 to access the site.

Digital IMFINZI Patient and Caregiver Brochures
Imfinzi.ca

Canadian Cancer Society
www.cancer.ca
Lots of information on living with cancer, including a full caregiver section

Lung Cancer Canada
www.lungcancercanada.ca
Helpful information on lung cancer for patients and caregivers

Carers Canada
www.carerscanada.ca
A national caregiver coalition

CancerCare
www.cancercare.org
Free professional support services for caregivers and loved ones

Cancer Hope Network
www.cancerhopenetwork.org
One-on-one support for all people (patients, family or friends) impacted by cancer

Resources available where you live:

British Columbia	**BC Cancer** www.bccancer.bc.ca **BC Cancer Foundation** www.bccancerfoundation.com
Alberta	**Alberta Cancer Foundation** www.albertacancer.ca
Saskatchewan	**Saskatchewan Cancer Agency** www.saskcancer.ca
Manitoba	**CancerCare Manitoba Foundation** www.cancercarefdn.mb.ca
Ontario	**Cancer Care Ontario** www.cancercareontario.ca
Quebec	**Quebec Cancer Foundation** www.fqc.qc.ca
New Brunswick	**New Brunswick Cancer Network** www2.gnb.ca/content/gnb/en/departments/health/NewBrunswickCancerNetwork.html
Nova Scotia	**Cancer Care NS** www.nshealth.ca/cancer-care
PEI	**PEI Cancer Treatment Centre** www.princeedwardisland.ca/en/information/health-pei/pei-cancer-treatment-centre **PEI Cancer Treatment** www.princeedwardisland.ca/en/information/health-pei/cancer-treatment
Newfoundland and Labrador	**Eastern Health – Cancer Care** www.cancercare.easternhealth.ca
Yukon	**Yukon Hospital Corporation** www.yukonhospitals.ca/whitehorse-general-hospital/programs-and-services/cancer-care
Northwest Territories	**Cancer in the NWT** www.cancernwt.ca/services/what-cancer/cancer-nwt
Nunavut	**Pauktuutit** www.pauktuutit.ca/health/cancer

Consider asking your loved one's healthcare provider for any additional resources to support you as you help care for them during treatment.

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REVIEWED BY PAAB

Pr IMFINZI® durvalumab

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